

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, May 21, 2013

Time: 3:30 p.m. – 5:00 p.m.

Location: High School, Room 84

Attendance: Amber Corcoran, Deb Englehart, Michelle Goetsch, John Harrington, Lea Hanke, Jane Loll, Doug Mauritz, Eric Nelson, Kari Richter (Gillen), Aaron Scheuer

1. Introductions

- Washington Elementary WON the "Jump With Jill Contest" including a watermelon party & \$1,000 for their school. Watch the YouTube video: <http://youtu.be/suA97aqmh28>.

2. Updates

a. Vermicomposting

- Marshfield Middle and High School teachers Mr. Eric Nelson and Mr. Aaron Scheuer have combined the talents of their students into one incredible school project to begin next school year: vermicomposting! Mr. Scheuer's Tech Ed students will construct bins that will house thousands of red wigglers who will munch through discarded produce that the middle school students throw away into a special trash bin. Mr. Nelson's Art students, along with some help from the middle school special education students, will manage the produce disposal and look after the worms while they turn lunch time trash into gardeners' treasure. Vermicomposting is happening in the Middle and High Schools. The nutrient dense vermicompost will end up in school gardens around the district. This project is possible because of a construction grant and will also help enhance the farm to school program already in place. If you want to lend a hand in planning this exciting project, contact Eric Nelson at nelsone@marshfield.k12.wi.us. View the video here: <https://www.youtube.com/watch?v=d-v4chltBd4>.

b. Summer Care- Fruit Trees/Shrubs

- Amber connected with Danielle Dieringer of National Honor Society. NHS was excited to hear about volunteer opportunities they could help with that support the High School orchard this summer and fall and during upcoming years. There may also be opportunities to connect with the new class of UW Extension Master Gardeners who need volunteer hours. Amber met with Mark Zee also and we came up with a project for NHS that includes creating signs identifying each tree/shrub that are weather resistant. Currently the original tags are on the trees from when they were planted and eventually need to be removed.

3. Budget/Funding Requests

- Pathway Partners submitted a funding request for \$1,020 for 30 students to attend the YMCA on a weekly basis during the 2013-2014 school year. (34 visits during the school year at \$30/each visit)
-No additional funding requests were submitted.
-The committee did not make a decision about the Pathway Partners funding request but will vote on this during the August meeting. Last year, \$270 was given to Pathway Partners for this request.
- Remaining Balance:**
Prior to the meeting, a small group met to discuss how remaining funding could be used to support programs outlined in our goals during the 2013-2014 school year. Due to where the funding was being housed in the school district, it had to be spent by June 2013 (end of fiscal year). The group agreed that we currently do not have any identified purchases that need to be made at this time to support 2013-2014 programs and goals and it would be nice to have some funding available for future programs. The group agreed to transfer the funding into the Healthy Lifestyles-Marshfield Area Coalition bank account.

A letter outlines the agreement and all purchases will be tracked to ensure they are only used to support school wellness programs.

4. School Wellness Committee Goals

a. Staff Wellness Opportunities

The committee brainstormed ideas to identify one program or assessment that could be offered to staff during the 2013-2014 school year. The committee agreed that they would like to get more input from all staff before moving forward to ensure that we are offering a program that there is a need or interest in. Amber suggested there may be an opportunity to create an "Employee Wellness Interest Survey" to find out what employees are looking for. More discussion will take place during future meetings.

b. Healthy Classroom Rewards Packages

Stacey received a large quantity of pencils from the Milk Marketing Board that she planned to distribute to schools. During a previous meeting, an idea was brought up about creating "healthy classroom reward packages" for all Elementary staff. This would provide each staff with healthy rewards to use throughout the school year. We also thought it would be nice to include a welcome back letter, list of alternative rewards, and a copy of the school wellness policy that encourages the use of healthy student rewards. Once a date and time is determined to put the packages together, an email will be sent out to the committee looking for volunteers to assist with assembly of the packages. We will complete this project no later than August 16th so they are ready to be delivered to staff in each school before school is back in session. Stay tuned for more information.

5. "Family Fitness Nights"

a. Dates: Tuesday or Thursday. During the August school wellness meeting, we will confirm 5 dates (1 night at each elementary during the school year). Dates will be compared to the District Calendar to make sure there are no conflicts with other school events.

b. Locations: Rotate Elementary schools (1 night at each elementary during the school year)

c. Time: 5:30-7:00pm

d. Questions to address:

- Who will supervise the evening?
- Is there a maximum capacity at each school?

e. Next Steps:

- Share the idea with principals via email/letter and ask wellness committee members to bring the idea back to their school staff for feedback and assistance with planning/supervision.
- Contact Nathan Delaney to reserve the gym/facilities needed.
- Promote dates at Open House tables (create one page handout if ready by end of August).
- Create marketing materials (flyers, school newsletter, etc.)

