



Marshfield School District Wellness Committee – Initial 2015-16 Meeting

Date: Tuesday, August 18, 2015

Location: High School Library

Time: 10:00 a.m. – 11:30 a.m.

Attendees: Darcy Vanden Elzen, Sue Anderson, Amanda Nedd, Shelly Schneider, Kendra Ferreyra, Josh Miller, Stacey Weichelt, Meranda Eggebrecht, Laura Zelenak, Lara Baehr, Deb Englehart.

1) Welcome and Introductions

- a. In 2010, a Communities Putting Prevention to Work (CPPW) grant was received and was the impetus for many school wellness activities such as the elementary food carts, ball chairs in the classroom, chefs in the schools, salad bars, and more. There is still about \$1,000 left of this funding that can be used.

2) Youth Risk Behavior Survey (YRBS) results from Marshfield high school and middle school students was shared. Breakfast eating, soda consumption, and caffeine beverage consumption were discussed.

3) Develop priorities/ activities

- a. Reviewed evidence-based strategies documents from the WI Dept of Health Services (DHS) and SNAP-ED.
- b. Reviewed past priorities/ activities
 - i. Non-food incentive packets given to teachers at the beginning of the school year. Increased awareness of the school wellness policy and provided healthy incentive ideas for students. Some of these items were donated; groups that support agriculture will often offer free stickers or other incentives. It is too late to try to put something together for the beginning of this school year. Distributing packets later in the year or prior to specific holidays were discussed. In particular, Valentine's Day and Easter are two holidays that tend to have a lot of treats in the classroom. Group discussed creating a package prior to Easter. Health holiday treats have also been done in the past; **Action:** Sue will look into past newsletters and share with the committee.
 - ii. Farm to School – Stacey is looking into purchasing hot dogs from Hewitt Meats instead of the current local supplier, Wenzels, because the hot dogs are a little too small to count as 2 ounces of protein.
- c. Explore current/ new priorities and activities





- i. Discussed adding time to lunch and/or having recess prior to lunch. This is not currently in the policy and it would be an individual school decision based on scheduling. It was thought that 1 or 2 classes at Lincoln and Nasonville schools have tried this and the committee was interested in knowing the results of those trials. It was suggested to ask custodians at those schools if a change in waste was noticed. It may also be helpful to inform custodians of the mandatory time students need to be offered for eating lunch. Action steps for this item will be discussed at a future meeting.
- ii. Water is offered during lunch, but can't be promoted so students aren't replacing milk with water. Allowing water in the classrooms could be promoted to teachers and posters could be utilized to encourage water consumption at other times of day.
- iii. Physical activity opportunities in the community are shared on the school food service website.
- iv. Great Lakes Apple Crunch is on October 22 (bigapplecrunch.org). Schools are encouraged to register; stickers and a poster are available to registered schools. **Action:** Amanda will send social media information for event. Group discussed poor quality of apples in 2014. Parffection Produce is a wholesale produce distributor specializing in locally sourced produce; they could deliver apples needed for the Apple Crunch on Oct 20.
- v. October is Farm to School Month. Farm to School Month newsletters will be sent to all Wood County elementary classrooms and sent home with Friday folders. Newsletters will be sent home once in September and once in October. Additional grant funding is being sought to continue printing the newsletters.
- vi. The organization School Food Focus (schoolfoodfocus.org) is working with large school districts to offer a 'Midwest Menu' consisting of local/regional food to celebrate Food Day (Oct. 24). All schools are encouraged to participate by including locally sourced foods in a meal.
- vii. Walk to School Day is on Wednesday, October 7 and the Walk/Bike to School Challenge is during the month of October. Eight local elementary schools are participating in both events. Nasonville Dairy is sponsoring the Walk/Bike to School Challenge and donating seven new bikes. The Walk/Bike to School Challenge is communicated to schools by delivering packets to all elementary teachers that contain a cover letter, flier, and tracking sheet. Teachers track student participation and students that have walked a





certain number of days are entered into a drawing. Not all classrooms participate and the program seeks to increase the number of classrooms participating in the program. Group felt that Josh Miller's tracking sheet provided to the teachers is simple and easy to use. Discussed promoting to families that they can track if their teacher doesn't to be entered into the drawing.

- viii. In April, the Community Committee of the HL-MAC created a survey to assess the interest in expanding Safe Routes to School/ Walking School Bus programs to local elementary schools. Grant Elementary School is the only school with a Safe Routes to School program, 'Walking Wednesdays.' Students are dropped off at the Target parking lot and walk to school with parents and teachers. There are approximately 50 survey responses so far; the goal is 200. This program would be a good fit for the School Wellness Committee as there is a need for school contacts to encourage parents to take the survey. A flier and handouts with the survey link and QR code will be at the elementary open houses. It was suggested to contact the PTO for each school as the first meeting of the school year is usually very well attended to promote.
- ix. Discussion took place regarding enforcement of the wellness policy within the district. The policy is written in a way that it is open to interpretation and teachers may not know what is expected of them.
- x. Committee membership was discussed. The committee recently lost representation from Grant and Lincoln due to transfer and retirement. There is no representation from the High School. Deb will reach out to underrepresented schools to find a representative to attend the school wellness meetings.





4) Priorities for 2015-16

- a. Increase communication of committee efforts to staff and students by utilizing existing infrastructures, i.e. website, building newsletters, staff emails, etc.
- a. Increase awareness of school wellness policy 725 to all SDOM staff by:
 - i. Providing wellness bags for teachers that include non-food rewards, wellness policy, information on promoting water bottles in the classroom
- b. Increase students' exposure to nutrition education and nutrient-dense foods by:
 - i. Maintaining the Farm to School program
 - ii. Coordinating the Great Lakes Apple Crunch
 - iii. Utilizing cooking cart lessons at elementary schools
- c. Increase noncompetitive physical activity opportunities for students by:
 - i. Promoting Walk to School Day
 - ii. Promoting Walk/Bike to School Challenge
 - iii. Developing a Safe Routes to School program(s)

5) Next Steps

- a. In the past, meetings have been held on the 3rd Tuesday of the month from 3:30-4:30. **Action:** Laura will send out a Doodle Poll to determine if September 15 or September 29 is better for the majority of committee members.
- b. The next meeting will be used to refine goals and discuss October events.

