

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, September 23, 2014

**Time:** 3:30 p.m. – 4:30 p.m.

**Location:** High School Library

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Attendance: Sue Anderson, Deb Englehart, Rachael Misek, Shelly Schneider, Marliss Trudeau, Amber Corcoran

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1. Introductions

2. Updates

a. Professional Development Class (Stacey W.)

- The School Board approved offering professional development classes during the 2014-2015 school year. Stacey, Tami W. and Deb met with Kim Ziembo and will be drafting an outline for the school wellness class to be offered in Spring 2015. Stacey will put this on a future meeting agenda to collect input from the committee.

b. Pickleball progress (Deb E.)

- Deb and Marliss will be reaching out to staff to see if they are interested in learning about pickleball and possibly making this activity available to teachers after school. This game combines elements of tennis, ping-pong and badminton. It is played on a badminton-sized court with a tennis-type net, paddles similar to ping-pong and a wiffle ball. It would be a great way to expose staff to this new sport, relieve stress and increase physical activity. They will report any updates at the next meeting.
- Marshfield Parks & Rec. will be offering Pickleball on Mondays from 2-4 pm and Tuesdays from 7-9 pm at the Oak Ave. Community Center, 201 S Oak Ave. Admission is \$2.50 with discounted tickets available in the Parks & Recreation office.

c. Lesson plans utilizing cooking cart (Deb E.)

- Deb will begin working on this in October and connect with a teacher at each grade level to see the curriculum and how it can be tied into using the cooking carts or the Special Recognition days. Amber will send an example lesson to Deb that a past Summer VISTA created.

d. Farm to School (Sue A.)

- October is National Farm to School month and Food Day is on October 24<sup>th</sup>. Stoney Acres Farm in Athens will be hosting an event where community members are invited to come out to the farm to eat pizza and drink cider, fresh from their gardens/farm.
- The committee was very interested in celebrating food day in Marshfield schools and purchasing apples from Mr. Cournoyer through Berryland Farms. The wellness committee approved \$200 (approximately 8 bushels of apples) to be spent on this event. Deb Englehart will take the lead and reach out to each school and coordinate cleaning and distributing the apples to interested classrooms. Sue Anderson will take care of getting the apples and Amber will handle the payment.
- Extra farm to school posters are available. There also may be cookbooks and educational materials from the health department. If you're interested, please contact Sue Anderson at [sue.eric.anderson@gmail.com](mailto:sue.eric.anderson@gmail.com) or 715-347-6460.

e. Target Field Trip Grants

- Stacey sent the information out to the wellness committee at the end of August. RFPs are already past due.

- f. Walk to School Day- funding for raisins
  - Festival Foods will be donating \$200 worth of raisins but this is not enough for all 8 schools that participate in the event. The committee agreed they will contribute funding from the school wellness committee budget to purchase raisins from Rubi Reds for all students to have a healthy snack on walk to school day. This will cost approximately \$175.
3. Planning: Freezer Meal Classes
  - a. The committee identified this as a goal to work on during this school year to teach food preparation skills by partnering with a community kitchen to offer cooking classes to families. We ran out of time to begin planning and identified we will need to meet separately as a sub-committee. This has been tabled until the January meeting and will be discussed at that time.
4. Schedule 2014-2015 committee meeting dates (3:30-4:30pm at the HS Library unless notified otherwise)
  - January 27
  - March 10<sup>th</sup>
  - May 19<sup>th</sup>
5. Other Updates/Resources
  - a. CDC Resources "Tips for Teachers":  
[http://www.cdc.gov/healthyyouth/npao/pdf/Tips\\_for\\_Teachers\\_TAG508.pdf](http://www.cdc.gov/healthyyouth/npao/pdf/Tips_for_Teachers_TAG508.pdf)
  - b. USDA SuperTracker lesson plans for High School students:  
<http://www.choosemyplate.gov/downloads/SuperTrackerHSLessonPlans1.pdf>
  - c. School Wellness Website: There will be no one available to make updates to the school wellness webpage while Stacey is out on maternity leave.
6. Bicycle Rack (items that 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: November meeting is cancelled.**  
**Tuesday, January 27, 3:30pm @ High School Library\***