



Marshfield School District Wellness Committee Minutes

Date: Tuesday, November 22, 2016

Location: Marshfield High School Library

Time: 3:30 p.m. –4:30 p.m.

Attendees: Laura Zelenak, Theresa Balinghasay, Josh Miller, Jeremy Erickson, Kendra Ferreyra, Deb Englehart, Jenny White, Stacey Weichelt, Cindy Scharenbroch

- 1) Welcome and Introductions
 - a. Jenny White is a new volunteer for the School Wellness and Physical Activity committees.
- 2) October Minutes were reviewed
 - a. Stacey forwarded Farmraiser fundraising information to Nathan DeLany (AD, high school) but has not gotten a response; Kendra also emailed and will bring up again to PTO in the spring
 - b. Jeremy will send list of school gardens to Sarah Salewski
 - c. Kendra will ask Brittany King about school gardens for the summer
- 3) Farm to School Update
 - a. Stoney Acres Farm provided a list of their produce; potatoes are priced higher, and they have kohlrabi – school district is looking at a kohlrabi feature in January
 - b. November showcased a wheat berry and apple salad. The school district puts the recipe online and inserts it in the newsletter. Part of a program to showcase a unique grain during lunchtimes, planning to showcase quinoa in April.
 - i. Action: Theresa will put recipe on the Facebook page.
- 4) Stepping Up School Wellness Summit
 - a. Stacey attended the School Wellness Summit through DPI (Department of Public Instruction)
 - b. Robert Murray shared information on how kids are affected by PA and nutrition; snacks and frequent mealtimes help brain development and affect irritability
 - c. Stacey shared learning/educational materials with the committee
- 5) Walk/Bike Challenge results
 - a. Josh reported on the Challenge results. He was very happy with the results; Washington School had the highest participation
 - b. Bike and prize giveaways will take place Dec. 1; the Mayor will be present at Lincoln School
 - c. Discussion centered around why Washington had high participation rates and how to make other schools have higher participation
 - d. Youth Net walking program was discussed; Laura was not sure they had the same AmeriCorps capacity this year to have the same Washington to Youth Net walking route
 - e. Action: Josh will put together classroom participation rates



6) Strategic Planning Meeting

- a. Review Draft 2017 Action Plan:
- b. Objective 1: The committee decided to keep this objective, as a reminder for the committee.
 - i. Action: Committee members will make an ask for school announcements.
- c. Objective 2: Encourage teacher involvement in the W2S challenge
 - i. It was suggested to establish walking school buses and alternative dropoff points
 - ii. Another suggestion was to create uniform criteria for the challenge (how much physical activity is necessary per day), and to scale criteria by grade level (i.e., different criteria for kindergarteners vs. 6th graders)
 - iii. It was suggested that kids in the Leadership Program take on tracking their fellow students for the W2S challenge (Brenda Bauer is the Leadership Marshfield contact)
Action: Deb will contact Brenda to find out how/when student leadership groups are established.
 - iv. SMART goal proposed: increase student participation to 52%
- d. Objective 3: Focus on non-food incentives
 - i. It was suggested to look into Middle/High School nutrition materials and look for anti-energy drink information. Action: Laura will look for anti-energy drink posters at CCO office
 - ii. Also suggested to focus on Valentine's Day/Easter replacements
- e. Rest of Action Plan – tabled for next meeting

7) HL-MAC Committee Updates

- a. Theresa's volunteer recruitment
 - i. Recruiting for community ambassadors and coalition champions
- b. Local Food Expo planning started
 - i. Date set for March 14, alternate March 7
- c. Walking path signs
- d. WI School Garden Network Regional Coord.
 - i. Pushed to Spring
- e. Upcoming community events

8) Committee Member Updates

- a. Deb has a cooking cart update, will be added to next meeting's agenda

9) Meeting close

Future Meetings

12/20
1/24
2/28
4/18
5/16

Bicycle Rack (from past agendas):

- 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

