

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, September 11, 2012

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

**Location:** High School Library

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Attendance: Sue Anderson, Claire Brown, Amber Corcoran, Deb Englehart, Kari Gillen, Lea Hanke, Nate Johnson, Stacie Lecker, Jane Loll, Kristie Rauter, Scott Scheuer, Donna Smith, Marliss Trudeau, Stacey Weichelt

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

1. Introductions
2. Updates
  - a. 2012-2013 Wellness Meeting Schedule- This is a tentative schedule of all wellness committee meeting dates for the school year, see attachment with minutes.
  - b. Farm to School “Harvest of the Month”—Sue Anderson
    - Watermelon has been going over really well with the students in September. For October, cabbage is the harvest of the month (HOM). Students will taste coleslaw and other recipes featuring cabbage. The HOM newsletter will continue to be mailed home to all families on a monthly basis featuring nutrition education tips, healthy recipes and more.
  - c. Salad and Fruit/Vegetable Bars – Stacey
    - Fruit/Vegetable Bars were purchased for all elementary schools and were set up and implemented on September 7<sup>th</sup> & 10<sup>th</sup>. It will take some time for students to get used to the new design, but overall it's a very positive change offering more fruits and vegetables.
    - The high school salad bar will be delivered Sept. 18<sup>th</sup> and up and running by October 1<sup>st</sup>.
  - d. Transform WI Impact Grant Funding- Kristie
    - Wood County received a total of \$320,000 through Transform WI Obesity Prevention grants. \$160,000 for Active Communities and \$160,000 for Food Systems. More detailed information on the budget and how this will be dispersed is coming soon from Kristie Rauter.
  - e. Weight of the Nation Screening Event, Tuesday, September 25 between 5:30-8pm in the Marshfield HS Auditorium: Tara Marciniak from Get Active is looking for someone to speak at the Get Active screening event, if you have any suggestions (food service director, student(s), parent(s), etc), please email Tara at [tmarciniak@co.wood.wi.us](mailto:tmarciniak@co.wood.wi.us)
  - f. School Wellness policy:
    - Final revisions on the wellness policy are complete. The policy goes to the policy committee for review on September 26<sup>th</sup>. The earliest it would pass would be at the November board meeting.
3. High School Fruit Trees
  - Work Day Details: Amber Corcoran, Mark Zee and Tom Wallace of Woodstock Nursery are working together to finalize details for a work day in early October. We have to wait until after the first frost so the trees are dormant.

- Mark Zee met with Tony (Nursery project manager) on September 19<sup>th</sup> to determine the layout of the trees.
- FFA students and Wildlife Management classes will be able to help. These students will be able to mentor Madison Elementary students during planting.
- It was suggested we use our October wellness committee meeting to help with planting the trees instead. Amber will let the committee know when the work days are scheduled for.
- The approximate cost of this project approved by the committee was \$1,200. This includes the cost of the trees and delivery (blueberry plants are being donated).

#### 4. Budget Requests

- After all past purchases have gone through, as of September 12<sup>th</sup>, approximately \$7,000 is remaining in the school wellness budget that needs to be spent before October 31, 2012. Below are all of the wellness project requests that were submitted that the remaining funds could be spent on. The total of these requests is more than the \$7,000 remaining, so not all will be able to be fulfilled. Upon further review, anyone who submitted a request will be notified by October 1<sup>st</sup> if their request is able to be fulfilled.
- i. Stacey Weichelt
  - Middle school salad bar (costs \$4,351.81)
- ii. Deb Englehart
  - Additional balance balls if extra money is available (\$ to be determined)
- iii. Amber Corcoran
  - Walk to School Day- elementary school banner updates= \$100
  - Apples for Walk to School Day (1760 apples for 5 schools)= \$275  
11 bushels (approx. 160 apples/bushel)
  - Chef in the School demos= \$3,000  
(\$1,000 Grant, \$500 each for Lincoln, Madison, Nasonville & Washington)
  - November 7<sup>th</sup> School Wellness Summit: \$60/registration fee for 2 people plus travel expenses and a sub if needed
  - Grant Elementary Walk to School Wednesdays flag banner/cones \$200
- iv. Lea Hanke
  - 4<sup>th</sup> Grade Gardens- Plants for Spring 2013 & veggies for Lincoln Luscious Lunch (\$100)
  - The catalog is Learning Zone Express. One product is called "1 Great Plate Game." It is 29.95 and the number is 510900. The other product we would like 2 of is a poster called "Catch a Rainbow Everyday" (of fruits and veggies). It is 9.95 each, so Kathy and I would each like 1 for our rooms. The number is 4230.
- v. Scott Scheuer
  - \$200.00 each sem. (Food: fruit, yogurt, flax seed, milk, etc)
  - Fitness Equip: kettle bells, rollers, heart rate straps \$1000.00
  - I-pad to use for workout apps \$500-\$600
- vi. Leah Boon
  - Pathway Partners is requesting another \$90.00 to fund 25 students with disabilities at MHS to go to the YMCA once per month. This cost is totaled at \$180.00 but we used funding that we had left over from 2011 to pay for the first 3 months.