6. Fall Open Houses (Elementary School)

a. Dates/Staffing

-Tuesday, August 27 at Madison, 4:30-6:00pm: Marliss (Stacey working Food Service table)

-Tuesday, August 27 at Lincoln, 4:30-6:30pm: Stacey and Deb

-Wednesday, August 28 at Washington, 5:00-6:30pm: Stacey and Deb

-Thursday, August 29 at Grant, 5:00-6:30pm: Stacey and Amber

b. Information/Materials

-Healthy Snacks handout

-Family Fitness Nights flyer (if ready)

c. Distributing Fruit

We will purchase local watermelon through Sue Anderson and give this out to families. If there are apples available from the high school fruit trees, this would be an option too.

d. Next Steps:

- Confirm approval from principals and notify janitors.
- Determine location where watermelon will be handed out.
- Find volunteers to assist with cutting watermelon.
- Prepare school wellness tri-fold display for table to set on table with handouts.

7. Elementary Updates

a. Jump Rope Workshops-Lea

- Rene from Ropeworks is willing to send a promotional email and postcards to help spread the word to anyone else who may be interested in booking a show if she tours this area. Marliss may be interested in having this at the Children's Festival so that would count for 1 show. If there is interest for 3 full shows in the same area, then travel expenses are waived. Another option would be to have all physical education classes receive the show at 1 school in the same day. All day in-service is \$1500. Fee for two shows is \$995 at the same school.

b. Nutritious, Delicious Curriculum- Lincoln, Washington

- Lea Hanke and Deb Englehart provided an update on all the great nutrition lessons they were able to teach to their 4th grade students through this grant. They completed the pre and post assessment and would love to receive a grant like this again in the future.

c. Bike to School Day- Washington

- Approximately 45% of students at Washington Elementary walked or biked to school on May 8th. They handed out Healthy Lifestyles "Bicycle Discount Program" punch cards to students and had fun.

d. After School Program- Michelle Goetsch

- Michelle Goetsch is willing to come to a Marshfield Elementary School in the Fall or Spring for approximately 6-8 weeks to provide an after school physical activity program for students. It appears Mr. Kaster from Madison is most interested based on needs identified. Amber and Michelle will meet with Mr. Kaster in June to talk details and find out what he is wanting for this program.

e. Monthly wellness communications

- If you would like anything submitted for the September newsletter, please send it to Amber no later than August 9th.

8. Other Updates/Resources

a. Middle School Wellness Opportunities:

The committee is really looking for ways to get middle school students involved in school wellness programs and expand opportunities available there. The first promotion that happened in May was all students who participate in the "Bicycle Discount Program" and visit 15 of 18 businesses will be entered into an additional grand prize drawing to win a Fit Bit. Mr. Nelson also suggested that some fun ways to offer would be a "Fear Factor" taste testing of healthy foods like unique fruits and vegetables. He also thought students would enjoy a bike speedway event possibly at the fairgrounds.

b. New Curriculum Resources from Food & Nutrition Services Team Nutrition

-The Food & Nutrition Services (FNS) [Team Nutrition](#) has released *two* exciting new curriculum resources offering interactive and exploratory lessons to connect school gardens with nutrition messages in the classroom, school cafeteria, and at home. These new materials are meant to help meet English Language Arts, Math, Science, and Health standards while changing how kids think and feel about fruits and vegetables and fostering an awareness of where foods come from. We do hope you'll use the materials and share them widely.

~[Dig In!](#) helps kids, teachers, and parents explore a world of possibilities in the garden and on the plate using ten inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables. Dig In! also includes a gardening guide, booklets for parents/caregivers, and six dynamic posters encouraging fruit and vegetable choices using themes that appeal to older elementary school children.

~The [Great Garden Detective Adventure](#) is focused on discovering what fruits and vegetables are

sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for 3rd and 4th grades includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.

9. Bicycle Rack (items that have been submitted & will be addressed during upcoming meetings)
 - a. Healthy concession options at Middle School dances
 - b. Employee Needs and Interest Survey
 - c. Fundraising ideas for school wellness

****Next meeting: August (To Be Determined: date/time) @ Central Office****