

Marshfield Wellness Committee meeting

Tuesday, October 18th, 2011

High School Library

Present: Sue Anderson, Mary Ballard, Kathy Brunette, DaNita Carlson, Amber Engen, Deb Englehart, Lea Hanke, Colleen LaBlanc, Stacie Lecker, Sue Lee, Carla MacArthur, Amy Place, Kristie Rauter, Sara Richie, Shayna Schertz, Shelley Schneider, Marliss Trudeau, Stacey Weichelt, Tami Wolff, Kim Ziembo

1. Introductions

2. Updates

- **Vending/Physical activity survey distribution:**

- Deb Englehart and Marliss Trudeau distributed Physical Activity and School Lunch surveys at all elementary schools. There was a negative response to the old lunch menu and the students gave feedback on what they would like see changed. The data from the surveys is being compiled, analyzed and recommendations for change at the elementary level will be discussed at the next meeting. A summary of the results will be available at the next meeting. It was also recommended that in Fall of 2012 we repeat the surveys to get post data after physical activity and school lunch changes have been in place for a year.
- Stacey W. will put an announcement in the school newsletters about the new lunch menu. This will make teachers and parents aware that the menu has new and exciting changes including healthier and homemade breakfast and lunch items.
- It was brought to the group's attention that since elementary students are allowed to serve themselves now, they are taking very large portions at lunch and could use some portion education. It was suggested that teachers, parent volunteers or AmeriCorps members could walk through the lunch line with students educating them on portion sizes. The vegetable scoop is a half of cup but students have it heaping full or take two servings so then there isn't enough for everyone. The hot lunch counts also have been off due to kids who report cold lunch in the morning, but then see the new lunch item and decide to have hot lunch.
- Stacey has developed new tools on the district food service website for parents to learn about the new menu and to give feedback on the new breakfast and lunch options. This will be helpful in getting the word out to parents and the community on the changes being made in the district. The feedback will also be useful to the committee. Check out this link
http://www.marshfield.k12.wi.us/schools/high/food_service_home.cfm

- **Ball Chairs and Instant Recess**

- Lea Hanke has been talking with Mr. Felhofer and he knows the contact at WittFitt and will be contacting them to see if they can get a deal on these ball chairs to use in the classrooms. This request was also submitted to the Lincoln PTO but there has been no response on them to date.
- Kristie Rauter is ordering flip cards with activities for active classrooms and will bring these to a meeting once she receives them.

- **Farm2School (F2S) Handouts and Curriculum from Beth Hanna**
 - Sara Richie distributed an outline of the Farm2School Curriculum. If interested in the full curriculum please email Sara at richie.sara@marshfieldclinic.org.
 - Sue Anderson distributed two handouts that can be put on the school website or in newsletter introducing farm to school and explaining what harvest of the month is. For October the Harvest of the Month featured fruit is Apples. There are tips on these handouts includes ideas for serving, storing, healthy recipes and the recommended daily intake of fruits and vegetables, etc.
 - Farm2School taste testings currently only take place at Madison Elementary here but can be expanded to other schools. If you are interested let Amber Engen or Sara Richie know and they will connect you with Sue Anderson and other F2S staff.
 - Currently the F2S team is working on interviewing farmers and having pictures taken to be used for a F2S display board that can be used in schools and grocery stores. They are also considering having farmer trading cards created.
 - Amber Engen spoke with Mr. Sturomski and connected with Mark Zee about possibly planting apples trees at the School Forest or vacant school property near Tiny Tigers. Further discussion will take place later.
- **Move to the Groove**
 - Move to the Groove was discussed briefly by the committee and can be used as energy bursts in the classroom. The website for Move to the Groove is: www.movetothegroove.org. The program is reasonably priced and can be used for any age level. We will discuss this at the next meeting.
- **Approval of letter for Forward Vending**
 - The committee approved the letter to Forward Vending. It was stated in the letter that the Marshfield School District requests that 50% of the food in vending is “go” foods, 40% is “slow” food and 10% is “Whoa” food.
 - Kristie Rauter will work with Stacey Weichert to finalize this and then send it to Gordie Sisson for his approval before it goes to Forward Vending.

3. WellSat – Assessment of current School Wellness Policy

- **Develop plan for Wellness Policy based on results of assessment:**
 - The group worked together to complete the WellSat. WellSat is a series of questions in five areas related to the school’s current food and physical activity policies. The results will be discussed in more detail at the next meeting and this will assist the group in re-writing the wellness policy. We hope to have the policy re-written and have our proposal ready to go to the school board by January 2012.

4. Food Day, October 24th

- **Youth Net**
 - Sara Richie and Mary Ballard are working together on a healthy snack and presentation for Youth Net (local afterschool program) to celebrate Food Day. Apples will be used to make homemade applesauce and Mary is preparing a nutrition presentation for 6th graders at Youth Net.

5. Healthy Lifestyles-Marshfield Area Coalition's annual Strategic Planning meeting

- **Friday, November 11 from 8am-Noon at Good Shepherd Church**
- Please join us for this event and feel free to invite other community members. Lunch will be provided. RSVP to Amber Engen by November 4.

6. Next Steps:

- Research and implement outlined plans for each focus area.
- Start working on Wellness Policy and proposal for the school board.

**** NEXT MEETING: Tuesday, November 22 @ 3:30pm – Grant Elementary Library**