

## Marshfield School Wellness Committee meeting minutes

---

**Date:** Tuesday, December 18, 2012

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

**Location:** Grant Elementary Library

---

Attendance: Sue Anderson, Amber Corcoran, Deb Englehart, Kari Gillen, Michelle Goetsch, Lea Hanke, Stacie Lecker, Allison Machtan, Kristie Rauter, Shelly Schneider, Donna Smith, Marliss Trudeau, Stacey Weichelt, Kim Ziembo

### 3:30 – 4:45pm Combined: Elementary, Middle and High School student focused wellness initiatives

#### 1. Introductions

- Annual Strategic Planning Meeting:  
Healthy Lifestyles-Marshfield Area Coalition gathered on December 13<sup>th</sup> to celebrate all the successes that happened during 2012 around increasing opportunities for healthy eating and active living in the Marshfield area. Coalition members from the Business, Community and School Wellness committees also gathered to discuss goals, evidence-based strategies, and plan for 2013. Thank you to everyone for all your hard work during 2012, we are working together to make the Marshfield Area a healthier place to live!

#### 2. 2012-2013 Action Plan: Wellness Committee Goals

##### a. Review DPI Requirements—Stacey

- Stacey Weichelt reviewed the DPI requirements that must be included in the wellness policy goals. At a minimum, these include goals for nutrition education, goals for physical activity, and goals for other school-based activities that promote student wellness as well as nutrition guidelines to promote student health and reduce childhood obesity for all foods available on each school campus. The following goals/focus areas were set by the committee:
  - Increase physical activity opportunities for students in the Marshfield School District.
  - Increase nutrition education for students in the Marshfield School District.
  - Increase wellness opportunities for Marshfield School District staff.
  - Increase exposure to nutrient-dense foods in Marshfield School District.
  - Develop or expand other school-based activities that promote student wellness.
  - Promote school wellness policy 725 to Marshfield School District.

##### b. Planning/Programs (Review goals, discuss new objectives/programs)

- Amber Corcoran shared a few evidence-based strategies for improving student health in schools that was discussed during the strategic planning meeting by a smaller committee. Discussion was also opened up to the committee for ideas for new policies or programs to work on during 2013. We also would like to include some short-term goals and long-term goals for the wellness committee to work on. The policy/programs that were mentioned are:
  1. Provide non-competitive activities for youth before and after school (Increase non-competitive physical activity opportunities or school-based programs such as Grant's

Healthy Lifestyles pilot program, Lincoln's Running Club, Increase enrollment of students in Fit-tastic, increase opportunities for physical activity for middle school students)

2. School Wellness Policy implementation plan (increase awareness of wellness policy through staff interviews, resources, staff meetings, etc. and provide support and resources for staff to increase wellness policy compliance)
3. Healthier concession stands and fundraiser options (increase access to healthy foods on school grounds, increase support for school wellness policy, healthy school concessions and fundraisers, use resources from Get Active Healthy Concessions Toolkit)

c. Evaluation

- As we implement new programs or expand current programs, we want to keep in mind simple ways we can evaluate them. This is important to determine if the funding that is being spent for the programs is having a positive impact on students or staff participating. If you have suggestions for ways to evaluate your programs, please let Stacey Weichelt know.

3. 2013 Funding Requests

- All Get Active funding has been spent, but Marshfield School District received an additional \$3,500 to use to continue the farm to school program, continue joint use physical activity programs and to help sustain the current work the committee has been working on. The amounts are \$1,000 for nutrition and \$2,500 for physical activity.
- Stacey Weichelt asked the committee if they would be willing to fill out a funding request form for any purchases they would like to make to help with their specific healthy lifestyles program(s). Due to a limited budget, the committee agreed this would be the best way to fairly review and assign funding for program requests. Stacey created a form and emailed it out to the committee on December 20<sup>th</sup>, it's also located on the School Wellness committee webpage under the Food Service tab. Please submit request forms to Stacey Weichelt.
- During the meeting, Donna Smith made a request to purchase the SPARK curriculum and replacement pedometer batteries for her program at Grant starting in January. The committee approved this and Stacey Weichelt will place the orders for her.

**4:45pm – 5:00pm: Elementary student focused wellness initiatives**

4. Chef in the Schools Assembly- Deb

- Assemblies in all 5 Elementary Schools are complete and were successful! A local chef visited schools during October, November, or December and demonstrated how to make a healthy snack and students were able to taste it afterwards. Media coverage from Channels 7, 9 and the Marshfield News Herald helped promote the assemblies within the community. A big THANK YOU to Deb Englehart for spending many hours to coordinate these as well as to Chef Steve Tollers & Steve Osinski of RiverEdge and Chef Ted O'Neill & Allison Lindquist of Blue Heron Brew Pub. Thank You cards were signed by the wellness committee and mailed to each chef.

5. Madison Elementary Yoga Classes

- a. Beginning Thursday, January 10<sup>th</sup> Jane Loll will be offering 3 FREE yoga classes to Marshfield School District Elementary staff. We will begin promoting these on January 2<sup>nd</sup> once all staff

returns from break. Amber will send the flyer to 1 wellness committee representative at each school to help promote through email, flyers and word of mouth. Attendees are asked to RSVP to Kari Gillen if they are attending. See attached flyer with minutes for more information.

6. Elementary Updates

- a. Monthly wellness communications: If you have any wellness committee information that you would like submitted to the February Elementary newsletters, please email it to Deb Englehart at [englehartd@gmail.com](mailto:englehartd@gmail.com) by January 21<sup>st</sup>.

7. Other Discussion:

- a. The committee suggested it would be nice to allow staff who do not sit on the wellness committee to share ideas within their own Elementary School. This may include ways staff can utilize the cooking cart with their students or ways they used the fitness care packages, etc. The committee also discussed ways this would be accomplished which included being put on all staff meeting agendas to take the last few minutes to share a wellness idea of the month, others mentioned sending an email to all staff in advance to invite them to a short meeting at their school to share ideas.
- b. Material development may be something that Get Active staff can assist with. If there are any materials that would be helpful for the wellness committee to use with our programs, please mention this at a meeting or email Sue Anderson at [sue.eric.anderson@gmail.com](mailto:sue.eric.anderson@gmail.com).

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

- a. School Wellness Grants: A need mentioned by the wellness committee is for funding for staff to purchase food to use with nutrition lessons. It was mentioned that approximately \$50 per classroom for the school year would be really helpful. We will discuss this more at the January meeting. Some local grants that were suggested the committee apply for are:

Marshfield Area Community Foundation:

<http://marshfieldareacommunityfoundation.org/index.php?page=grants-and-scholarships>

Security Health Plan Charitable Contributions Program:

[www.securityhealth.org/about/?page=charitablecontributions](http://www.securityhealth.org/about/?page=charitablecontributions)

- b. Employee Needs/Interest Survey
- c. Fundraising Ideas for school wellness
- d. Fit-tastic Program: Begins on January 21<sup>st</sup> and Sara Henrichs of Marshfield YMCA shared information about the referral process. Referrals come through the school Principal or Guidance Counselor. They accept 20 – 25 students and also offer it to students in the YMCA afterschool program as it is ran in that specific space. The committee would like to know more information so they could help with referrals if space allows. Amber C. can ask Sara if they have a schedule or letter about the program to share with the committee.
- e. Fuel Up to Play 60 grant
- f. Feeder Table- Student Education
- g. Funding sources to purchase food for cooking lessons

**Next meeting: Tuesday, January 15 @ High School Library, 3:30-5:00pm**