

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, October 16, 2012

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

Location: Grant Elementary Library

Attendance: Sue Anderson, Amber Corcoran, Deb Englehart, Kari Gillen, Lea Hanke, Stacie Lecker, Jane Loll, Tara Marciniak, Donna Smith, Marliss Trudeau, Stacey Weichelt, Tami Wolff

3:30 – 4:00pm Combined: Elementary, Middle and High School student focused wellness initiatives

1. Introductions
2. Updates
 - a. Farm to School “Harvest of the Month”–Sue Anderson
 - For October, cabbage is the harvest of the month (HOM) and they made coleslaw out of it and it went over really well with the students. In November, students will taste pureed squash two times during the month. The HOM newsletter will continue to be mailed home to all families on a monthly basis featuring nutrition education tips, healthy recipes and more.
 - b. High School Salad Bar and Elementary Fruit/Vegetable Carts – Stacey
 - The high school salad bar is set up and 180 salads were purchased during the second day. On average about 170 salads are being purchased daily. The sub bar will be implemented soon and available as an alternative when a hot salad is served on the main lunch line.
 - Fruit/Vegetable carts have been in place for about a month in a half now in the elementary schools and are going over well. Food service is continuing to work through DPI changes. Students are able to visit the carts as many times as they want during lunch so they can have unlimited fruits and vegetables.
 - The Middle School salad bar has been ordered and will be coming soon. Stacey will provide an update at the next meeting.
3. High School Fruit Trees and Shrubs
 - Mark Zee and Tim Heeg worked together with their students to complete the project. Approximately 40 fruit trees/shrubs are planted around the perimeter of the outfield baseball field fence at the High School. Thank you for all your hard work on this project. Next steps for the committee will be to establish a plan for how the fruit will be used within the school once trees start producing.
4. Budget-Update by Stacey Weichelt
 - After all purchases go through the Accounting Department, all Get Active grant funding in the school wellness budget has been accounted for. The budget should be at a zero balance. Stacey will make sure all invoices are paid by October 31, 2012. See attachment with email outlining successes and saying thank you to Get Active for the funding and all their hard work with making Marshfield School District a healthier place to learn, work and play.

5. School Wellness Summit-November 7th

- 4 people from the wellness committee will be attending the School Wellness Summit on November 7th. Stacey Weichert will work with Cathy Wingert to invoice Kristie Rauter at Wood County Health Department for the sub teachers. Registration is complete also.

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

6. Elementary Updates

a. Balance Ball Chairs:

Deb worked with Elementary teachers to find out who else was interested in getting these for their classrooms if we were able to purchase more. Additional funding allowed a purchase to be made for 40 more plus 13 additional will be purchased from flow through funds. It was mentioned there was an article about Neenah School using these:

<http://www.postcrescent.com/article/U0/20121006/APC0406/310060081/Classrooms-replace-traditional-seats-exercise-ball-get-physical-benefits-increased-learning-process>

b. Cooking Carts:

Deb and Marliiss have completed putting together each elementary school's cooking cart and these have been delivered. Some staff have already used them for lessons and the committee will be working on disseminating more information to the school staff and PTOs about how these can be used.

c. Activity materials and websites (Adventures to Fitness):

Deb and Marliiss also compiled the physical activity materials for each elementary school and delivered them so staff can begin using them. If you have questions about the materials or process for checking them out for use, please contact Deb Englehart, englehartd@gmail.com. Deb also talked with the school technology department about getting an icon for "Adventures to Fitness" on teacher's computer desktop so they can just click on it and launch it as needed. More information to come at the next meeting. There have also been more requests for Chinese jump ropes if we have more funding available in the future, students and staff would like more of these.

d. Chef Assembly:

Nasonville had theirs on October 16th and it went over really well. It was done by Ted from the Brew Pub. Thank you to Deb for all the planning on this.

Grant is scheduled for Tuesday, November 27th from 1-2:30pm in the cafeteria (Brew Pub chef). Deb/Amber is working on scheduling the remaining 3 schools.

e. Madison Elementary Yoga Classes:

Due to overlapping yoga classes offered by the YMCA at the Marshfield High School, the committee agreed not to duplicate and will wait to have Jane Loll teach a 4 week pilot of yoga classes for staff at Madison Elementary. We may look to begin in mid-January now. Other elementary staff will be invited to attend also.

f. Monthly wellness communications: If you have any wellness committee information that you would like submitted to the November Elementary newsletters, please email it to Amber or Deb. We will be promoting dates and times for the Chef Assemblies for schools who are having it in November. We will also be inserting a thank you to get active and the wellness committee showing all the successes the school district has achieved due to everyone's hard work and dedication to wellness.

g. Fundraising Ideas:

As we move forward with our school wellness goals, we may not have as much funding available to use so it would be great to possibly hold a couple annual fundraisers to raise money for school wellness. If you have any ideas of how we can do this, please mention them during a meeting or email Stacey or Amber. A couple ideas were selling local popcorn at a school event, creating a healthy recipe book and selling it to raise money or sending it home with families following future Chef Assemblies.

- h. Nutritious, Delicious Wisconsin grant: 4th Grade Staff from Lincoln and Washington submitted an application to implement this curriculum. They will provide an update at the next meeting if they find out if they were selected to receive a grant(s).

7. Items for next month's agenda

Please always remember you are more than welcome to submit agenda items to be discussed during our meeting. The bicycle rack below contains items that have been submitted and will be addressed during upcoming meetings at they are timely. Most likely during our December meeting the committee will be using the majority of the meeting to fill out our Operating Plan to drive our efforts.

8. Bicycle Rack

- a. Wellness Committee Goals
- b. Wellness Policy Implementation Plan
- c. Funding for playground equipment
- d. Fit-tastic program data
- e. Funding sources to purchase food for cooking lessons
- f. Nutrition lessons (to use cooking cart) -curricular and seasonal
- g. Third grade first quarter health curriculum
- h. Activity of the Month for district website (teacher download)
- i. Additional initiatives for staff wellness (Employee Needs/Interest Survey)

Next meeting: Tuesday, November 20 @ High School Library, 3:30-5:00pm