



## Marshfield School District Wellness Committee Minutes

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**Date:** Tuesday, April 18, 2017  
**Location:** Marshfield High School Library  
**Time:** 3:30 p.m. –4:30 p.m.  
**Attendees:** Jenny White, Shelly Schneider, Deb Englehart, Kendra Ferreyra, Amber Leifheit, Laura Zelenak, Theresa Balinghasay, Josh Miller, Brittany King

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- 1) Welcome and Introductions
  - a. Amber Leifheit is a member of the Marshfield District School Board. Welcome!
- 2) Review February Minutes and Action Items
  - a. February minutes were reviewed and accepted.
- 3) Farm to School Update
  - a. Social Media posts
    - i. All PTO information has been collected from all elementary schools, we are ready to share information when Stacey forwards it along
    - ii. **Action:** Deb will also share the PTO information with Healthy Lifestyles
  - b. Newsletter articles from Healthy Lifestyles
    - i. Healthy Lifestyles is writing content for each quarterly SDOM newsletter
- 4) Leadership Group Update
  - a. Deb contacted Brenda Bauer and received the dates for the Leadership Academy (August 7-18, 8AM-Noon); she is available Aug 9 and/or Aug 10 to have someone explain the Walk/Bike to School Challenge
    - i. **Action:** Deb will send Brenda Bauer's email address to Josh.
- 5) Wellness Policy Discussion Continuation
  - a. Stacey contacted Pat Saucerman, who gave the approval to the committee to draft a potential wellness policy
  - b. The group discussed model policies and the need for a designated authority figure/educator to be involved from the beginning, Amber suggested Dorothy Chaney, (school board policy committee)
  - c. Alongside policy, the committee also needs to think about assessments for school wellness
  - d. **Action:** Laura and Theresa will work on a packet of model policies, assessments, and key players to send out to the committee for them to look over and review
  - e. **Action:** Amber will reach out to Dorothy Chaney to determine next steps
- 6) Cooking Carts Demo – Lincoln Elementary





- a. Theresa will be demonstrating the cooking carts to 30 staff members at Lincoln School
- b. She will be demo-ing the cart and going over the Patriots' Day lesson found online under the School Wellness resources on the SDOM page
- c. The committee gave suggestions on her handouts for Lincoln Elementary School staff
- d. Deb also updated the group on her use of the cooking carts in Washington Elementary; K-6 grade students made food islands as part of the George Award. Was a great success!

#### 7) Washington SRTS Updates

- a. Josh and Laura updated the committee on Washington SRTS
- b. Josh and Laura finalized the draft map based on the meeting with the PTO, got 15/16 different suggestions for improving the safe routes to school
- c. Next steps: LZ will package it up and send it back to PTO
- d. Laura, Josh, and Washington PTO are focusing on "lower-hanging fruit"
  - i. Looking at Wells Nature View and Christ Lutheran Church as specific drop sites, kids can get more PA from walking
- e. The group further identified partners to invite them to the meetings: Ron Sturomski, Director of Buildings and Grounds at School District of Marshfield, City Engineer, Police Chief
- f. Ron Sturomski will be adding sidewalks in the summer
- g. Once Washington initiatives are established, the plan it to approach other schools and apply a similar process

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

- a. Grant Elementary School: Laura has contacted committee members involved in Grant to create a core group focused on the topic of healthy food including Kendra, Brittany, Tracey Brock, and Stephanie McNamara
- b. Action: Brittany can talk to the principal at Grant and ask for dates that work to meet

#### 9) HL-MAC Committee Updates

- a. Bicycle Discount Program: Sharing in newsletters and PTO social media
  - i. A flier has been created to share within the SDOM
  - ii. Action: Theresa will share PSAs with the rest of the committee through email
- b. 4<sup>th</sup> Grade Gardens
  - i. Theresa reached out to teachers at Lincoln, Washington, and Grant; received feedback from Grant teachers

#### **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





- ii. Action: Deb will reach out to Washington Elementary School teachers about the gardens; Theresa will follow up with teachers
- c. CXS Nordic Rocks for Schools – Action: Laura will distribute this information to committee members

10) Committee Member Updates

11) Meeting close

**Future Meetings**

5/16

