

## Marshfield School Wellness Committee meeting minutes

---

**Date:** Tuesday, November 22

**Time:** 3:30-5:00PM

**Location:** Grant Elementary Library

---

Attendance: Sue Anderson, Mary Ballard, DaNita Carlson, Amber Engen, Deb Englehart, Laura Fischer, Michelle Goetsch, Stacie Lecker, Josh Miller, Kristie Rauter, Sara Richie, Shayna Schertz, Donna Smith, Weichelt

1. Introductions
2. WellSat Assessment Results of current School Wellness Policy
  - Kristie Rauter provided a brief summary of the WellSat Assessment results and the full summary is attached. Marshfield ranked very high compared to some of the other Wood County school districts so this is a great start.
  - We invite anyone on the committee to be part of revising the School Wellness Policy. A small group of us will be meeting to review wellness policy language and look at what a perfect policy for Marshfield School District would look like. We will prepare model wellness policy language and resources to present to the full Wellness Committee during our December 20 meeting. Together the full committee will use the WellSat assessment and model language to make revisions to Marshfield School District's current wellness policy. Once we have revised the wellness policy, we will take our proposal to administration and eventually to the school board.
3. Updates
  - a. Full review of Physical Activity/School Lunch Elementary survey results
    - Deb Englehart provided a summary of the survey results. A small group of elementary teachers are meeting now to use the results and discuss options for physical activity programs at each school. There may be a way to pilot some ideas at one school or try incorporating it at Youth Net (an afterschool program). See attachment with the full results summary.
  - b. Activity Bursts in the Classroom (ABC for Fitness)
    - Sara Richie presented activities that can be incorporated right into your academic lesson plans. The curriculum was designed by Dr. David Katz and these could be handed out as tools for staff at a wellness professional staff development day. See website link in minutes.
  - c. Farm2School Curriculum from Beth Hanna
    - The curriculum is currently going through edits and then will be sent to print. Once it is finished, Sara Richie will bring copies to our meeting if anyone wants one.
  - d. Balance program by Scott Scheuer
    - Sara Richie met with Scott Scheuer and reviewed his program budget proposal. It was suggested that to purchase all necessities of this program, the committee give at least half

of the physical activity budget money to the program which would be \$3,265.28. They will pilot this in the Spring semester in the high school and then soon thereafter expand to the middle school and elementary. The program is sustainable due to Scott's position and other academic staff who have been helping. The committee is all in favor of allocating \$2,000 of funding to this program.

4. Outcomes from Healthy Lifestyles-Marshfield Area Coalition's annual Strategic Planning
  - a. Action Plan: Amber Engen gave a summary of the outcomes that were discussed from Healthy Lifestyles-Marshfield Area Coalition's annual strategic planning meeting. The School committee agreed to continue working on many of the priorities the committee has already discussed such as rewriting school district wellness policy, sustaining farm to school efforts, and implementing the Go, Slow, Whoa model into vending/ala carte. The committee also talked about coordinating and increasing afterschool and non-competitive physical activity opportunities, setting up professional development days for school staff to learn about new changes to the wellness policy, etc. and to try to offer a summer lunch program at Youth Net or Lincoln Elementary. See attachment with minutes for more details. Part of increasing afterschool and non-competitive physical activity opportunities may include sharing or requesting an afterschool AmeriCorps member for the 2012-2013 school year. The AmeriCorps member would coordinate the program and possibly run it also. This discussion will need to be brought forward with more school district staff and also with the Youth Net afterschool program staff. Amber has talked with Nate Johnson about some ideas already and we will brainstorm before moving forward.
  
5. Bicycle Rack
  - a. Ball Chairs and Instant Recess
    - It was suggested that we use the total number of school district teachers to determine how many DVDs or sets of flashcards we will need. These would be distributed at the professional staff development day where teachers would learn how to use the resources and tools.
  - b. Implementation of Go, Slow, Whoa into vending/ala carte
    - Kristie Rauter, Stacey Weichelt and Gordi Sisson will be meeting with Forward vending in December to discuss the letter we prepared and make sure everyone agrees. Once all is approved, the vending company will then put in the signage, tags, etc.
  - c. Purchasing a salad bar and refrigerated vending machine
    - Stacey Weichelt met with Ron Sturomski to evaluate the cafeteria space and they will review blue prints to include a salad bar and possibly a refrigerated vending machine.
  - d. Farm to School purchases and "Harvest of the Month" updates
    - Sue Anderson gave an update on all of the new promotional materials for farm to school which includes monthly newsletters to all Wood County school district families, t-shirts, ads and more. Sue made an exciting connection with a lady in Arpin who is interested in processing farm to school products for the schools.
  - e. Jump with Jill

- Deb Englehart heard about Jump with Jill and may check out her performance in Eau Claire. Maybe this would be a school sponsored program all students could attend if we want to use some funding to pay for her to come to Marshfield. Jump with Jill is a live rock 'n roll concert about nutrition for elementary-age kids that travels to schools across the nation. The show takes childhood obesity by storm, serving as a kid-appropriate solution for kicking off Wellness Committee initiatives, reinforcing classroom learning and supporting a healthier cafeteria menu. We discussed having a show in the beginning of Fall 2012 to kick off a new and healthy school year if Jill is available. We will discuss this further in future meetings. There may be a \$500 grant application through Movin and Munchin in which the school could use some of this funding to help pay for Jump with Jill.

## 6. Next Steps

- a. Reconvene for next meeting- **Tuesday, December 20 @ 3:30- HS Library**
- b. **\* Anyone who has classroom activity tools or resources to share with the committee should bring these to the January meeting and we will decide which ones we all like. Once a decision has been made on our top two or three tools, we will use our budget to purchase these. \***