



## Marshfield School District Wellness Committee Minutes

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**Date:** Tuesday, April 5, 2016

**Location:** High School Library

**Time:** 3:30 p.m. – 4:30 p.m.

**Attendees:** Jill Kupfer, Josh Miller, Brittney King, Kendra Ferreyra, Deb Englehart, Sue Anderson, Laura Zelenak, Beth Parimanath

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### 1) Welcome and Introductions

### 2) Review March Minutes and Action Items

- a. The minutes and action items were accepted with no additional changes.

### 3) Wellness Bags

- a. **Discuss and review:** Overall, the response from teachers at the schools was positive. An announcement by the principals to discuss the Bags' purpose and World Health Day the day of receiving the bags might be helpful in increasing teacher awareness of the bags and their intention.
- b. **Evaluation:** School Wellness Members reviewed the Teacher Evaluation for the School Wellness Bags. Wording changes were suggested and made. An additional question was also added to determine whether teachers shared the Diabetes information provided with their students. The committee agreed that the best method of distribution would be to submit paper copies to teacher mailboxes, rather than introduce it at a staff meeting, or an electronic survey. **Action: School Wellness Representatives will distribute and collect teacher surveys by 4/26.**
- c. **Next steps:** High School and Junior High Kendra F brought Team Nutrition materials that could be distributed at the Middle School. Deb E reached out to Team Nutrition to ask for a few more copies of the "Healthy Kids" recipe books to be incorporated in Cooking Cart lessons. Input and approximate dates for fall registration from Tami and Lea will be needed to proceed with Wellness Bags at the Junior High and High School.

### 4) Farm to School Update

- a. Sue Anderson shared that a Regional Farm to School position is in the process of being created. The individual assigned to this job will be tasked with coordinating the 10 cent program mentioned in the last meeting. Sue also mentioned that she will soon be taking a "soft" retirement. Sara Sulewski is poised to take on a few of her roles with the schools, local food procurement, and Farm to School initiatives. Sue will introduce Sara to Stacey and transfer important documents to her.



- b. **Harvest Newsletter:** The next issue of the Harvest Newsletter will speak about eating local greens all year-round.

**5) Food Waste Study**

- a. The Food Waste Study at Lincoln is in progress; John Riven is working with AP Environmental Students on this project.

**6) Committee Member Updates**

- a. **Water filter request:** Laura informed the committee that Lea Hanke had requested funds from the committee to cover water filters being installed at the junior high. Laura has not heard what happened. The committee discussed whether supporting the ongoing expense of water filters is within the role of the committee. Josh M proposed contacting Marshfield Utilities to determine if something more cost-efficient might be feasible.

**7) Year-end Celebration/ Summer Meetings**

- a. **Apple Crunch Event:** The committee has tentatively suggested meeting in mid-July to discuss the Apple Crunch Event. Historically, this event has been harder to plan since it takes place towards the beginning of the school year. Committee members proposed hosting the event in school cafeterias, ordering through the schools so that the overall cost is cheaper, and making sure to order high-quality apples.
- b. **Walk to School Day:** Not much is needed from the School Wellness Committee to help plan Walk to School Day, aside from garnering parent volunteers and gathering incentives.
- c. **Year-end Celebration:** Committee members proposed a summer pizza celebration at Stoney Acres Farm.
- d. **Summer meeting:** Committee members agreed that earlier summer would likely be better attended than a meeting in mid or late summer. A meeting could be scheduled based on who's available. All topics listed will be discussed in greater detail at the next meeting.

**8) HL-MAC Committee Updates (Laura Z.)**

- a. Bike Rodeo at Children's Fest: Saturday, April 16 from 9:30 a.m.-1:30 p.m.
- b. Local Food Expo: Saturday, May 11 from 4-7 p.m. in the Marshfield Public Library
- c. Bicycle Discount Program June 1<sup>st</sup>-August 31<sup>st</sup>
- d. Youth Net: Garden Buds.

**9) Bicycle Rack**

- a. As suggested at the meeting, healthy classroom snacks and birthday treats have been added to the Bicycle Rack, along with switching recess and lunch.

**Future Meetings**

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



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

- Governor's School Health Award application
- Switching Recess with Lunch
- Healthy snacks/birthday treats for the classroom
- Pedal FitDesks
- Healthy concession options at Middle School dances
- Booth at 2015 Children's Festival (cooking