

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, December 17, 2013

**Time:** 3:30 p.m. – 4:30 p.m.

**Location:** Central Office, Conference Room A/B

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Attendance: Amber Corcoran, Deb Englehart, Michelle Goetsch, Sarah Kosmalski, Kayleen Moll, Shelly Schneider, Marliss Trudeau, Kelly Trulen, Stacey Weichelt, Tami Wolff

1. Introductions
2. Updates
  - a. 2014 Meeting Dates (Stacey)
    - The committee has decided to reduce the number of times we meet due to staff having multiple afterschool meetings. Below are the meeting dates, times and locations for the rest of the school year.
      - Tuesday, January 14, 3:30-4:30pm at Central Office, Room A/B
      - Tuesday, March 25, 3:30-4:30pm at the High School Library
      - Tuesday, May 20, 3:30-4:30pm at Central Office, Room A/B
  - b. Healthy Lifestyles-Marshfield Area Coalition Strategic Planning meeting
    - The annual strategic planning meeting was held on Thursday, November 21<sup>st</sup>. During this meeting, Coalition members reviewed and celebrated the accomplishments in 2013. The large group broke out into committees: Business, Community and School. Each committee was asked to identify priorities for 2014. The priorities identified from School Wellness are listed below, but these are not final. The full committee will discuss goals and priorities at the January meeting and then vote to identify the top 3 to focus on during the 2014-2015 school year.
      - To expand family fitness nights to middle school students and families.
      - To improve accessibility and awareness of school wellness resources through marketing and restructuring the website.
      - To partner with a community kitchen to offer cooking demonstrations with nutrition education to parents in all elementary schools.
  - c. Farm to School (Stacey/Michelle)
    - Stacey has found a local farmer with honey crisp apples; these will be featured on the January menu. Get Active will be giving Farm to School shirts for the Marshfield School Food Service staff. The Harvest of the Month newsletter will be sent home with students on December 20.
    - Get Active staff met with Del Monte Foods (Plover) about helping to process fruits/vegetables for the Farm to School program, but they have specific regulations regarding the food once it leaves their facility, therefore there would be too much liability for the schools to take on.
3. Healthy Concession Stand Ideas
  - Stacey received an email from a parent who coordinates concession stands. If anyone has ideas of healthier items that have been successful in the past, please share those with Stacey. She will then send those on to anyone who contacts her about concessions as well as the Get Active Concessions toolkit. The committee came up with the following list: pre-packaged grapes, string cheese, carrots, bananas, apples, and bagged trail mix. It was noted that sometimes the feasibility of offering healthy snacks is that leftovers do not keep very well and cannot be reused later.

4. Elementary Updates

- a. Family Fitness Nights at the YMCA (See dates for each school below; students/families can use the YMCA facilities from 5:30-7:30pm and all children must be supervised.)
  - Washington: January 11
  - Lincoln: February 1
  - Grant: February 15
  - Madison: February 22
  - Promotions: Each school's flyer was submitted to the December/January newsletter and will be posted around the school. Wellness representatives will also promote the event to parents and students. The YMCA suggested the principal make announcements the week of the event to get the students excited. The YMCA will donate a 3-month family membership as a prize to encourage more families to attend (drawing will take place after Feb. 22<sup>nd</sup> and be chosen from the school that had the most families attend).
  - Volunteers: Sara Henrichs from the YMCA is looking for 5 volunteers to supervise and oversee the safety of this event for each school. The locations for the volunteers are: 1-2 in the family locker room (to help guide parents and children where there is locker room space open), 1 in the gym, 1 in Youth Fit 4 Life center, and 1 roaming/Lobby Area. Each wellness representative plans to email staff to ask for volunteers first and then will let Amber know if they are unable to get 5 for their school's night. Once you have confirmed volunteers, please email Amber or Sara Henrichs at [shenrichs@mfldymca.org](mailto:shenrichs@mfldymca.org).
- b. NOW (Nutrition on Weekends) Program:
  - The NOW program supplies children with easy to prepare, nutritious foods during the weekends at no cost. St. Vincent DePaul, School District of Marshfield, Marshfield Clinic, Healthy Lifestyles-Marshfield Area Coalition, Marshfield Area Community Foundation, and Marshfield Area United Way are working together with the staff and teachers of Lincoln, Madison and Granton Elementary Schools to supply children with healthy snacks. It is our hope that these resources will support the health, behavior, and achievement of every student that participates. Unidentified drawstring bags are distributed every Friday to the three schools with the following 10 items in each bag: 2 PBJ's, 2 Fruits, 2 Vegetables, 2 snacks and 2 bags of dry cereal. We are currently serving 14 students at Madison, 16 students at Lincoln and 35 students at Granton Elementary School. We are expanding in January 2014 to Grant School and Youth Net (an afterschool program in Marshfield). Kayleen Moll will bring more information on this program including survey data collected as it becomes available.
- c. Pedometer Data:
  - Michelle Goetsch/Get Active worked with Madison and Washington Elementary 5<sup>th</sup> grade classrooms to collect data from students wearing pedometers for 1 week. The students really enjoyed participating and each school will get to see the data once it's published and also have the choice to receive physical education equipment or FITNESSGRAM software.
- d. Fire Up Your Feet- May 2014
  - Information about this program will be provided at the January meeting.
- e. Monthly Wellness Updates
  - Discussion will take place at the January meeting.
- f. Other Wellness Updates:
  - Jump Rope Workshops: Lea Hanke worked with a vendor, RopeWorks, who will be coming to 3 Elementary schools in April to provide a Spring jump rope assembly for students and staff at Lincoln, Madison and Washington.

5. Bicycle Rack (items that have been submitted & will be addressed during upcoming meetings)

- a. Healthy concession options at Middle School dances
- b. Smoothies at Middle School Mega Event (Homecoming week)
- c. List of free/inexpensive physical activity opportunities in the community for staff/parents
- d. Staff Physical Activity Program "Mileage Club"

**\*Next meeting: Tuesday, January 14<sup>th</sup>, 3:30-4:30pm @ Central Office, Conference Room A/B\***