

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, September 24, 2013

**Time:** 3:30 p.m. – 4:30 p.m.

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

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Attendance: Sue Anderson, Amber Corcoran, Deb Englehart, Michelle Goetsch, Lea Hanke, Sara Henrichs, Becky Linzmeier, Jan Taylor, Stacey Weichelt

### 1. Introductions

- Welcome Jan Taylor (retired teacher & volunteer) and Becky Linzmeier (Middle School PE teacher).

### 2. Updates

#### a. 2013-2014 Meeting Schedule

- Copies of the 2013-2014 meeting schedule were distributed. It was also attached with the meeting minutes sent on 9/17. You will also receive a monthly meeting request sent via email for your Outlook calendar. Due to unavailability of the Grant Elementary library, we will rotate all meetings between Central Office and the High School library unless otherwise indicated.

#### b. Budget

- Balance: \$1,610.86. Currently the school wellness funding is earmarked in the Healthy Lifestyles-Marshfield Area Coalition account at BMO Harris Bank.
- Fundraising: You may have seen the Coalition and Marshfield Clinic logos added on to some of our school wellness program marketing materials and that is because of the continued support the Coalition and Marshfield Clinic provide to the school wellness committee (one committee under the Healthy Lifestyles Coalition). In addition, Marshfield Clinic Development department has now committed to helping the Coalition committees raise money to continue the work we are doing. In the future, we may need to determine specific programs we would like donations for so that this can be outlined in the letters sent to businesses. Amber will provide more information as it becomes available. Due to the Marshfield Clinic Development department helping with fundraising, the decision was made to continue to have each Coalition committee's dollars earmarked, but to move it internally to an account within Marshfield Clinic that will be monitored by Healthy Lifestyles staff. This will only change the process for making purchases so please contact Amber Corcoran if you have any questions about this or need to make purchases approved by the committee.

#### c. Middle School Wellness Event- Smoothies

- The smoothie event went really well and we made a very small profit of about \$17 because Middle School students with the "free" smoothie coupons did not claim them. All 100 smoothies were sold for \$2 a piece (12 oz. smoothie) within 1 hour and there were even customers going to the concession stands looking to buy smoothies afterwards. This was mentioned to the Booster Club to see if they may consider selling smoothies in the future, but it appears they are not able to order this through their inventory. The manager at Tropical Smoothie was pleased with the event also and offered to do this again for the school wellness committee anytime. We will keep this idea in mind to consider a similar event next year to engage middle school students.

#### d. Fruit Trees/Shrubs

- Stacey will contact Mr. Zee to determine what his plans are for spending the \$2,000 grant funding before the end of October 2013. If he is unable to use the funding, Stacey Weichelt would like to use some of it to purchase bushel baskets for apples purchased for the lunch farm to school program.

