

## Marshfield School District Wellness Committee Minutes

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**Date:** Tuesday, December 22, 2015  
**Location:** High School Library  
**Attendees:** Tami Wolff, Josh Miller, Deb Englehart, Meranda Eggebrecht, Laura Zelenak, Beth Parimanath, Kelly Trulen, Jill Kupfer, Sue Anderson, Leah Hanke, Marliss Trudeau, and Shelly Schneider.

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- 1) Welcome and Introductions
- 2) HL-MAC Committee Updates-Laura Z.
  - a. Nutrition Committee: The Nutrition Committee met on December 2nd. One of the committee's major projects for 2016 will focus on enhancing the Marshfield Farmers Markets. A winter farmer's market was discussed, with the Mall and downtown "Pop Up Shops" suggested as potential sites.
  - b. Physical Activity Committee: The Physical Activity Committee met on December 15. Their 2016 projects will include: Safe Routes to School, the Bicycle Discount program, the Apple Walking paths, and the 2016 Bike Rodeo. **Action:** CCO will bring Walking Path Maps to the next meeting.
  - c. Garden Subcommittee: The Garden Committee recently celebrated the end of the growing season with a breakfast. Future projects with the Garden Committee will be geared towards expanding the volunteer pool, expanding the garden program at Youth Net, and getting sponsors for the Aldo Leopold benches, which will be crafted by Marshfield High School's tech group. The estimated cost to sponsor will range from \$100-\$120.
- 3) Project Updates
  - a. Walk to School Challenge - Josh M presented results
    - i. The 2015 Challenge had the highest participation rate since its inauguration in 2010-over 1,000 children participated in the event. Nearly a quarter of these students qualified for a bike (participated in physical activity for 20 or more days).
    - ii. 7 total bikes were given (one from each school).
    - iii. Washington school had the highest participation rates; 314 (nearly 90%) of its student population participated in the challenge. Although participation rates from other schools were lower, 5 of the 8 schools had higher participation rates than 2014.
    - iv. Due to errors in self-reporting these statistics appear to underestimate both the percentage and number of participants.
    - v. Future endeavors to promote the Challenge include: improving road infrastructure and safety, especially near Palmetto Avenue, Peach Avenue, and Madison elementary. A "No Parking" option was discussed as a potential strategy to reduce congestion around schools and make such areas more walker friendly.
  - b. Safe Routes to School Survey - Beth P presented a brief overview of the Survey
    - i. Overall, 129 individuals with children enrolled in a Marshfield District School completed the survey.
    - ii. Most of the respondents surveyed were from Washington, which may indicate a higher level of interest in Safe Routes to School programming at that school.
    - iii. A majority of parents (over 60%) expressed interest in letting their child participate in a Walking School Bus with adult supervision, but few (8%) said they were able to volunteer to



supervise walkers. Potential leaders for a walking school bus included Mr. Kane (sp?) or the 6<sup>th</sup> graders at Washington (as part of a class project) and/or Brenda Baur from Grant. Tami Wolff also proposed working with the bus company to determine whether they could limit the number of stops along their routes to encourage walking.

4) Reviewed November minutes and action items

- a. Final School Wellness Achievements document - Photos were added to the document. **Action:** Committee members will review and provide feedback; a deadline will be given via email. Once finalized, Laura will send the document to Stacey to upload to the School District website.

5) Program Updates

- a. Discuss School Representatives –Laura Z. and Deb E compiled a comprehensive list of Marshfield school representatives to ensure better communication and greater cohesion of committee and school objectives.
  - i. School Wellness Policy Awareness Survey – Laura proposed a brief verbal survey which would be conducted by School Representatives. Committee members agreed it should be implemented in January with results being available for the next meeting. It was suggested that background information be provided to those giving the survey. The information gathered by the survey will guide what materials should be included in the Wellness Bags that will be distributed to teachers in spring. **Action:** Laura will write background information and work with committee members and school representatives to implement survey.
- b. Wellness Bags - Further discussion on the Wellness Bags will take place after results from the Awareness Survey have been tabulated.
- c. Scheduling 2016 meeting dates – Deb distributed a calendar of dates open for committee meetings. **Committee meeting dates have been set for the rest of the academic year and are as follows: January 26, March 1, April 5, and May 10.** Tuesdays seem to be the best day to meet for the committee as a whole.

6) Committee Member Updates

- a. Kelly shared outcomes of Madison's rearrangement of lunch and recess (grades 4-6 to eat lunch after recess).
  - i. Outcomes noticed were less food waste, increased water consumption, less behavioral issues being carried to the classroom from the playground, the ability for faculty to discipline students during lunch instead of class time in the case of behavioral issues on the playground, and students are calmer when returning to the classroom. Kelly noticed her own 6<sup>th</sup> grade son is eating more of his lunch.
  - ii. The first few weeks had some glitches. There is concern about implementing for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> graders since they require more adult attention and supervision than upper elementary students.
  - iii. Nasonville has this schedule and Lincoln is considering trying it next year.
  - iv. Committee members suggested designing projects challenging sixth grade students and AP Environmental students to measure the impact that this alteration has had on food waste and consumption. **Action:** Laura will connect Sue Anderson with Scott Huff at Lincoln





Elementary school and Amy Fassler at the High school for a potential food waste study project.

7) Farm to School

- a. National Farm to Cafeteria Conference. The 2016 National Farm to Cafeteria Conference held June 2-4 in Madison is looking for videos showcasing Wisconsin efforts to introduce local produce into school cafeterias. Videos should be 1-2 minutes long and will reflect upon local Farm to School efforts and successes with interviews and filmography. All videos must be sent to Beth Hanna at [beth@communitygroundworks.org](mailto:beth@communitygroundworks.org) by January 15, 2016. **Action:** Contact Sue Anderson for more information.

8) Website Feedback – Will discuss at next meeting

9) Next Meeting: January 26, 3:30-4:30pm at the Marshfield High School Library

- **Bicycle Rack (from 11/18/14 agenda):**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

