



## Marshfield School District Wellness Committee Minutes

**Date:** Tuesday, February 28, 2017

**Location:** Marshfield High School Library

**Time:** 3:30 p.m. – 4:30 p.m.

**Attendees:** Kendra Ferreyra, Theresa Balinghasay, Laura Zelenak, Cindy Scharenbrock, Tracey Brock, Shelly Schneider, Jill Kupfer, Morgan Sommerfeldt, Stephanie Macnamara, Deb Englehart, Tami Wolff, Brynn Wahlstrom, Stacey Weichelt

### 1) Welcome and Introductions

- a. Brynn Wahlstrom is a teacher at Nasonville Elementary, Tracy Brock is a Registered Nurse at Mfld Clinic interested in childhood obesity prevention, and Morgan Sommerfeldt and Stephanie Macnamara are nursing students from UW-Eau Claire. Welcome!

### 2) Review January Minutes and Action Items

- a. The January minutes were reviewed and accepted.

### 3) Farm to School Update

- a. Stacey is working on bringing back Hewitt meat hot dogs, also in the process of asking Stoney Acres Farm for Kohlrabi
- b. The High School received white, yellow, purple, and orange carrots from Pittsville, which are being served fresh

### 4) Wellness Policy Discussion *(New item added 2/27/17)*

- a. The wellness policy was brought to the table, it was revised in 2016 but is currently not meeting requirements of Federal regulations for school wellness policies
- b. It was written by the policy and legislative committee
- c. **Action:** Stacey will ask Pat at the School Board what to do; next steps will be determined at the next meeting

### 5) Discuss Next Steps on 2017 Action Plan

- a. Any additional concerns/changes (5 minutes)
  - i. There was a brief suggestion to get the High school to have more buy-in for Walk to School Day in regards to student athletes attending elementary W2S day events
  - ii. Leadership groups at the elementary schools will be a valuable resource to increasing participation. The group could work on alternative activities for recess time at Nasonville. It was suggested to focus on schools with the lowest participation.
  - iii. **Action:** Deb will contact Brenda in spring about the Leadership groups and determine next steps
  - iv. **Action:** CCO will start to develop a "what counts" guide for students to participate in walk/bike to school month



- b. Increase awareness of Farm to School Initiatives
  - i. Stacey will put more F2S content in the school newsletters, and the committee will work more on promoting in their respective PTO Facebook pages
  - ii. School wellness committee will submit wellness information to Stacey for submittal into the quarterly newsletter for families delivered via Skyward.
  - iii. **Action:** Stacey will let the committee know when articles are requested for next newsletter.
  - iv. **Action:** Deb will gather PTO contacts for each elementary school.
- c. Increase utilization of Cooking Carts
  - i. The idea to demonstrate the cooking carts at each elementary schools to increase staff knowledge was discussed There has been much turnover and teachers may not know about them.
  - ii. **Action:** All teachers will ask their principals about a good time to demo the carts
  - iii. **Action:** Healthy Lifestyles will send out the link to the cooking cart lessons that are on the School District website
- d. Non-Food Reward/Incentive Guidelines
  - i. The use of food rewards varies at individual schools; programs such as Bounty of Love at Washington could be shared with other schools
- e. Next meeting at Grant E.S.?
  - i. It was suggested for the meeting to be at Central Office and inviting the HR admin to a meeting
  - ii. **Action:** Stacey will invite Barb to the next meeting
  - iii. **Action:** Deb will contact a board member

#### 6) HL-MAC Committee Updates

- a. Local Food Expo will take place on Tuesday, March 14 at First Presbyterian Church (200 W. Lincoln Ave.) from 4:00 – 7:00 p.m. Fliers were available for distribution. **Action:** Email Theresa or Laura at [healthy.lifestyles@marshfieldclinic.org](mailto:healthy.lifestyles@marshfieldclinic.org) if you are able to volunteer or have students interested in volunteering

#### 7) Committee Member Updates

#### 8) Meeting close

#### Future Meetings

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
- Bike program might be removed @ Grant, Brittney will keep us updated

