

Marshfield School Wellness Committee meeting minutes

Date: Monday, June 25, 2012

Time: 10:00-11:30 a.m.

Location: Madison Elementary Library

Attendance: Sue Anderson, Michael Bissonette, Amber Engen, Deb Englehart, Beth Hanna, Josh Miller, Kristie Rauter, Shelly Schneider, Kara Yaun

1. Introductions
2. Fall Wellness Promotions
 - a. Fruit & Veggie Challenge ideas (September is National Fruit and Veggie Month)
 - This may be too much to ask teachers to track for students in the Fall right when school is starting. We can provide resources if teachers want to implement their own challenge by grade level/classroom and compete between classes versus individual.
 - Examples and resources of Fruit and Vegetable challenges:
 - Tompkins County Employees: <http://www.tompkins-co.org/wellness/5aday/index.html>
 - Fruit & Veggie (get five) challenge: <http://www.co.wood.oh.us/wellness/2012%20forms/getfiveregistration.pdf>
 - GVSU Fruit & Vegetable Challenge: http://gvsu.edu/cms3/assets/747AFBFD-E778-4800-BB3CB1D437769AFE/fruit_and_vegetable_challenge_packet.pdf
 - North Carolina Eat Smart Move More fruit and vegetable challenge: <http://www.eatsmartmovemorenc.com/FruitsAndVeggiesChallenge/FruitsAndVeggiesChallenge.html>
 - b. Chef in the Schools Cooking Demonstrations (Based on La Crosse Program) – Deb
 - Have a local chef come to the school and prepare healthy foods and samples to get kids excited about farm to school products including fruits and vegetables. Could the demo possibly be co-facilitated by an entertainer and a chef? We would use local farm to school products.
 - Chefs to consider asking: Brew Pub, Dale from The Belvedere, Jill McCauley of Traditions on Chesnut, Steve Tollers from Rivers Edge.
 - Maybe parents from the PTOs could help or be the chef/entertainer.
 - Kids/Parents would get copies of the recipes prepared during the demo to make at home.
 - Recipes need to be easy to make; if too difficult to do at home, it will not be effective.
 - Possibly use “Fruit or Farmers Market Salsa” recipe cards that are already made from Healthy Lifestyles

- Proposed to be done at each elementary school during the fall, one hour programs, once per year
- Kristie said it may be possible to purchase food for demos from farm to school program funds through Get Active, depending on costs.

c. Other promotions

- Educate changes from DPI for school food guidelines to students and staff.
- Education about appropriate portion sizes and serving from Elementary salad bars.
- Increase internal promotions around Farm to School products such as during lunchtime, etc.
- Promote Walk to School Day and month long challenge during October.
- Communicate other school wellness information to teachers through school newsletters, flyers in teacher's lounges, etc.
- Next Steps:
 - Draft a 1 page handout to be distributed at staff in-service (similar to Get Active Highlights document)

3. Budget Approval

a. Cookbooks

- Salad people and More Real Recipes: A New Cookbook for Preschoolers and Up, Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up, and Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 & Up are healthy children's cookbooks that Deb Englehart presented. She has researched these and the committee approved purchasing one set for each elementary school (Order in July). The total cost per school is \$36.69. The total amount approved under gardens/greenhouses budget is \$183.45 plus S/H.
- The set of cookbooks for each elementary school will be put on the cooking cart so staff can use this for curriculum lessons or the PTOs could use them for a fundraiser or events.
- Education about the cooking cart and cookbooks may be tied into the chef in the school cooking assembly to let staff know this is available for use. We could also put information in the school newsletter to promote the cookbooks and cart.

b. Salad Bars

- Stacey Weichelt received the final quotes for salad bars in the 5 elementary schools and high school. The total cost is \$28,605.39. There is only \$27,315.27 left in F2S budget. The school wellness committee approved we transfer \$1,290.12 from the gardens/greenhouses budget into F2S to cover this amount. Regarding a salad bar for the middle school, we will look at other possibilities such as a salad bar grant later. (additional \$4,351.81)

4. Fruit Trees and Bushes

- a. Proposal: Torri Bradley and Amber Engen worked on a proposal laying out where the fruit trees and shrubs would be planted. This also includes an estimate on costs for materials, etc. Mark Zee will be stepping off the baseball field to determine the length behind the fence so we can determine how many trees/shrubs to purchase and plant. Once the proposal is finalized, we will purchase trees to be planted in the Fall at the designated locations.
- b. Work Day Details: Could students from Madison Elementary help at the HS planting since they are close. As far as getting some community involvement and mentors, we could ask Master Gardeners or members of Noon Rotary to help. We are looking to plant in September right away. What elementary students would be able to help plant at the school forest?

