

Marshfield School Wellness Committee meeting minutes

Date: Monday, August 21, 2012

Time: 10:30 a.m. - 12:00 p.m.

Location: Central Office, Conference Room A/B

Attendance: Sue Anderson, Michael Bissonette, Torri Bradley, Kathy Brunette, Amber Corcoran, Deb Englehart, Kari Gillen, Michelle Goetsch, Stacie Lecker, Sue Lee, Jane Loll, Shelly Schneider, Donna Smith, Marliss Trudeau, Stacey Weichelt, Tami Wolff, Mark Zee

10:30 – 11:15am Combined: Elementary, Middle and High School student focused wellness initiatives

1. Updates

a. Farm to School “Harvest of the Month” schedule –Sue Anderson

- Schools will continue to work with the food processor in Arpin for preparing harvest of the month fruit and vegetables for the kids. A copy of the Harvest of the Month (HOM) schedule was copied on the backside of the agenda and distributed to everyone. Watermelon will be offered every Friday during September while it's in season. The HOM newsletter will continue to be mailed home to all families on a monthly basis.
- Wenzel Farm hot dogs are replacing all hot dogs used in school meals (all meat, no fillers).
- For questions on Farm to School, nutrition education, gardens/greenhouses starting September 1st, contact Sue Anderson.
 - Phone: (715) 347-6460
 - Email: sue.eric.anderson@gmail.com

b. Salad and Fruit/Vegetable Bars – Stacey

- Fruit/Vegetable Bars were purchased for all elementary schools and will be arriving soon in hopes to have them set up for the 1st day of school. With the new DPI guidelines, students are required to take at least ½ cup of fruit or vegetable with each lunch. This must be on their tray to be allowed past the cooks. The bars will be set up before the hot food line.
- The high school salad bar will be here Sept. 18th to be up and running by Oct. 1st
- There was not enough funding at this time to purchase a middle school salad bar (costs \$4,350). Stacey will be looking to apply for other grants to cover the cost or we may see if money left over in the final school wellness budget could pay for this.
- Bars include
 - 2 fruits and 2 vegetables every day (usually 1 hot and 3 cold)
 - Self-serve scoops/spoodles are the size of one serving
- Stacey emailed all principals to let them know about the changes and to ask them to inform their staff. In a few elementary schools, the lunch line will be rearranged.

c. School Wellness Policy

- Amber Corcoran and Kristie Rauter met with Peg Geegan and Kim Ziembo to make final revisions on the wellness policy. These were also sent to Stacey to review.

- We will be meeting again one more time before the policy goes to the school board meeting for review on September 26th.
- Overall the revised policy is shorter and easier to read than the old one. Once it passes, there will be a lot of education to all staff that will need to be provided that the school wellness committee can develop a plan for and have approved by Peg Geegan. Please send any ideas or educational resources you think may be helpful to Amber.

d. Gardens/Greenhouses- Tim Heeg

- No updates. There is still \$6,000 left in Tim's budget approval if he has more items to purchase related to gardens/greenhouses.

e. Fruit Trees and Bushes – Work Day Details

- Mark Zee said there will be some FFA kids and students from the Wildlife Management classes that will be able to help. These students will be able to mentor Madison Elementary students during planting.
- During the fall, we will be only planting around the baseball field. We will postpone planting at the school forest until spring.
- Amber will contact someone in the building and grounds department to keep them involved and get guidance from them about tree spacing, availability of tools, and other details for the workday during late September.
- Torri will contact Woodstock Nursery to make purchases of fruit trees and discuss delivery options once our planting day is finalized.

f. Budget

- After all approved and pending purchases go through, there is approximately \$10,380.79 remaining in the school wellness budget that needs to be spent before October 31, 2012. Currently the physical activity line item has a shortfall in the budget but we will adjust this upon approval. ***Please email all FINAL budget requests to Amber Corcoran by Friday, September 7th.** Stacey, Amber and Kristie will meet before the next meeting to figure out if money can be transferred and final budget details.

2. Communication Plan for new DPI Guidelines

a. Staff Resources

- Stacey Weichelt gave an overview of the new DPI Guidelines and Implementation Schedule through the 2013-2014 school year. This year the focus is on the School Lunch program, next year the focus is on the School Breakfast program.
- As new guidelines are implemented, the school wellness committee would like to try to provide additional education to staff and students to make the transition(s) easier. This also includes enforcement of the school wellness policy and the education that will need to be provided once new language is approved.
- Many teachers have been using their own healthy snack list while other teachers do not have any guidelines for their classroom or for parents. It was suggested that for consistency, all staff use the "Healthy Snacks In or Outside of the Classroom" document on the food service webpage. Stacey sent an email to the district elementary education teachers prior to open house so they could include this in their open house packets to encourage parents to

send healthy snacks for the classroom including birthdays, holidays, etc. Stacey also attended some elementary open houses and distributed this document.