- e. Farm to School- Sue Anderson
    - Sue Anderson provided an update on the featured farm to school products which included watermelon in September, coleslaw in October and apples from Mr. Cournoyer's orchard in Marshfield. Other items that will be featured throughout the school year are Wenzel's hot dogs, harvest muffins, potatoes, cucumbers and tomatoes. The Wood County F2S staff will also be meeting with Del Monte in Plover to see if they may be able to assist with processing of large scale farm to school products in the future. Schools have also began to work with Auburndale Food Co-op to place orders for local produce in their lunch programs.
  - f. Healthy Lifestyles-Marshfield Area Coalition Strategic Planning Meeting
    - The annual strategic planning meeting is on Thursday, November 21<sup>st</sup> from 8:30am-Noon at Good Shepherd Lutheran Church. If you are interested in attending, please RSVP by November 8<sup>th</sup> to Amber Corcoran. We will review the Coalition's accomplishments and discuss how to build on them as well as plan for 2014.
3. Employee Needs and Interest Survey
    - This agenda item was tabled to the next meeting. We were limited on time and would like to have good attendance to ensure input from all staff and schools.
4. Elementary Updates
    - a. Family Fitness Nights at the YMCA
      - Sara Henrichs from the YMCA provided Saturday dates available during the winter months for each elementary school to choose from. Nasonville just had a night this past Spring 2013, so we will offer the other 4 schools first before asking Nasonville again. Stacey Weichelt will send an email to the principals letting them know that someone will be contacting them to determine a date for their school to have a family fitness night. Deb Englehart will coordinate with each school wellness committee representative to finalize a date and then report back at the October meeting. Once the dates are finalized, Sara Henrichs will create a separate flyer for each school. The school wellness committee will help with promoting the event and discuss any other ways they would like to support and increase attendance.
    - b. *Madison MOVES* after school program- Michelle Goetsch
      - Michelle Goetsch is really enjoying leading this program at Madison Elementary. There are about 15 students attending regularly. The students really like flexibility and enjoy picking the activity or game they want to play each day. For questions, please contact Michelle Goetsch at [mgoetsch@co.wood.wi.us](mailto:mgoetsch@co.wood.wi.us) or (715) 571-2042. Ann Kollross-Ott suggested an afterschool running club at Madison Elementary may go over well with students in the future.
    - c. Jump Rope Workshops-Lea
      - Lea Hanke is checking with Marliiss Trudeau to see if the Jump Rope workshop might be something they would like for entertainment at the Children's Festival in 2014. There is a requirement for the workshop to be held at so many locations within a certain mile radius to allow for a discounted price. Becky Linzmeier mentioned we could consider partnering with Auburndale if needed as she's done this for a past jump rope assembly and it worked well for the instructor. The committee will continue to discuss this as more information is available.
    - d. PTO Meetings/Communication
      - As staff or parents are involved with their school's PTO, please continue to look for opportunities for collaboration within our school wellness programs. If the PTO is interested in coordinating a student program that supports wellness, the committee may be willing to help them in ways that meet their goals too. One example of collaboration so far was the PTO's support in purchasing watermelon to hand out at the back to school open houses.

- e. Monthly Wellness Updates
    - October is Farm to School month. Michelle submitted farm to school information to each elementary school newsletter and dropped off the F2S quarterly newsletter that is printed for students to take home. In addition information on Walk to School Day was submitted.
  - f. Other Wellness Updates:
    - Fit-tastic: Sara Henrichs said Fit-tastic is going well so far in the schools. She does not have an update on the dates for Madison Elementary yet but will provide information once it's available. For questions about this program, please contact Sara Henrichs at Marshfield Area YMCA at 715-387-4900 or [shenrichs@mfldymca.org](mailto:shenrichs@mfldymca.org).
    - The elementary fun run on September 24<sup>th</sup> coordinated by Dan Akin was a success with over 250 students participating.
    - Ann Kollross-Ott, PE Teacher at Madison Elementary, coordinated a school fun run on Friday, October 4<sup>th</sup> and was a success with all students participating. Rewards were given to students and classrooms.
    - Lincoln Elementary began a running club on September 17<sup>th</sup> and that is going really well too.
    - Grant Elementary started their running club on September 23<sup>rd</sup> with great attendance.
    - October 16<sup>th</sup>: Walk to School Wednesdays begins from the Target parking lot for Grant Elem. students. For more information. contact Donna Smith at [smithd@marshfield.k12.wi.us](mailto:smithd@marshfield.k12.wi.us)
    - "Active Classrooms" materials: Michelle Goetsch was able to purchase large quantities of active classrooms materials including activity DVDs and flash cards. She is looking for advice from staff on how these could be distributed and evaluated in the classrooms using them.
    - "What's Happening" Events/Fundraisers page: The SDOM has a link on their website where staff can post events, fundraisers and other information to communicate with staff. The committee suggested we use this for any future events we would like to promote.
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, October 15<sup>th</sup>, 3:30-4:30pm @ the High School library\***