

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, March 25, 2014

Time: 3:30 p.m. – 4:30 p.m.

Location: High School Library

Attendance: Sue Anderson, Ashley Bruger, Amber Corcoran, Deb Englehart, Lea Hanke, Shelly Schneider, Marliss Trudeau, Kelly Trulen

1. Introductions
2. Updates
 - a. Farm to School (Sue A.)
 - As of the end of February, Marshfield School has purchased 11,266 pounds of local foods. The last Harvest of the Month newsletter will be sent home in the spring. The food processor that was helping is no longer available so Sue is looking into other options. Stacey has been reaching out to new farmers who can provide local produce/items for the school lunch program.
 - Lincoln Elementary 4th graders incorporated local produce into their lessons and created a fun play where they made applesauce.
 - b. Bike Map App (Ashley B.)
 - A meeting will be held on April 23rd to finalize details for the bike app; the projected launch is June 2014. Once this is complete, Get Active is open to suggestions for help with marketing and promotions throughout Wood County. The committee brainstormed ideas and a Get Active staff member will let us know how we can help promote this once it's available.
3. Results from 2014-2015 Priorities Voting
 - The committee reviewed the top school wellness priorities identified to implement during the 2014-2015 school year:
 - Increase wellness promotions and opportunities for SDOM staff.
 - Create and promote a list of free/inexpensive physical activity opportunities in the Marshfield community.
 - Increase awareness of school wellness policy 725 to all SDOM staff.
 - Teach food preparation skills by partnering with a community kitchen to offer cooking classes to families.
 - Planning: During the May meeting, the committee will choose a specific strategy within each of the priority areas above to implement. More details will be discussed; see examples the committee brainstormed below.
Examples:
 - A strategy that could be implemented to increase wellness promotions and opportunities for SDOM staff:
Create and promote staff physical activity program such as the "Mileage Club."
 - A strategy that could be implemented to teach food preparation skills by partnering with a community kitchen to offer cooking classes to families:
Offer a freezer meal workshop to elementary students and parents to attend. They would prepare a healthy meal and then could take that home to make it or freeze it.
 - Nekoosa School Food Service Director has been offering something similar in which 10 people can participate in cooking workshops that feature local produce. Each workshop has a different theme (i.e. Italian night, etc.)

- A strategy that could be implemented to increase awareness of school wellness policy 725 and resources to SDOM staff:
Offer Professional Development sessions on school wellness classroom resources and policy.

4. Elementary Updates

a. Fire Up Your Feet Communication-May 1-31

- 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 get moving. The committee provided feedback on a letter created to be sent to all principals at the elementary and middle schools to encourage participation. Stacey Weichelt will send the letter out with an email during mid-April to give principals time to consider promoting this to students, staff and parents at their school.

b. Family Fitness Night Prize Winner

- The 3 month YMCA membership prize winner was a Kindergartener from Lincoln Elementary. Sara Henrichs from the YMCA will be present at Lincoln's Jump Rope assembly to present the award to the student and her parents.

c. Walk to School Wednesdays

- Grant Elementary will begin this again on April 2nd and continue through May 28th. Parents and students meet in the Target parking lot and then walk to school together on Wednesday mornings.

d. Healthy Choices Materials (Deb)

- Deb Englehart has healthy choices educational materials from when she taught this summer school class. If anyone is interested in finding out more information or looking at the materials, please let Deb know.

e. May Wellness Updates- Elementary Newsletters

Each month the committee provides updates to the Elementary newsletters. If anyone has suggestions for May content or topics, please let Amber know.

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

- a. Apply for Governor's School Health Award (long-term goal)
- b. Healthy concession options at Middle School dances
- c. Smoothies at Middle School Mega Event (Homecoming week)
- d. List of free/inexpensive physical activity opportunities in the community for staff/parents
- e. Staff Physical Activity Program "Mileage Club"
- f. Booth at Children's Festival (2015-cooking demonstration)

Next meeting: Tuesday, May 20th, 3:30-4:30pm @ Central Office, Conf. Room A/B