



## Marshfield School District Wellness Committee

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**Date:** September 22, 2015  
**Time:** 3:30 p.m. – 4:30 p.m.  
**Location:** High School Library  
**Attendees:** Stacey Weichelt (Food Director), Lara Baehr (HR Director), Nicole Roth (Wood County Health Department (WCHD) intern), Amanda Nedd (WCHD), Kelly Trulen (Madison Teacher), Sue Anderson (Wood County), Beth Haffenbredl (WPHCA AmeriCorps), Meranda Eggebrecht (Marshfield Clinic CCO), Leah Hanke (Middle School), Deb Englehart (retired), Kendra Ferreyra (parent, Grant), Laura Zelenak (Marshfield Clinic CCO)

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- 1) Welcome and Introductions
- 2) Great Apple Crunch – Thursday, October 22
  - a. Emails between group members since last meeting questioned holding the event this year. Laura had contacted several vendors and getting apples would not be a problem. The group discussed several factors; would likely cost approximately half of the total budget, teachers are feeling very overwhelmed so the teaching message may not be as in depth and participation may be low. The committee decided to table the idea for 2015 and to consider next year.
- 3) 2015-2016 School Wellness Committee Action Plan Draft
  - a. A draft action plan was distributed to the group. **Action:** Laura will update the goals to match the standing goals of the committee reflected in the School Wellness Policy (shown on food service website) which are:
    - i. Increase physical activity opportunities for students in the Marshfield School District
    - ii. Increase nutrition education for students in the Marshfield School District
    - iii. Increase wellness opportunities for Marshfield School District staff
    - iv. Increase exposure to nutrient-dense foods in Marshfield School District
    - v. Develop or expand other school-based activities that promote student wellness
    - vi. Promote school wellness policy 725 to all Marshfield School District staff
  - b. It was noted that the draft objective 1.1 under Goal 2 does not seem to contribute to the goal. After document is revised, the objective will be moved under the appropriate goal.
  - c. The elementary school librarian will promote the cooking carts at the elementary schools.
  - d. Discussed distributing quarterly “wellness bags” that included information to teachers and a tangible incentive. Group will continue to discuss at next meeting to confirm, but ideas included:



- i. Information on benefits of students drinking water, promoting water bottles in the classroom. Bag could include water bottles for teachers to give away in the classroom. Kelly is willing to put together education.
  - ii. Information on non-food rewards.
  - iii. Alternative birthday celebrations. Kendra found resources that provided alternative birthday celebrations that could be shared.
  - iv. Athlete driven health messages since elementary students look up to High School athletes.
- e. Discussion took place on the importance of staff wellness as teachers are role models for students in the classroom. Stress is a major wellness factor for staff. Lara reported that wellness programs through human resources are being considered, but not ready for implementation.
  - f. Evaluation and evaluation methods were discussed. It was suggested that having an oral survey at the elementary schools would be the best way to collect information delivered by the school representative at each school. One-on-one communication, as opposed to electronic surveys or emails, was thought to be more likely to elicit response.
  - g. **Action:** Laura will update the action plan for the next meeting.

4) Fruit Tree Update – Beth Haffenbredl

- a. Laura and Beth checked the 8 trees this past week. They removed the plastic covering on the trunks as it was beginning to grow into the trees. A few of the trees appear to have some kind of fungus or disease, many look beaten up from either deer or lawn mower damage and they are tall with skinny trunks. **Action:** Beth will contact Mark Zee to gather more information about the project and will look into contacting a local expert on apple trees for additional help as needed.

5) Other

- a. **Action:** Laura will add 'Farm to School' as a standing meeting item.
- b. **Action:** Deb will send Kathy Brunette's contact information to Laura to include on the committee list.

6) Next Committee Meeting: Tuesday, October 20 from 3:30-4:30pm at the school library.

- a. The Healthy Lifestyles – Marshfield Area Coalition Strategic Planning Meeting will take place on Tuesday, November 3 from 8:30am-12pm.

