



## Marshfield School District Wellness Committee Minutes

**Date:** Tuesday, March 1, 2016

**Location:** High School Library

**Time:** 3:30 p.m. – 4:30 p.m.

**Attendees:** Shelly Schneider, Tami Wolff, Sue Anderson, Brittney King, Kendra Ferreyra, Jill Kupfer, Kelly Trulen, Beth Parimanath, and Laura Zelenak

- 1) Welcome and Introductions
- 2) Reviewed January Minutes and Action Items. The minutes were accepted with no additional changes.
- 3) Policy Awareness Survey
  - a. A final copy of data was provided by CCO. District-wide, 37% of faculty members are aware of the School Wellness policy, while only 15% of teachers have the resources needed to create a healthy environment. Overall, awareness was highest at the elementary and middle schools (54% each) while awareness at the high school was only 7%.
- 4) Wellness Bags
  - a. Timeline: The Committee aims to distribute Wellness Bags to schools between March 28 and April 1<sup>st</sup>, the week after Spring Break, and a week before World Health Day on April 7<sup>th</sup>. The theme for World Health Day is Diabetes. As such, Wellness Bags will include incentives directed at improving Diabetes awareness in faculty and students.
  - b. How distributed: The committee decided to distribute Wellness Bags only to faculty members in local elementary schools at this time. Wellness bags will be distributed to the Middle and High Schools in the fall. Lea H. suggested distributing Wellness Bags to 3<sup>rd</sup> period homeroom teachers in the Middle School. Tami W. proposed distributing Wellness Bags at the high school and middle school during fall registration.
  - c. Funding: The Committee has about \$1,200 to spend on School Wellness related projects. Half of this amount will be allotted to elementary School Wellness bags.
  - d. Bag items (incentives, letter, policy, resources):
    - i. Elementary School items: A list of possible incentives collected by Kendra F and Deb E. was provided. Kendra presented information on free Dairy Council and Team Nutrition resources. The committee agreed on providing elementary school teachers with pencils and bookmarks. Bags will also contain the Wellness Policy, letter from the committee, infographics on nutrition and Diabetes—which may be used as teaching materials for teachers.
    - ii. **Action**: Each School Representative will be responsible for
      1. Printing the wellness policy for all bags at their school
      2. Ordering bookmarks from the Dairy Council



### 3. Ordering other materials from Team Nutrition

- iii. School representatives will hold on to these items once received and someone will collect them to include in the bags. **Action:** CCO will send out relevant links to school representatives. **Action:** Kendra and Laura Z will meet Wednesday March 2<sup>nd</sup> to finalize purchase orders.
- iv. Middle School and High School High School items: Tami suggested discount incentives for middle and high schoolers on health-related items they would be more likely to purchase on their own volition such as Fitbits, headbands, Subway sandwiches, water bottles etc. Businesses will need to be identified and contacted in advance.
- v. Letter: is in progress. **Action:** Laura Z is writing a draft for the Committee letter.
- vi. Bags: CCO has about 100 Marshfield Clinic Bags. Altogether about 250 bags will be needed for distribution to all schools; approximately 150 will be needed for the elementary school distribution. **Action:** Carrie E. will donate 100-150 MTSC bags that can be used.

### 5) Farm to School Update

- a. Sue Anderson discussed the prevalence of aquaponics in food production and the possibility of touring a Rudolph farm in May to learn more.
- b. The Food Waste Study is being undertaken by APES (AP Environmental Science) students and Lincoln Elementary students. Jonathan Rivin, consultant on waste management, presented to six high school APES classes.
- c. Sue Anderson provided an introduction to the 10 Cents a Meal program in place in Michigan and Oregon.
  - i. Donations are made to the program to increase the amount of money that schools can utilize to purchase local fruits and vegetables. This program has been highly effective in the two states it was introduced, Michigan and Oregon.
  - ii. Most schools currently pay about \$0.20 to \$0.30 to provide local fruits and vegetables to each student; however, about half of that could be reimbursed through the 10 Cents a Meal program—effectively increasing the fruit and vegetable budget to \$0.40 per meal.
  - iii. Though there is exciting potential to introduce 10 Cents a Meal to Wisconsin, effective marketing and communication with businesses and schools will be necessary to ensure its success. Marathon has already expressed interest in integrating this program into their schools.

- 6) School Wellness Advocate and Volunteer: A volunteer listing for parents or other individuals interested in School Wellness is on [VolunteerMarshfield.org](http://VolunteerMarshfield.org). The School Wellness Advocate and Volunteer will collaborate with their School Representative and School Wellness Committee to complete project-related tasks. CCO has sent out the link to School Wellness members which members can then forward to individuals thought to be a good fit for the position.





- 7) Agenda items not discussed:
  - a. Water filter request
  - b. Year-end celebration
- 8) Laura shared Safety City summer school information with Brittney King after meeting close.
- 9) Meeting close

### **Future Meetings**

Tuesday, April 5, 3:30-4:30, High School Library

Tuesday, May 10, 3:30-4:30, High School Library

#### **Bicycle Rack (from past agendas):**

- Governor's School Health Award application
- Pedal FitDesks
- Healthy concession options at Middle School dances
- Booth at 2015 Children's Festival (cooking demonstration)
- Staff Physical Activity Program "Mileage Club"
- Marshfield Area Activity Guide – free/inexpensive activities