Next Steps:

- Amber will follow-up with Mark Zee about FFA students helping to plant.
- Amber will connect with Kim Ziembo about having elementary students help.

5. Walk to School Day: October 3, 2012

- a. Walk to School Day is annual event that the Marshfield Public and some Parochial Elementary schools participate in. It's been taking place in Marshfield for many years and recently Noon Rotary partnered with the City of Marshfield and Healthy Lifestyles Coalition to continue planning and expand the event. It was suggested that maybe the school wellness committee would like to help with planning this event since all Elementary students participate. After discussion, the committee thought it would be best to proceed as usual with the normal planning committee continuing. We are looking at tying in local produce as a snack again this year, but we won't be able to do apples because of the limited availability. Amber will provide an update at the August meeting with further details.

Next Steps:

- If anyone is interested in sitting on the Walk to School Day committee, please let Amber know and she will let you know when the first planning meeting is.

6. Updates

- a. Gardens/Greenhouses: Updates will be provided at the next meeting.
- b. Salad Bar Quotes: See details under Budget Approval.
- c. Farm to School "Harvest of the Month (HOM)"
 - A schedule is made for the coming school year. Sue Anderson will email that to Amber and bring it to share at the August meeting. Even though the grant ends October 31, the HOM newsletters will continue during the entire school year.
- d. Elementary Meetings- Comment Cards
 - Deb Englehart presented the comments she received from principals and staff at each elementary school from Spring meetings regarding what else they would like to have or see offered at their schools related to wellness.
 - Some recommendations for staff wellness were:

- Offering yoga classes for the staff and other worksite wellness type activities such as chair massages, blood pressure machines, etc.
- Amber will look into setting up a free trial class at 1 elementary to see how attendance is. Looking to offer 4 classes over 4 weeks in October. We can have schools RSVP with their interest and the school with the highest (number or percentage) will be the pilot for the program. Updates will be provided at the August meeting.
- Some recommendations for students were:
 - Skateboard racks (Madison Elementary)
 - Chinese Jump Ropes
 - X-Box Kinect
 - Compost sites
 - Walking trails, sidewalks
 - All schools expressed interest in Fit-tastic

e. Community Transformation Grant applications

- Submitted 2 grant applications total for \$450,000 each; Wood County applied with Portage County and also applied alone. Grants include Farm to school components, joint use, tobacco-free and more. On July 16th funding announcements will be made.
- Wood and Portage Counties will also be submitting an application for a \$1.4 - \$2 million CDC Small Community grant. Wood and Portage are one of only a few communities that are eligible for this grant. The application is due July 31st. Updates on grant funding will be provided at the next meeting.

f. Fit-tastic Program

- Kristie Rauter provided an update on Fall Fit-tastic programming. The YMCA has passed a policy to add this curriculum into all other after school programs. Get Active plans to currently continue the program at 5 sites and build capacity. Data is still being compiled and will be on the agenda to discuss once it's ready.

g. High School Summer School Health Class presentations

- Amber and Michael will be presenting to the High School Summer School Health Class. We plan to briefly discuss some of the changes that have happened during the past year within the District and ask for any other suggestions for improvement they have related to the lunch program, school environment, physical activity opportunities, etc. The wellness committee agreed it would be good to make them aware there is a school wellness committee and to ask for feedback on changes during the past year and future improvements they'd like to see take place.

h. Obesity Prevention Superhero Award

- Stacey Weichelt has been awarded the 2012 Obesity Prevention Superhero School Leader award as Food Service Director and member of Healthy Lifestyles-Marshfield Area Coalition and Get Active for her pioneering work to making the Marshfield School District, community and Wisconsin a healthier place to live. She was recognized by the Wisconsin Partnership for Activity and Nutrition (WI PAN) and the Wisconsin Nutrition, Physical Activity and Obesity (NPAO) Program at the Wisconsin Obesity Prevention Summit on June 11, 2012. Thank you and congratulations Stacey!

7. Bicycle Rack

- a. Balance Program- Scott Scheuer
- b. Feeder Table with school lunch program
- c. Fuel Up to Play 60 grant
- d. Implementation of Go, Slow, Whoa into vending machines

8. **Next meeting: Tuesday, August 21, 10:30am – 12:00pm, Central Office, Conference Room A/B**