

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, January 15, 2013

Time: 3:30 p.m. – 4:30 p.m.

Location: Marshfield High School Library

Attendance: Sue Anderson, Amber Corcoran, Brittany Guden, Lea Hanke, John Harrington, Jane Loll

1. Introductions

2. Updates

a. Farm to School

- The Farm to School featured item for February is cranberries. Get Active created a farm to school video called: Carrots, from local farms to Wood County school lunch lines! Click the link to watch it! <http://www.youtube.com/watch?v=8oQtMR-OfE> . Amber will submit this to the Elementary secretaries to add it in the February newsletters.

b. Funding Request Form

- If you would like to submit for funding for physical activity or nutrition programs that align with the school wellness goals, please fill out the Funding Request form and submit to Stacey Weichelt at weichelts@marshfield.k12.wi.us . All funding must be approved before May 1, 2013 and will be reviewed by a small committee. For more information, please see the form which is located on the school wellness committee page under the date of the next meeting near the top: http://www.marshfield.k12.wi.us/schools/high/wellness_committee_policy.cfm

c. Children's Festival "Do Your Bit To Be Fit"- April 13th at Marshfield High School

- Next year the school wellness committee may be interested in having a booth at this venue to promote some of the school wellness resources and programs.
- John Harrington was interested in offering a shuttle run again for kids to participate in through his employer, UW-Wood County. At his booth, children try to get as many tennis balls as they can to the other side in a certain amount of time. Amber will forward him contact information for Ali Luedtke so he can register for his own booth.

d. 13 for 13 Column "Ways to Keep Your Family Active"

- Carrie Hutton from Wausau Gannett who writes the column "13 for 13," is looking for parents who are interested in writing a short article about ways they keep their family active year round. If anyone is interested, please let Amber know and she will send you Carrie Hutton's contact information to submit the articles to.

3. Grant Funding

- Based on the December meeting, the committee was interested in finding funding that would help pay for staff to purchase food for nutrition lessons using the cooking carts available at each elementary school. We will start looking for grants that allow you to purchase food. Staff suggested approximately \$50 per classroom for the school year would be really helpful. Some local grants suggested to 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

- Sprouting Healthy Kids grant: Sue Anderson of Get Active announced that there is grant funding available through Get Active and Security Health Plan. She asked if there is interest from anyone who would want to implement growing carts in their classroom. If there was interest, the school wellness committee could submit. Applications are due January 31st. Amber checked with Security Health Plan and the school could apply for a grant to help with maintenance and harvesting of the fruit orchard that was planted in October 2012. Mark Zee, Stacey Weichelt and Amber will work on the grant application and submit it for tools and resources that will assist with maintenance, protection, and harvesting of the fruit.
- Other: Michelle Goetsch from Get Active is currently writing a grant application through Aspirus using best practices that would help schools with processing farm to school products. More information will be provided at a future meeting when funding is announced.

4. School Wellness Committee Goals

a. Identify Top 3 Priorities for 2013

Due to low attendance; a summary of discussion from the December meeting was provided but no further planning took place. Discussion will be postponed until the February meeting. Below are the programs that staff was interested in implementing during the 2013-2014 school year.

- Increasing physical activity opportunities for students before and after school
- Applying for funding to purchase food for nutrition lessons with cooking carts
- Creating wellness policy resources for staff and parents
- Increasing healthy options available in school concessions and fundraisers
- Increasing opportunities for staff wellness
- Increasing physical activity opportunities before and after school at the Middle School
- Sharing a physical activity of the month with staff on the website
- Wellness Trivia tied to school lunch menu to increase awareness of school wellness programs

b. Programs to Expand

- Promote Fit-tastic program and increase awareness in elementary schools where its offered
- Continue offering running/soccer/fitness clubs at elementary schools

4:00pm: Elementary Wellness Initiatives

5. Elementary Staff Input

- During the December meeting, elementary school staff was interesting in setting up a meeting at their school to invite other staff who does not participate on the school wellness committee to share their ideas or success with the physical activity resources and cooking carts. Further discussion was postponed to the February meeting.

6. Madison Elementary Yoga Classes

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- Yoga classes have been going well and Jane Loll, instructor, has received very positive feedback from those participating. Attendance at the first two classes was 8 participants each time.

7. Elementary Updates

- a. Monthly wellness communications: Amber will submit the farm to school carrot video and invite anyone who is interested to get involved in the school wellness committee to elementary school secretaries to add in the February newsletters.
- b. Nutritious, Delicious Wisconsin grant: Lincoln and Washington were each awarded \$500 to implement lessons from the Nutritious, Delicious curriculum. Congratulations! Sue Anderson from Get Active is available to assist with the classroom lessons if needed as well as Brittany Guden (intern with Healthy Lifestyles).
- c. Fit-tastic Program: An email was sent out on January 16th informing teachers about the free "Fit-tastic" program offered by Marshfield YMCA. The program began on January 21st for Lincoln, Washington, and Nasonville Schools from 3:15 to 4:15pm. Any student may attend and they do not have to be part of the YMCA's afterschool program. Students must commit twice a week for eight weeks. They will learn about eating healthy and active living. A permission form must be filled out in order to attend the Fit-tastic program. "Fit-tastic" will also begin at Grant elementary on March 18 – May 17.

8. Meeting- Every Other Month

- a. Discussion was postponed to the February meeting.

9. 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, February 19th, 3:30 @ Grant Elementary Library****