Marshfield School Wellness Committee meeting minutes

Date: Tuesday, February 18, 2014
Time: 3:30 p.m. – 4:30 p.m.
Location: Central Office, Conference Room A/B

Attendance: Amber Corcoran, Deb Englehart, Lea Hanke, Sara Henrichs, Shelly Schneider, Marliss Trudeau, Kelly Trulen, Stacey Weichelt, Tami Wolff

1. Introductions

2. Updates
   a. Food Service/School Wellness Webpage (Stacey)
      - Stacey showed updates made to the Food Service and School Wellness webpage. You can access the webpage directly using this link: http://www.marshfield.k12.wi.us/district/School_Wellness.cfm . If you have suggestions for changes that could be made or wellness resources you would like added, please email those to Stacey Weichelt.
   b. Farm to School (Stacey)
      - Stacey will be featuring fresh pears and jicama on the March lunch menu. They will also be adding Nasonville cheese curds to the ala carte menu.

3. 2014-2015 Priorities
   - The committee compiled a list of strategies and programs that align with our goals that could be implemented during the 2014-2015 school year. Stacey will send an email out to the committee asking for additional ideas before we send the final list out to have committee members pick their top 3. We would like to get input from others on the committee who were unable to attend. Once voting is complete, we will announce the top priorities at the March 25th meeting.

4. Elementary Updates
   a. Children's Festival (Marliss)
      - Marliss Trudeau gave an overview of the activities that are scheduled to be at Children's Festival on Saturday, April 5th. Healthy Lifestyles-Marshfield Area Coalition will also be there with the Bike Rodeo again. They will be putting the flyer into the elementary newsletters as well as putting up yard signs around Marshfield to promote the event.
   b. Fire Up Your Feet-May 2014
      - Fire Up Your Feet is promoting a spring activity challenge for students in K-8 in Wisconsin. The challenge runs from May 1-31 and provides resources for schools who want to encourage kids to walk, play and get moving. Together with corporate partners (Kaiser Permanente, Safe Routes to School and National PTA), Fire Up Your Feet will provide challenge awards to schools and PTA groups to make improvements that boost opportunities for physical activity. The committee discussed this and would like to promote this to all principals at the elementary and middle schools to encourage participation. Amber Corcoran will bring more information to the March meeting to discuss our plan for reaching out to principals, school staff, and parents.
   c. Monthly Wellness Updates-2014 Schedule
      - If anyone has suggestions or would like to create content for school wellness updates or resources in upcoming newsletters, please let Amber Corcoran know.

d. Fit-tastic, Madison Elem. March 3-April 30
  - The Fit-tastic program at Madison Elementary began on March 3rd and received an overwhelming response. Currently 40 students are enrolled and some had to be turned away.
e. Family Fitness Nights at the YMCA- Feedback
  - The overall response and attendance from elementary students and families at the family fitness nights was good. Sara Henrichs from Marshfield YMCA thinks they would be interested in offering this again next year, but she will check with their management team. The committee thought it would be helpful to promote the nights even farther in advance so that families' can plan to attend.
  Feedback from parents included:
  - keep offering them and the word will spread and more families will participate each year

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"
  e. Booth at Children's Festival (2015-cooking demonstration)

Next meeting: Tuesday, March 25th, 3:30-4:30pm @ the High School Library