

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, February 19, 2013

**Time:** 3:30 p.m. – 4:30 p.m.

**Location:** Grant Elementary Library

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Attendance: Kathy Brunette, Amber Corcoran, Deb Englehart, Kari Gillen, Brittany Guden, Lea Hanke, Jane Loll, Marliss Trudeau, Stacey Weichelt

### 1. Introductions

### 2. Updates

#### a. Wisconsin School Health Award application

- State Superintendent Evers supports the Wisconsin School Health Award. It is a way to recognize and celebrate schools that support and promote healthy eating; physical activity; alcohol-, tobacco-, and drug-free lifestyles; parental and community involvement; and staff wellness. The goal of the award is to motivate and empower all Wisconsin schools to develop the policies, programs, and the infrastructure needed to create and maintain a healthy school environment. Each school must submit a separate application and have approval from the principal. Stacey will work with the necessary staff to complete the applications by March 15<sup>th</sup>. Thank you to the wellness committee for all your hard work to create a healthier environment to improve student and staff wellness in the district. We will be highlighting all the great accomplishments in these applications. Awards will be announced in May 2013.

#### b. Farm to School

- The Farm to School featured item for February was dried cranberries and they went over really well. The featured item for March is local potatoes.

#### c. Middle School Salad Bar

- The middle school salad bar is implemented and the response has been great from students and staff. The maximum number of salads sold in one day was 187. Great job Stacey!

### 3. Grant Funding

- Sprouting Healthy Kids application: Amber worked with Mark Zee to complete an application for \$5,000 to help support, maintain and harvest the fruit trees and shrubs that were planted at the High School baseball field. Awards will be announced in early March and we will let the committee know if we are funded.
- Farm to School grants: Michelle Goetsch from Get Active announced that they will be applying for a State Farm to School grant that would include Wood County school districts. If funded, each school would get additional money to support their farm to school programs.
- AmeriCorps Farm to School grant: Wood County may also be submitting a grant application to have AmeriCorps members help with local schools farm to school programs. Updates will be provided at future meetings if funding is awarded.

### 4. School Wellness Committee Goals

a. Identify Top 3 Priorities for 2013

The committee reviewed ideas for student/staff wellness programs that could be expanded or implemented for the 2013-2014 school year. In order to identify where we want to focus and move forward, we need to choose our top priorities. A list will be compiled and put into a short survey format and then sent out to the committee for voting. The top 3-4 priorities that come out on top from the survey will guide our next steps and will be discussed further during the upcoming meetings. Please watch for a survey coming out the week of March 4<sup>th</sup> to submit your votes.

#### 4:00pm: Elementary Wellness Initiatives

5. Meetings (discussion to be carried over into March meeting)

a. Sub-committee meetings (Elementary separate from Middle/High School)

Elementary staff was interested in setting up a meeting at their individual schools and inviting staff who do not participate on the school wellness committee to come and share their ideas/successes with the physical activity resources and cooking carts provided this year.

b. Locations

Please email Stacey or Amber if you have suggestions on other meeting locations that may work better. Currently we alternate between the High School Library and Grant Elementary library.

c. Member Recruitment

Please continue to talk with staff, PTO members, or community partners and invite them to attend the wellness committee meetings. We always like to have new partners at the table to expand our ideas and connect with other groups/organizations interested in supporting and promoting student/staff health improvement programs.

6. Elementary Staff Yoga Classes & Survey Results- Jane Loll

- a. Jane Loll, instructor, distributed surveys to participants in the free yoga classes and had very positive results. Staff from Madison and Lincoln Elementary attended and all participants said they would attend more classes in the future. As a result of participating in the classes, staff felt more focused, more energized, less pain, less stressed, more flexible, more productive. Thank you Jane!

7. Elementary Updates

a. Fit-tastic Enrollment-Deb

Deb spoke with Sara Henrichs of Marshfield YMCA to find out how many students at each elementary were participating in Fit-tastic where it was offered. Results are below:

Lincoln: 5 new students in Fit-tastic (not enrolled in Pryme Time)

Nasonville: 0 new students in Fit-tastic (not enrolled in Pryme Time)

Washington: 10 new students in Fit-tastic (not enrolled in Pryme Time)

**Grant Fit-tastic Program:** Starts on March 18 – May 17. Deb will send this to a secretary at Grant to put it in the March newsletter. Amber will send an email to the principal asking him to send information out to staff to promote the program to students and parents.

b. Grant Nutrition/Physical Activity program- postponed until Fall 2013.

c. Walking Wednesdays

If anyone is interested in coordinating “Walking Wednesdays” at your elementary school, please let Amber know. We can provide you with the information that Grant Elementary used to coordinate this. It would be great to offer this at another elementary school.

- d. Other: Some Elementary schools may be interested in coordinating the “Jump Rope Club” out of Stevens Point to have an assembly and promote students to be physically active. The contact information will be shared at the March meeting.
8. Bicycle Rack (items that have been submitted & will be addressed during upcoming meetings)
- a. Fundraising ideas for school wellness
  - b. Employee Needs and Interest Survey
  - c. Fuel Up to Play 60 grant
  - d. Feeder Table- Student Education

**\*\*Next meeting: Tuesday, March 19<sup>th</sup>, 3:30 @ High School Library\*\***