

Healthy People 2020

Purpose: As part of Project-Based learning, Healthy Choices students [from both semesters] generated a list of initiatives that the School District of Marshfield could make to address the overarching goals of Healthy People 2020. Please review www.healthypeople.gov if you are unfamiliar with Healthy People 2020.

Your Role: As a decision-maker within the school district, please review their recommendations. Although they realize that many of these items may not be possible at this time due to financial or spacial restraints, they would appreciate your time to review their suggestions to make Marshfield High School a healthier place in which to learn.

**Thanks,
Healthy Choices classes 2011-2012**

- Get rid of chips, candy, soda and replace with milk, granola, fruit, etc...
- Remove soda from the school
- Require fruits and veggies at lunch
- Healthy, but cheaper, ala cart options
- Healthy snacks offered through the day or even at a set time
- Free healthy drink to start the day
- Chilled vending machines to be able to offer healthier options
- Student-accessible refrigerator to store lunches brought from home
- Healthier vending options
- Offer more nutritious and healthier options at lunch such as organic foods
- Fruit bar
- Breakfast every day- sit down items not just fast, convenient items
- Better fruit in the ala cart (such as grapes, melon)
- Everyday Salad bar
- Add a Subway or sandwich shop to the Commons (available right after school as well)
- More fish offered in hot lunch lines
- Reduce prices for healthy foods
- Enforce a calories limit on lunches
- Allow healthier foods to be eaten in class
- Requiring more Physical Education classes; full years for all 4 yrs
- Physical Education classes where kids can decide what to do
- Free passes to the YMCA
- More comfortable seating to improve posture and alertness
- More activities during class so one doesn't sit idly
- Later start time for school to be able to get more sleep
- Nap time, recess or simply a break from course work

- Uplifting music during passing time
- Longer passing time to relieve stress
- Study Hall option to be able to go outside to help reduce stress
- Bigger lockers to help reduce stress
- Exams on different days to lower the stress level
- Murals in halls to create more visual appeal; soothes students
- Use plants in classrooms to increase the amount of oxygen; also for esthetics
- Longer passing time to improve social skills, lower stress, ensure adequate restroom and water breaks
- Extracurricular club focused on multicultural issues
- Make every classroom have tissues and hand sanitizer
- All rooms have a sink to wash hands
- Every students is required to be in at least one club or sport to be physically and socially active
- Lower the speed limit outside of school for safer environment
- New air filters for better ventilation
- Rent out bikes for after school
- Use bean bag chairs for comfort; would allow for more focus
- 60 min exercise period to ensure minimum daily requirement was being met
- Skylights to conserve on energy; would also allow kids to make Vitamin D
- Solar Panels for electricity
- No cut policy for sports to ensure that everyone was getting their physical activity
- Recess time for cleaning up the environment
- Windows for extra lights
- Increase physical activity in all classes so students don't just sit around all day
- Submit homework on computers to reduce the amount of paper used
- Stagger class assignments to reduce stress level
- Use posture balls
- Cleaner facilitates... ie clean bathrooms and water fountains more than once a day
- Drug testing for students
- Fitness programs separate from physical education programs
- Mental Health programs for those in need
- More study time for homework [during class time] to help elevate stress
- Offer a larger variety of fruits and vegetables so they can find something they like.
- Offer uneaten fruits and veggies to students free of charge after school
- Have open gym times- or times that what are currently offered through Parks and Rec.
- Allow for students to sit where they would like in Study Hall to improve social skills
- Each classroom should have a First Aid kit
- Use electricity more efficiently
- Practice safety drills more frequently
- Required immunizations; including free flu shots; paid for by the school or health department
- More fun, physical activities
- Offer a health care plan for all students
- Students should be taught self-defense techniques

- Make course of study more specific to the job path you have chosen; even more so than what we have now
- Go outdoors for more classes to increase physical activity
- More field trips to increase involvement and focus
- Go one hour longer per day but have a 4-day school week; longer weekends would help to minimize student stress and increase productivity
- Condoms available in Nurse's office; distributed after counseling
- More hall monitors to reduce injury in the hallways and increase safety
- Open gyms during study halls and lunches
- Work with the Marshfield Clinic to offer free or reduced health care to all students; increased availability to health care
- Offer more options for noncompetitive sports
- More guidance counselors to address personal problems not just school problems and issues
- Use steeper stairs so that more exercise could be attained
- Offer vegetarian meals for school options
- Monitor participation in a sport
- Play soft, classical music for relaxing
- More surveillance to keep the school safe
- Invite more environmentally conscious clubs and organizations back into the schools; encourage participation
- Later start time so students could be more awake and alert to learn
- Include CPR, AED and First Aid Response into curriculum; continue with recertification process
- More rooms with visuals to increase emotional health; including color of walls other than white and plants
- Less greasy foods
- Teachers should remain more focused on curriculum
- Let schools out earlier in the day to save on money; increase interactive instruction
- Warm water in the restrooms to kill germs when washing your hands
- Have a diabetes lunch line or items available for those students to help them regulate their blood sugars
- Offer rehabilitation support in school for gamblers, drug use, etc...
- Vision and hearing screenings for early detection
- Recycle more
- Even out the lunch hours to make it easier to enjoy your food while eating; helps to eliminate the rush
- Prices available on ala cart lines so you know how much you are buying
- Have a feeling sharing support group.
- Add more carpeting so add warmth to the room. Feels more inviting place to learn
- More activity not just seat work
- Bigger desks to allow for organization of material on desks
- Encourage exercise/activity for all students
- Add treadmills into areas; ie. students can workout while reading
- Encourage students to walk or ride bikes to school more frequently
- Fresher vegetables in the hot lunch lines

- Recycling bins for milk cartoons
- Create a longer passing time before 3rd hour to allow for snack time for those that didn't eat breakfast to do so
- Plant fruit trees around the school
- Expel all student caught with drugs while at school, no exceptions, as it creates negative influences
- Less written assessments in phy.ed. class would allow for more time to be physical
- Stress relieving activities
- More variety in lunch options
- Teachers should give a minimum time for homework to ensure that all students can have assistance if needed; some cannot get assistance at home.
- Random cardio in classes
- Water flavoring in ala cart (ie. Crystal Light)
- Recycle books and computers in order to help the environment and to help save money
- Only ala cart a few days a week
- Change to healthier, leaner meats (ie. beef →turkey or chicken)
- Cheaper water and milk to encourage students to purchase them
- Set aside days each year to encourage physical exercise
- Supply hygiene products to those that cannot afford it (deo, shampoo, soap, etc...)
- More variety in physical education classes (trampoline, spin, specific dance, etc...)
- Walk-A-Thons to raise money for current issues plaguing the community
- Fruit and Nut Vending Machine
- Rental iPads and computers
- Extra shelving in lockers to eliminate stress and improve organization skills
- 'Helpers' for all classes (ie. like the ChemHelpers)
- Provide 3 choices for hot lunch not 2
- Provide a coat check room instead of having to store coats in lockers would help to improve organization and reduce stress
- Intramurals after lunch hours
- Coordinate testing so not all test occur on the same day
- Open seating for study hall to encourage socialization
- Eliminate 4th and 7th hour lunches as they are too early or too late to be eating
- Provide more time between school and sport practices to be able to eat
- Sport practices should be done by 6:00 pm so account for the later nights on game days.
- Need time to do homework and get adequate sleep
- Use more homegrown items in the lunch lines
- Move Study Hall out of the library as it is distracting
- Create a higher grading scale as would increase mental health by creating challenges and things for students to aspire to
- Have vision, hearing and spine checks even at the HS level