

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, March 19, 2013

Time: 3:30 p.m. – 4:30 p.m.

Location: High School Library

Attendance: Sue Anderson, Amber Corcoran, Deb Englehart, Kari Gillen, Michelle Goetsch, Brittany Guden, Lea Hanke, Jane Loll, Marliss Trudeau, Stacey Weichelt

1. Introductions
2. Updates
 - a. Farm to School
 - The Farm to School featured item in March was local potatoes. There will be no local produce featured on the menu during April but Spinach is the Harvest of the Month. May's menu will feature local hot dogs from Wenzel's Farm. Squash and coleslaw are featured monthly now.
 - 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. The F2S team is also working on creating a 2013-2014 Harvest of the Month schedule.
 - b. Member Recruitment
 - The wellness committee is always looking for new members to join. Even if they want to participate or provide input outside of attending meetings, we can figure out ways to make this work. We want to allow ways for everyone to get involved.
 - It was mentioned that we could talk to the school PTOs to see if any parents want to be involved.
 - c. Meeting Format
 - If there is anything related to the format of our meetings that isn't working, please do not hesitate to let Stacey or Amber know. We are flexible and want to make we are considerate of staff schedules which are already busy and working long hours.
 - d. Budget and Request Deadline
 - Current grant funding needs to be spent by the end of the school year. Since Stacey will be out, please send Amber any funding requests by **Monday, May 13th** so these can be processed before the end of the school year.
 - e. Sprouting Healthy Kids
 - Marshfield School District FFA was awarded \$2,000 from the Sprouting Healthy Kids grant through Security Health Plan/Get Active. This funding will help with maintenance of trees/shrubs and harvesting once the trees start producing. If there is current deer damage, the funding may be used to purchase a fence. Certain funding guidelines and requirements will be followed as outlined in the contract.
 - f. Other:
 - 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. More details will be discussed at future meetings.
 - WI School Health Award applications: All 7 schools applications were submitted. Award presentations are in May. If we are awarded, this may help us secure future grant funding.
 - Garden Equipment for Marshfield Gardens: Four Marshfield garden sites will each receive the following from Get Active: 18 gal. tote, produce scale, cookbook, and "Got Dirt curriculum."

- Local foods data collection: Get Active would like to track local foods being used in the schools, donated to pantries, grown in community gardens, etc. If you know the number of pounds used, please email it with a brief description to Sue Anderson at sue.eric.anderson@gmail.com. They are using this information in grants to help secure future funding.
- Local Popcorn: If you are interested in ordering any local popcorn for your school during the 2013-2014 school year, please let Sue Anderson know and it will be delivered to the District. It's a \$1/pound for school use. It could be used at school events or as a school fundraiser if you take orders and resell at \$1.50/#. The farmer from Plover Wisconsin will deliver to the schools late November. Madison Elementary has purchased this in the past.

3. 2013-2014 School Year Priorities

- Results of Top Focus Areas: Thank you to everyone who voted, there were over 33 responses and the poll was sent out to only people on the wellness committee list which is mostly school staff.
- Top Priorities:
 - Increase before, during and after school physical activity opportunities for students and staff by increasing promotions and community involvement.
 - Research grant funding opportunities to support ongoing wellness programs (i.e. nutrition education lessons, health assemblies, etc.).
 - Increase wellness promotions and opportunities for Marshfield School District staff.
 - Identify physical activity equipment that could be used by volunteers to provide programming before, during and after school.
- We will be looking for committee members to help take the lead on some of the priorities identified as we identify programming and next steps. The goal will be to identify 1 program/opportunity within each priority. Join us at the April meeting to set the agenda for the 2013-2014 school year.

4. Staff Resources

a. Healthy Classroom Rewards

- Stacey created a draft of a "Healthy Classroom Rewards" list that could be distributed to staff at the beginning of next school year with a package of rewards that could be used until schools ran out. She received some pencils and kick balls from the Milk Marketing Board for each elementary school. We could also look for donations from local businesses or partner with United Way. Please see attachment with email and bring your feedback or revisions to the next meeting or email it to Amber or Stacey.

Elementary Wellness Initiatives

5. Elementary Updates

a. Assessment of Materials: Cooking Carts/Ball Chairs/Energy Bursts-Deb

- Wellness committee reps at each school distributed a survey to their staff to assess interest in more energy burst materials and ball chairs and to find out if staff has been using the materials they received this past Fall. The surveys had great feedback and the committee will use this information to determine if our budget will allow future purchases of additional materials.

b. Bike to School Day Promotions

- Brittany Guden, intern with CCO, is working on creating a list of ideas that can be sent to building principals. The list is just a reference to give them some ways to promote Bike to School Day that is fun for students, parents and staff if they are interested. An email will go out the week of April 8th.

c. April Newsletter content

- If anyone has content they want submitted with "school wellness updates" to the elementary April newsletters, please send this to Amber Corcoran by Thursday, April 11th. We will be promoting Healthy Lifestyles-Marshfield Area Coalition's "Bicycle Discount Program" and Bike to School Day/Month.

d. Fit-tastic Program Data

- Michelle Goetsch provided a quick summary of the Fit-tastic program data.
Overall enrollment was really good, especially at some Marshfield locations. If you would like to see a copy of the summary, please contact Amber Corcoran or Michelle Goetsch.
Grant Fit-tastic Program: Began March 18 and runs two days a week through May 17. Information was promoted in Grant's March elementary newsletter.

6. Bicycle Rack (items that have been submitted & will be addressed during upcoming meetings)
 - a. Fruit Trees/Shrubs Planning (April meeting)
 - b. Employee Needs and Interest Survey
 - c. Fundraising ideas for school wellness

****Next meeting: Tuesday, April 16th, 3:30 @ Grant Elementary Library****