- Pathway Partners will also be sending 16 students to the YMCA from the Alternative High School twice per month. We will need \$320.00 to send them for 8 months at \$20 per session (Do not attend in August)

5. Balance Course- Scott Scheuer

- Scott Scheuer presented aggregate outcomes from the first semester of the Balance Course. He has revised a grading system for students and is offering this class both semesters during the 2012-2013 school year and it was approved by the school board. There are a lot of students who are very interested in taking this course so he will continue to work with Liz Dostal to screen applicants and allow those students in first who are most in need. In the future, they hope to offer this course in the elementary schools also.

**4:30pm – 5:00pm: Elementary student focused wellness initiatives**

6. Chef in the Schools Assembly – Deb

- a. Deb Englehart, Amber Corcoran and Tara Marciniak will continue to work together to coordinate Chefs Move to Schools assemblies. We have dates and times that will work for each elementary and will begin creating a separate flyer for each school. Once flyers are done, we will ask each principal to review and get approval from Central Office. Once finalized, these can be hung up in schools and sent home with parents. We hope to promote farm to school products and smart meal restaurants in the assembly, provide updates about school wellness committee initiatives to staff, introduce the cooking carts, and more.

7. Elementary Updates (tabled until next meeting, we did not have time to get to this)

- a. Physical Activity Materials Distribution- Deb  
Deb and Marliiss have compiled the physical activity materials for each elementary school and delivered them for staff to begin using. If you have questions about the materials or process for checking them out for use, please contact Deb Englehart, [englehartd@gmail.com](mailto:englehartd@gmail.com).
- b. Madison Elementary Yoga Classes:  
Amber is working with Jane Loll to coordinate a 4 week pilot of yoga classes for staff at Madison Elementary. Other elementary staff will be invited to attend also. Classes are tentatively set for Thursdays, October 18, 25, November 1 & 8 at from 3:30-4:30pm. A flyer is being created and will be sent out soon.
- c. Walk to School Day- October 3, 2012  
The Poster Contest is running and school wide voting is taking place during the week of September 17<sup>th</sup>. Student winners from each elementary will be displayed on their school's Walk to School Day banner on October 3<sup>rd</sup>.
- d. Monthly wellness communications: If you have any wellness committee information that you would like submitted to the October Elementary newsletters, please email it to Amber C. or Deb E
- e. Fit-tastic: A third party has funded this afterschool program to be continued in all Marshfield Elementary Schools beginning during the Spring semester. They have also developed another advanced curriculum that lessons will be taught from so each session is different. The Marshfield YMCA will continue to provide a full-time staff to implement fit-tastic and programs may run longer than 8 weeks now also. More information will be coming soon.
- f. Nutritious, Delicious Wisconsin grant: Lea Hanke and Kathy Brunette from Lincoln are submitting an application to implement this curriculum as well as 4<sup>th</sup> Grade teachers from Washington.

Deb Englehart is helping the Washington teachers write the grant. Each school will provide an update to the committee once they are notified if they are awarded a \$250 grant.

8. Bicycle Rack
  - a. Employee Needs/Interest Survey
  - b. Fit-tastic Program Data
  - c. Fuel Up to Play 60 grant

**\*Next meeting: Tuesday, October 16 @ Grant Elementary Library\***  
**Middle/High School: 3:30pm-4:15pm, Elementary: 4:15pm-5:00pm**