

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, March 27, 2012

Time: 3:30-5:00 p.m.

Location: High School Library

Attendance: Sue Anderson, Torri Bradley, Amber Engen, Deb Englehart, Kari Gillen, Lea Hanke, John Harrington, Tim Heeg, Nate Johnson, Sue Lee, Dawn Nykamp, Shayna Schertz, Scott Scheuer, Marliss Trudeau, Stacey Weichelt, Kim Ziembo

1. Introductions
2. Budget Approval
 - a. Elementary Afterschool Physical Activity programs action plan
 - Committee approved \$3,000 to be equally distributed to each elementary school. This approval will provide each elementary school with \$500 (\$1,000 to Grant because they are double in size) to purchase classroom physical activity materials to use as needed (for indoor recess or as a 3rd day of PE). Deb Englehart and Marliss Trudeau are working with Kim Ziembo to plan how they will demonstrate the physical activity materials to each elementary school to find out what each school wants to demo and purchase before October 2012.
 - Posture Ball Chairs
 - Committee approved approximately \$1,520 (\$29 each plus S/H) to purchase 40 ball chairs for 8 classrooms. Teachers on the wellness committee that requested these will get to try these first and will collect data on students using the ball chairs. The funding for these chairs can be transferred from gardens/ greenhouses funding to physical activity to be paid for. Kim Ziembo will work with the teachers to purchase the ball chairs from WittFitt (purchase includes a training on how to use the balls). Currently 2 classrooms at the HS and 3 classrooms in the Elementary use the balls right now and have very positive comments about them. Scott Scheuer said they could provide pumps for the balls which will save \$40. In the future if teachers request these balls, we will look for grant funding to purchase more.
 - b. Harvest Muffin Pans
 - Stacey Weichelt requested the food service purchase muffin pans to make the farm to school harvest muffins at each school. The farm to school muffins are very popular and contain lots of vegetables. Committee approved this purchase from the Farm to School budget for \$257.28.

c. St. Alban's Community/School Garden Shed

- A request came through for a donation of funding to be made to build a shed at St. Alban's community and school garden site. Currently the church roof cannot collect rain water in a rain barrel to water the gardens there. There are 24 garden plots there and two of them are for the Lincoln 4th grade students. A blueprint of the shed proposal was passed around and it would cost approximately \$6,000. They are not asking for the entire shed to be funded, just a donation if the school wellness committee sees this as an appropriate use of funds that would benefit the schools. Suggestions for putting an eavesdrop off the roof to collect rain water or a simple underground irrigation system may be less expensive and provide water collection for the site. The committee did not approve this request because it's not a reasonable cause that would benefit the school. Kristie Rauter also mentioned that the grant funding cannot be used for large construction projects. It was suggested that maybe Aaron Scheuer's class could customize a shed for them that would be much less expensive as they are looking for projects.

d. Smokehouse Equipment

- Committee approved \$2,000 for Tim Heeg and Mark Zee to use for smokehouse projects. These would include purchasing an electric smoker, vacuum sealer, sausage stuffer, meat grinder, cutting gloves, mixing tubs, etc. It was suggested that with the approval for this equipment, they consider smoking more lean cuts of meat such as turkey and venison. Tim Heeg was very open to this suggestion and will move forward with making these purchases.

3. Success of School Gardens- Torri Bradley

- Discussion will be tabled to the April meeting.

4. Updates

a. Balance Program

- Scott Scheuer gave an update on successes of the Balance program. This class is having a very positive influence on the 7 students enrolled. Students use a Fitbit to track their progress and get motivational tips and reminders throughout the day. Fitbit tracks steps, stairs climbed, calories burned, sleep/wake cycle and more. Students have started to change their eating and activity habits. Scott has noticed that students are getting more active on the weekend even though they don't have to check in with him. Family members are involved and help support their student through the course. In addition, some of the student's families have begun to make changes to their lifestyles. The breakfast program has helped each student get a healthy start to his or her day and they make smoothies and cook one healthy meal a week together. Scott was able to take the activities each

student can do (not what they can't do) based on their doctors' advice, to build the base of the class for each student. Scott is working with a Doctor and a Cardiologist from Marshfield Clinic for recommendations for each student. The school board is very supportive of this program and currently they are exploring ways to sustain it for the 2012-2013 school year. Students are required to apply for the class; there are already over 30 applications in for next year. Staffing, classroom space, and scheduling are issues that need to be looked at in order to continue the class. A couple quotes from students are "Life Changer" and "Best Class Ever!"

b. Gardens/Greenhouses

- Currently no other elementary teachers have expressed interest in having a school garden, but there is interest from some parents. There is still a lot of money left in the gardens/greenhouses budget for other garden/greenhouses expenses. Someone suggested Chuck Treankler may need money to purchase classroom plants for the alternative students?
- Since we don't know the future of the middle school building a greenhouse there would not be worth building, although they do need one. Moving a greenhouse is not an option either. Tim Heeg will be buying some supplies for the middle school, but storing them at the high school until a decision on the middle school location is made.
- Kim Ziembo asked Nate Johnson if Youth Net could use any supplies for their garden beds such as an outdoor kitchen, plants/seeds, tools or water supplies.
- Kim Ziembo teaches the Jumpstart summer school class that begins in August about 3 weeks before school starts. It might be nice to incorporate a piece on gardens into this class. It was also discussed that gardening could be incorporated into the Healthy Choices class taught by Nate Johnson at Madison Elementary during the summer.

c. Farm to School and "Harvest of the Month (HOM)"

- See attached Harvest of the Month Spinach newsletter. Updates will be provided at the next meeting.

d. Professional Staff Development Day- Presentation on March 29

- Stacey Weichelt, Sue Anderson, Beth Hanna and Amber Engen presented to new school staff on Thursday, March 29 about school wellness, food service, farm to school and school/community gardens.

e. Apple trees in school forest

- Elementary teachers and the wellness committee are really interested in moving forward on the idea of planting apple trees or blueberry and blackberry bushes somewhere at the school forest. Amber Engen emailed Mark Zee to find out if he would be open to discussing this. It was also mentioned that there is land near the high school to be used for apple trees or gardens, but the school does not own it. Further discussion will be continued at the next meeting.

- f. Wellness Policy Evaluation checklist
 - Kristie Rauter will distribute and walk through the wellness policy evaluation checklist at the next meeting.
 - g. Salad bars
 - Stacey Weichelt will bring information and estimated costs for budget approval to the next meeting.
5. National Bike to School Day- May 9, 2012
- Discussion will take place at the April meeting. If anyone has ideas for what we could do with the elementary schools for bike to school day, please email Amber.
6. Bicycle Rack
- a. Chef in Schools
 - b. Implementation of Go, Slow, Whoa into vending/ala carte
 - c. 2012 Operating Plan
 - d. September 1-30 is National Fruit and Veggie Month
 - e. Fit-tastic – YMCA speaker at April meeting
7. Next Steps
- a. **Next meeting- Tuesday, April 17 @ 3:30pm at Grant Elementary Library**
 - b. **Upcoming meetings:**
 - **Tuesday, May 15 @ 3:30pm at Marshfield High School Library**