

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, April 16, 2013

Time: 3:30 p.m. – 4:30 p.m.

Location: Grant Elementary Library

Attendance: Sue Anderson, Amber Corcoran, Deb Englehart, Michelle Goetsch, Stacie Lecker, Jane Loll, Allison Machtan, Kelly Ongna, Shelley Schneider, Donna Smith, Kim Ziembo

1. Introductions

A short video clip was shown featuring schools that created videos to the hit song from the *Jump with Jill* show, "Nature's Candy," promoting the power of choosing fruit over candy. If this opportunity is something your school is interested in, read the full contest details [here](#). **Schools who submit their video by Friday, May 17th will be entered into the contest for a chance to win \$1,000 and a watermelon day party.** Looking for ideas? Visit the Jump with Jill [website](#) or watch last year's winners here: <http://www.youtube.com/watch?v=N1hJcZG4zdg>. Schools have coordinated this video during the dance unit in their physical education class, or worked with the music teacher to learn a song with dance moves. You can get as creative as you want! The song is presented in three levels to allow kids to master the moves. You can download and use the audio track to make videos of your own! Film it, post it, and email the link to jill@jumpwithjill.com by **May 17th, 2013**. The best videos will also be shown on the *Jump with Jill* website too!

2. Funding Requests

a. WittFitt Balance Balls

- There are 50 requests from teachers who would like these in their classrooms to use with students. Staff who are already using them really love them and also would like more as they have been very effective. Since there is not enough physical activity grant funding to fulfill all requests, Allison Machtan of Security Health Plan will be researching the evidence of these and may be able to encourage the committee to submit a request for Charitable Giving to provide additional funding.

b. Energy Burst Materials

- Deb Englehart brought staff requests for new or different energy burst materials. The wellness committee approved this purchase to be made for approximately \$300. Deb will submit this to John Slusser and deliver materials once they arrive.

c. 2013 Wisconsin Farm to School Summit in La Crosse, June 26-27.

- It would be great to have at least 1-2 reps from the Marshfield School District attend. Registration fees are \$20 for ½ day and \$35 for full day plus lodging (approx. \$70 single, \$80 for double). Could we use funding to pay for staff, parents, or interested community members to attend? If anyone from the committee is interested, please let Amber or Stacey know ASAP so we can submit this as a funding request to be approved by the committee.

3. 2013-2014 School Year: Setting the Agenda

In the new Wellness Policy, the school wellness committee will be reporting to the school board on an annual basis with our goals and outcomes. During planning for the 2013-2014 school year, we determined we want to identify 1 program/opportunity within each goal/focus area. During this meeting, we chose to determine a program for increasing physical activity opportunities.

- #### a. Physical Activity Opportunities:
- Amber provided a list of various evidence-based physical activity strategies to promote school wellness that the committee reviewed to determine what they want to offer during the 2013-2014 school year (see attachment). The list also includes results from elementary, middle and high school 2012 Physical Activity student surveys to show what students are looking for

more of. From that list, the ideas that seemed feasible and that would get a positive response from students, staff and families were:

- Family Fitness Nights (provide healthy snacks)
- Expanding Walk to School Wednesdays or before/after school fitness clubs

If the committee agrees to move forward with these strategies, next steps include:

- Determine dates and locations for Family Fitness Nights and get facilities reserved.
- Collect suggestions from individual school staff regarding what they would like to see.
- Identify 2 dedicated staff from each school that would be interested in coordinating a walking program or before/after school physical activity programs.
- Connect with PTOs to see if they are supportive and willing to assist and promote.

- b. Staff Wellness Opportunities: Discussion was postponed until the May meeting.
- c. Physical Activity Equipment Inventory: There may be additional physical activity equipment in various school locations that is not being used. The committee would like to gather inventory of this so it could be utilized and incorporated into future family fitness nights or for other student activity programming. Please contact Deb Englehart if you are willing to assist with this project or have additional information.

4. Fruit Trees/Shrubs Project

Discussion was postponed until the May meeting. Amber will try to set up separate meeting with Mark and Tim in May to discuss care for the trees during the summer. A newspaper article will be submitted looking for volunteers to assist with watering and harvesting the trees as needed.

5. Fall Open Houses (Elementary School)

- a. School Open Houses, August 2013: The committee is interested in having a table at each of the school's open houses. An idea was to give some healthy food away such as watermelon (this went over well at Auburndale). Another idea was to use apples from high school fruit trees if they are producing at this time. Stacey, Marliss, Deb and Amber volunteered to staff tables.
- b. Dates and PTO volunteers: Kim will provide the dates for all 5 schools and details regarding what type of information to distribute will be discussed at the May meeting.

Elementary Wellness Initiatives

6. Elementary Updates

- a. Jump Rope Workshops-Lea
 - Meeting discussion postponed until May.
- b. Bike to School Day- List of promotions/ideas
 - A list of ideas was sent to building principals and the committee. The list is just a reference to give schools some ways to promote Bike to School Day that is fun for students, parents and staff if they are interested. Washington Elementary is currently registered to coordinate an event.
- c. Monthly wellness communications
 - During May, the school wellness committee update will promote Healthy Lifestyles-Marshfield Area Coalition's "Bicycle Discount Program" and Bike to School Day/Month. Amber distributed Bicycle Discount Program punch cards for staff to give to out to students or set in staff break rooms.
- d. "Healthy Classroom Rewards" list- feedback
 - Please provide any feedback or suggestions for improvement for this handout. We will be finalizing it by May 31st so it's ready to be distributed in the Fall.

7. Bicycle Rack (items that have been submitted & will be addressed during upcoming meetings)

- a. Healthy concession options at Middle School dances
- b. Employee Needs and Interest Survey
- c. Fundraising ideas for school wellness

****Next meeting: Tuesday, May 21st, 3:30 @ the High School Library****