- Stacey will add the new DPI guidelines and implementation timeline on the website.

3. Transform WI Impact Grants

- Wood County received a total of \$320,000 through Transform WI Obesity Prevention grants. \$160,000 for Active Communities and \$160,000 for Food Systems. More detailed information as to how this money will be used related to school wellness will be determined and updates provided during future meetings.
- Contact Food Systems Coordinator, Sue Anderson with questions on Food Systems:
 - Phone: (715) 347-6460
 - Email: sue.eric.anderson@gmail.com
- Contact Physical Activity Coordinator, Michelle Goetsch with questions on Active Communities or proposals for physical activity mini-grants:
 - Phone: 715.571.2042
 - Email: mgoetsch@co.wood.wi.us
- Small Communities Grant (separate funding): Wood County put an application in for this \$1.5 million grant. Awards will be announced at the end of September.

4. Walk to School Day, October 3, 2012

- Principals have been contacted to find out if they are participating this year. Flyers will be sent home through Central office with all students again this year on September 21st.
- We are contacting the new high school principal to get permission to allow fall sport student athletes to participate and hand out stickers as they have done in the past.
- The Walk to School Day poster contest will start on September 4th. See attached Poster Contest Guidelines.
- The Walk/Bike to School challenge will be open to students in K-6 from Oct 1 – 31. For students who are bussed to school, it was suggested in the challenge flyer we emphasize this so teachers/parents know that there are alternate options such as walking around the playground at lunch or playing kickball at recess for kids who can't walk/bike to school.
- Walk to School Wednesdays are being coordinated at Grant this year, more details to come soon.

11:15am – 12:00pm: Elementary student focused wellness initiatives

1. Elementary Updates

a. Balance Ball Chairs – Deb

- The order has been placed and they are ready to ship but the company requires staff using them in their classroom to watch a DVD training before they will ship. Kim will be coordinating the training with those who requested the ball chairs.

b. Elementary Fitness Classes

- Based on school staff comment cards collected in the Spring, there was interest to offer fitness classes for school staff on-site after the instruction day. It was suggested we pilot this with 1 elementary school to start and if it goes well, we could offer or

rotate it to other elementary schools. The committee couldn't decide what school to start with so Michael drew a name from a hat and the school drawn was Madison.

- Amber will work with Mr. Kaster and Kari Gillen to coordinate classes at Madison if approved.
- Jane Loll (parent and yoga instructor) is willing to instruct 4 free yoga sessions (once a week) for Madison elementary staff; dates and time to be determined. We will notify staff from other elementary schools if they want to drive/walk to Madison and join in, they are more than welcome.

c. Fresh Fruits and Vegetables Grant & Nutritious, Delicious WI 4th Grade grant

- Stacey applied for a Fresh Fruits and Vegetables Grant for Lincoln Elementary but it was not awarded because the free/reduced lunch rate was not high enough compared to other schools who submitted applications.
- DPI recently announced they will be offering \$250 grants for 4th grade classrooms to apply and implement the Nutritious Delicious curriculum. Amber will send out information to 4th grade staff once the application is available. Lea Hanke and Kathy Brunette are very interested in more information.

d. Monthly Wellness Newsletter Communications – Deb

- Starting in October, the wellness committee would like to see monthly updates submitted to all school newsletters to let students, staff and parents know what the wellness committee is working on and accomplishing.
- If you have any topics, please send these to Deb Englehart to be submitted.

2. Chef in the Schools Assembly – Deb

- a. Cooking Carts: All items for the cooking carts have been ordered. Once they are ready to be put together, Stacey will let Deb and Marliss know. They will assemble the carts, create instructions for cleaning carts, and determine what the check out process will be for each elementary school.
- b. Education Components: During the assembly we would like to include a section at the end for 5-10 minutes to update students, staff and parents about current wellness committee initiatives: Harvest of the Month, Fit-tastic Program, accomplishments of the Wellness Committee, Cooking carts, etc.
- c. Promotions: Could we ask the PTOs to help advertise the chef assembly to other parents? Send flyers home with students. Incorporate local farm to school products in the demonstrations by the chef then kids may want to eat those products in the lunch line also.

3. Bicycle Rack (no updates or discussion)

- a. Employee Needs/Interest Survey
- b. Balance Program- Scott Scheuer
- c. Fit-tastic Program Data
- d. Fuel Up to Play 60 grant

4. **Next meeting: Tuesday, September 11 @ High School Library**

Middle/High School: 3:30pm-4:15pm, Elementary: 4:15pm-5:00pm