



## Marshfield School District Wellness Committee Minutes

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**Date:** Monday, November 16, 2015  
**Location:** High School Library  
**Time:** 3:30 p.m. – 4:30 p.m.  
**Attendees:** Kendra Ferreyra, Sue Anderson, Jordyn Quast, Josh Miller, Meranda Eggebrecht, Deb Englehart, Marliss Trudeau, Nicole Roth, Stacey Weichel, Laura Zelenak.

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- 1) Welcome and Introductions
  - a. New faces: Jordyn Quast is new AmeriCorps member working with the Community Gardens; Nicole Roth is a dietetics intern working with Stacey.
- 2) Committee Member Updates
  - a. Deb E. provided a summary of the final employee wellness webinar: Sustainable Changes, Making Employee Wellness a Part of the Culture. Key points included:
    - i. Create social networks and community
    - ii. Create a routine that people can expect
    - iii. Use the Focusing Efforts Circle to determine where to focus your efforts
- 3) Farm to School
  - a. Stacey continues to work on getting locally procured hot dogs that meet the regulations. Stoney Acres (Athens) started selling to schools and she is looking into that.
  - b. The Apple Crunch included 6,500 apples in Wood County. Auburndale, Wisconsin Rapids, Pittsville, and Nekoosa schools held a variety of events, announcements and assemblies. Pittsville students wrote and performed a song about apples.
  - c. The bi-annual National Farm to Cafeteria Conference is June 2-4, 2016 in Madison. The conference is about Farm to Institution food procurement. Sue may be presenting as part of a group. If anyone is interested in going, carpooling may be arranged. The conference is also looking for videos (<2 mins) for a project. **Action:** Sue will provide more information about video submission at next meeting.
- 4) Action Steps from last meeting
  - a. Photos for summary-Laura found some photos in the CCO files; Deb and Stacey also shared photos with Laura. **Action:** CCO will incorporate photos into the Wellness Committee Achievements document.



- b. Website feedback - The committee discussed the new district website: MarshfieldSchools.org.
  - i. The website allows Stacey to track visits; Deb thought it was easier to find the food service page.
  - ii. Sue brought information from the Wood County website to compare with content on school wellness site.
  - iii. A discussion took place on how to direct people to the website. The website has the capability to email people when a page is updated. Stacey is working on a quarterly newsletter for Food Service that could include wellness information. **Action:** Stacey will look into the email updates and add a space for School Wellness in the Food Service newsletter.
  - iv. Not everyone had a chance to review the website so it will be discussed at the next meeting. **Action:** CCO will keep 'website feedback' on the agenda for the next meeting.
- 5) Walk to School Day and Challenge
  - a. Josh Miller provided an overview of the Walk to School Challenge. Participation was the highest (percentage-wise) since the program began. He is going to make adjustments for next year to better track participation in Walk to School Day as some students are not tracking Walk to School Day activities in the Challenge logs. Bikes will be given away in December. **Action:** Josh will bring the final results to the next meeting.
  - b. Grant is the only other school that continues walking programs after October (Walk to School Wednesdays). Grant had a Walk-a-thon as a fundraiser, and Kendra noted there seemed to be more emphasis on that within the school.
- 6) Laura noted that the Safe Routes to School survey to evaluate interest in additional Safe Routes to School programming was completed on 10/31. **Action:** Laura will bring results to the next meeting.
- 7) Overview and discussion of strategic planning meeting
  - a. Stacey, Deb, and Kendra attended the strategic planning meeting on behalf of the School Wellness committee. Dr. Jenna Saul and Darcy Vanden Elzen joined them for the small group discussion on school wellness. The discussion focused primarily on healthy foods in the classroom, increasing awareness of the wellness policy, and distributing information on healthy snacks for the classroom. Using appropriate language when talking about food was also discussed; Dr. Jenna would be a good resource to help with this.
  - b. Health data (obesity, fruit and vegetable consumption, and physical activity) was shared during the strategic planning meeting and a discussion took place about getting more detailed local information. The YRBS (Youth Risk Behavior Survey) is administered every other year in





Marshfield which asks physical activity and nutrition questions. PE teachers used to take height and weight measurements, but it's not clear if they still do or would release that information.

**Action:** Laura is going to find out more about PE heights and weights.

- c. About four years ago, Deb and Marliss carried out a survey with all K-6 students about health. The possibility of doing this again was discussed. **Action:** Deb and Marliss will bring questions and outcomes from that survey to next meeting for review and discussion.

#### 8) Refine the action plan

- a. Many of the items on the action plan are in place or already past. For the wellness bags project, dates need to be selected. However, there were no current teachers at the meeting and teacher input is wanted in date selection. A discussion took place on having a January 1 – December 31 calendar to help plan well in advance for the year's activities. It was suggested to set all Wellness Committee meeting dates for the year in advance as well. This may increase the potential for teacher attendance. It was also noted that there are not specific representatives from each school and it's unclear whether it is a policy to have one or not. **Action:** Deb will speak with Kim at Central Office about the best days for teachers to meet. **Action:** Deb and Laura will meet outside of a committee meeting to discuss the contact list and ensure there is representation from each school.

#### 9) Next Meeting

- a. Stacey is not available in December to meet. **Action:** Laura will follow up with committee after Deb/Laura meeting takes place.

