



## Marshfield School District Wellness Committee Minutes

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**Date:** Tuesday, May 23 2017 (*originally scheduled for Tuesday, May 16 2017*)

**Location:** Marshfield High School Library

**Time:** 3:30 p.m. –4:30 p.m.

**Attendees:** Stacey Weichelt, Lea Hanke, Kendra Ferreyra, Laura Zelenak, Theresa Balinghasay, Gretchen Gotz, Jenny White, Karen Mengel, Stephanie McNamara, Tracy Brock, Cindy Scharenbroch, Barb Wilson

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- 1) Welcome and Introductions
  - a. Gretchen Gotz is a Kindergarten teacher at Lincoln, Karen Mengel is a Title I teacher at Grant, and Barb Wilson is the HR Director for SDOM. Welcome!
- 2) Review April Minutes and Action Items – Minutes and Action Items were reviewed and accepted.
- 3) Farm to School Update
  - a. Social Media posts – Strawberries from Florida were featured on the 11<sup>th</sup> and the 25<sup>th</sup>, School Lunch services will be provided during summer school
  - b. Action: Theresa will share these 2 stories on HL-MAC's Facebook page
- 4) Wellness Policy Discussion Continuation
  - a. Stacey will take a proposed School Wellness Policy to the September Board meeting
  - b. Next steps: plan summer meetings to work on the policy ONLY
    - i. Action: HL-MAC will send out a doodle poll as well as the 2012 policy for committee members to review
    - ii. Action: Committee members should review the WI DPI Policy Builder and relevant assessments, highlight parts that would work for the school that you represent
  - c. It was suggested to include admin officials like Dee Wells once the 1<sup>st</sup> drafts are set; get it to all of admin in August, which would give the committee time to review the drafts before the final reading
- 5) Speaking with Barb Wilson, HR Director
  - a. What does the SDOM do for employee wellness? – Individual Buildings do different things; SHP reimburses up to \$200 per household when staff members participate in exercise classes/gym memberships
  - b. Suggestions made for increasing employee wellness:
    - i. Increasing visibility for EAP information
    - ii. Increasing visibility for resources on the SHP website
    - iii. Having a district-wide competition or community event
    - iv. Having a peer support system/staff buddy for fitness
    - v. Providing fitness classes several times per month
  - c. Assessment is necessary: the schools need to be assessed to find out their separate interests





- 6) Cooking Carts Demo Recap – Lincoln Elementary
  - a. The demo went well! Ms. Gotz mentioned that the teachers enjoyed it
  - b. The idea of creating other cooking cart lessons that have to do with school curriculum was mentioned; if teachers are interested, then they can email HL-MAC and we can look into lesson design
  
- 7) Safe Routes to School
  - a. Walk/Bike to School Day – Craisins/other incentives – *tabled until next meeting*
  - b. Washington initiative update
    - i. Laura and Josh met with the PTO, Police Chief, and the Buildings and Grounds director and most of the issues identified in earlier meetings will be dealt with!
    - ii. Things that will get done over the summer: removing on-street parking on Schmidt and 11th, adding sidewalks along the east side of the school, utilizing bike racks as a barrier between the parking area and the students
    - iii. Christ Lutheran Church and Wells Nature View are accepting of parents dropping kids off at those alternative locations
  
- 8) Summer School Wellness Committee Meetings – doodle poll will be sent; see point 4.b.i.
  
- 9) Discuss Next Steps on 2017 Action Plan
  - a. Grant Elementary School
  
- 10) HL-MAC Committee Updates
  - a. Bicycle Discount Program: fliers distributed to SDOM
  - b. Mayor’s Day Breakfast Volunteers
  
- 11) Committee Member Updates
  
- 12) Meeting close

**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

**Future Meetings**

TBD

