



Marshfield School District Wellness Committee Minutes

Date: Tuesday, October 20, 2015
Location: High School Library
Time: 3:30 p.m. – 4:30 p.m.
Attendees: Sue Anderson, Amanda Nedd, Lea Hanke, Jill Kupfer, Deb Englehart, Josh Miller, Stacey Weichelt, Laura Zelenak, Meranda Eggebrecht

1. Welcome and Introductions
2. Committee Member Updates
 - Deb Englehart provided an oral and written summary of the Thrivent School Employee Wellness Webinar that took place on 9/30. Key points included: 1) Those with the strongest work ethic need wellness the most, 2) Administrative buy-in, but not necessarily participation, is critical, 3) Communicate wellness frequently, 4) Utilize walking meetings, 5) Staff survey is the starting point. This was the first of a series of 3 webinars and there is one more left in the series. **Action:** Deb will provide summary of final webinar(s) at the next meeting.
 - Amanda Nedd announced that she is leaving the Wood County Health Department to pursue a position in clinical nutrition. Best wishes, Amanda!
3. Farm to School
 - The next Farm to School focus area in the Farm to School newsletter will be on dairy and will feature the cheese sticks ordered from Nasonville Dairy by the Marshfield School District.
 - Sue and Stacey attended a recent Food Service Directors meeting. It was decided to distribute information about Midwest Menu and the Great Lakes Apple Crunch in the spring so there is adequate time for planning in the fall. Additional options for apple distribution were discussed, such as serving apples to students for breakfast or lunch instead of distributing separately to the classrooms.
 - The SDOM Wellness Resources page on the district website links to the Wood County Get Active website where Farm to School is located and vice versa.
4. Walk to School Day
 - Jill reported that the Lincoln E.S. students loved it. Buses dropped students off at the Fairgrounds and students and teachers walked to school from that drop-off point. The similarities to Grant school activities were discussed including the parade permit (which can be obtained by Rotary volunteers next year) and Walk to School Wednesdays (Wednesday morning drop-off at Target with escorted walk to school.)
 - **Action:** Laura is going to send numbers and pictures of the locally purchased raisins for Walk to School Day to Sue.
 - **Action:** Josh Miller will provide a summary of Walk to School programs to the committee at the next meeting.



5. 2015-2016 School Wellness Committee Action Plan Draft

- A revised draft of the Action Plan was discussed. In the draft, 'Goals' are directly from the school wellness site where they are called 'Focus Areas.' Deb clarified that what had been referred to as 'Priorities' in past action plans are being called 'Objectives' in the current draft. The goals will be unchanging and the objectives will be the measurable details.
- It was noted that the goals do not appear in the school wellness policy.
- **Action:** All committee members will review the Action Plan and fill in any missing ongoing activities and develop ideas to bring to the next meeting for further development of the action plan.

6. School Wellness Committee Achievements

- A draft of the School Wellness Committee Achievements was reviewed. Once final, the document will be put on the website and a link to a PDF will also be provided.
- Stacey shared that the school district has a new website which will allow more pictures. Many pictures of past achievements were taken and can be included in the document. **Action:** Deb, Stacey, Sue, Laura Z. and other committee members will look for photos of past projects to be included in the summary.
- It was noted that the document is missing Walk to School information; in the past that event was a project of the Community Committee.
- **Action:** Sue will provide Farm to School data for the summary. **Action:** All committee members will review wellness section of website and provide feedback.

7. Healthy Lifestyles – Marshfield Area Coalition (HL-MAC) Strategic Planning Meeting

- Stacey, Deb, and Kendra Ferreya will be attending the Healthy Lifestyles – Marshfield Area Coalition (HL-MAC) Strategic Planning Meeting on Tues., November 3. Members of all the HL-MAC committees come together annually at the strategic planning meeting to discuss overall goals and successes and decide focus areas for the coming year.

8. Wellness Communication

- It was discussed that the new superintendent, Dr. Dee Wells, stresses the importance of communication. The district hired a communications specialist, Krystal Bowman. Dr. Wells delivers a Superintendent's Report to the school board at every board meeting; Wellness Committee work has been included in this in the past. The Wellness Committee can share this work through this report by sending information to Dr. Wells. She would decide whether or not to share with the board.

9. Bicycle Rack

- The Bicycle Rack (parking spot for future project ideas) and Upcoming Events were added back to the agenda. Committee members were in favor as it is a reminder of future projects and events. **Action:** Laura will move the Bicycle Rack to the end of the document as opposed to being an agenda item.

10. The next committee meeting was set for Monday, November 16 at 3:30 p.m. at the High School Library.

