



## **Healthy Lifestyles-Marshfield Area Coalition School Wellness Committee Achievements**

The School Wellness Committee of the Healthy Lifestyles – Marshfield Area Coalition has endeavored to improve the wellness of the local community by increasing access to and awareness of healthy lifestyle choices to the students, staff, and families of the Marshfield School District. Listed below are just a few of the many successful programs the School Wellness Committee has provided over the past few years.

### **Balance Course, 2010-2013**

The committee used funds from the Get Active Grant to introduce a Balance Course for high school students unable to participate in PE. The inclusion of the Balance Course into the physical education curriculum was both beneficial and fun for students. Between 2010 and 2012, 60% of students in the Balance Course lost weight. All students enrolled in 2012 saw a significant decrease in their resting heart rates. Similarly, all participants decreased the time it took them to walk or run a mile. Faculty and parents also noted other benefits from the program such as better attitudes, better grades, and an increased tendency towards healthier lifestyles.

### **Healthy Food Demos, October and November 2012**

The committee partnered with local chefs, Blue Heron BrewPub's Ted O'Neill and RiverEdge's Steve Tollers, to demonstrate healthy, local cooking to students in the Marshfield School District. Nearly 2,000 elementary students attending school assemblies in 2012 consumed samples consisting of healthy, local ingredients.

### **Staff Training, November 7, 2012**

In 2012, the committee hosted a School Wellness Summit to train school staff members about practices to improve student health. Four elementary level staff attended the summit and took away many new ideas to increase nutrition/health education and opportunities for physical activity at their schools and in the classroom.



**Fit-tastic, Spring 2012**

The committee introduced Fit-tastic into elementary schools to expand wellness opportunities for students. Through the program, students learned to recognize and practice healthy behaviors such as daily exercise, good nutrition, and minimal screen time.

- In the spring semester of 2012, 45 students from Grant and Lincoln participated.
- In the 2013-2014 school year, 40 students from Madison school participated.

**Fitness Care Packages, 2012-2013**

The committee utilized Get Active grant funds to deliver Fitness Care Packages to interested elementary classrooms. Overall, 78 classrooms received physical activity resources during the 2012-2013 academic year. In addition to activity bursts and lessons, Fitness Care Packages distributed a total of 94 WiiFitt balance balls from classes in early childhood to sixth grade, and granted staff access to “Adventures to Fitness,” which included a series of fun and educational workout videos and activities for children.

**Cooking Carts, 2012-2013**

In Fall 2012, cooking carts with various cooking equipment and utensils were introduced to Grant, Lincoln, Madison, and Washington Elementary Schools as a way to incorporate nutrition lessons into the science curriculum.

**School Wellness Resources, 2012-2013**

The committee provided staff with wellness resources and tools to raise awareness of and compliance with the School Wellness policy.

**Staff Wellness, January 2013**

To improve the wellness of Marshfield School District Elementary Staff, the committee piloted three free yoga classes for elementary teachers in order to gauge interest in stress relief and stress management opportunities. The first two classes were attended by eight teachers, with five participants attending the final week of class.

**School Wellness Compliance, August 2013**

To encourage compliance with the wellness policy, the committee instructed and provided staff with healthy, non-food rewards to use for rewarding students in the classroom. As of August 2013, there has been a decrease in the number of food rewards being given to students.

**Smoothie Night, September 6, 2013**

The committee partnered with Tropical Smoothie to host “Smoothie Night” at a local football game. Approximately 100 community members and middle school students ordered fruit and vegetable smoothies.

**Madison MOVES program, 2013-2014**

The committee partnered with local organizations to implement the Madison MOVES program, an initiative geared towards expanding physical activity opportunities for sixth grade students and their siblings.

- Between 2013 and 2014, an average of fifteen elementary students from Marshfield and Nasonville schools attended every week to participate in various outdoor activities.

**Healthy Family Nights, 2013-2014**

The committee partnered with the YMCA to coordinate “Healthy Family Night” for local elementary schools. Healthy Family Night provided students and families with opportunities to engage in physical activity together.

- Between February 2013 and January 2014, a total of 309 families attended events at Washington, Lincoln, Grant, Madison, and Nasonville.

**Fruit & Veggie Bars, Ongoing**

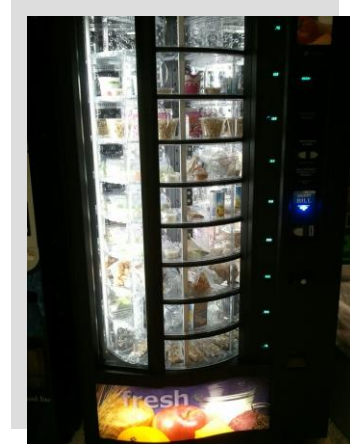
Fruit and veggie bars were added in all local elementary schools increasing student access to fresh produce, and encourage school-age children to consume more fruits and vegetables.

**Healthy Alternatives, Ongoing**

The committee increased availability of healthy food and beverage alternatives offered by the Breakfast, Lunch, and Ala Carte lines at all schools within the Marshfield School District. The meal programs at all schools have expanded the availability and affordability of fruit and vegetable options at all lines, while eliminating donuts entirely from the Ala Carte line. Other notable improvements include: offering more whole grain and homemade products, reducing the number of times homemade cookies were featured, and increased marketing of fat free and low fat milk options.

### **Healthier Vending Machines, Ongoing**

In February 2012, the committee used Get Active Grant funds to provide healthy snack options in the high school. By partnering with the Food Service and MHS Transition Services program, the committee was able to replace one of the high school's soda machines with a refrigerated vending machine that could be stocked with healthy items.



### **Prompting Healthy Choices, Ongoing**

The committee inserted point of decision prompts to make healthier items more attractive to middle and high school students. To help students identify healthy options, the committee tagged healthy vending machine items with *Healthy Lifestyles Selection* vending tags. As a result of this program, there has been an increase in the number of healthy refrigerated vending options in both middle and high schools.

### **Salad Bar, Ongoing**

A daily salad bar was introduced to middle and high school students to increase access to fresh fruits and vegetables.

- On average about 170 salads were purchased each day.
- In the first week, about 100 salads were sold in the middle school, while 180 salads were sold in the high school.



### **School Gardens, Ongoing**

Working with the Healthy Lifestyles Coalition Growing Together Community Gardens, 4<sup>th</sup> grade students and their families are able to participate in the planting, tending, and harvesting of garden plots located near Youth Net, as well as Lincoln and Washington Elementary schools. Though student and family participation at Marshfield Clinic Youth Net varies year to year, approximately ninety 4<sup>th</sup> grade students at the elementary schools have been involved with the school beds each year since 2012.