

MSD Wellness Committee Minutes 7:30 a.m. May 1, 2012

Committee members present: Jane Beattie, Deb Christman, Bill Franklin, Amanda Knitt, Bridgett Gelling, Lori Hodgson, Greg Mielke, Don Winter, Ron Mueller

The MSD Wellness Team met this a.m. New DPI guidelines for the Wellness Plan require that we set goals for the program and inform the public.

(1) Each BLT has been encouraged to include a 2012-13 wellness goal for their buildings as part of the strategic plan.

(2) Eric Zimmerman has added a Wellness page to the MSD web site. The Wellness report will be posted there along with other resources we identify. I encourage each team member to forward at least one resource to Eric Zimmerman to post.

(3) We agreed to continue to add to the list of positive things we do regarding wellness in our buildings.

(4) Meetings for the 2012-13 school year will be held in the MMS Conference room and open to the public. Dates/times are:

- 7:20 a.m., Tuesday, October 2
- 7:20 a.m., Tuesday, December 4
- 3:30 pm, Tuesday, March 12
- 7:20 a.m., Tuesday, May 7

MSD Hot Lunch Program:

-Discussions about wellness often focus on the Hot Lunch Program when in reality the program is only a singular component of the Wellness Policy. Jane Beattie, Food Services Director, previewed pending adjustments to the federal guidelines (Healthy Child Act). Understand also that school lunch menus will be even more restricted with upcoming federal policies (fewer potato items, less grains, and etc.)

-Mrs. Beattie met with student representatives:

- Freshman 8 to 9 Transition: September, 2011
- 7th grade TA reps: October, 2011
- MHS Student Operations: March, 2012
- MHS Foods 3 students regarding food safety: April, 2012

-Note: Federal guidelines require water to be made readily available in the place where hot lunch is served. The MS does not have a water fountain in the café, but has one in the adjacent hallway.

-MHS and MMS have created a donation hot lunch account to assist needy families. The accounts have existed for several years.

Building Reports:

Mosinee Elementary School:

-Building/Classroom Progress: Classroom teachers stress bringing healthy snacks. They publish that recommendation in the beginning of the year newsletters to parents. Building – Biggest Loser Contests occur yearly for staff, Staff participates in Zumba classes and many swim after school or walk.

-Vending Machines – Machine contains water and a caffeine-free/low soda selection. Vending machines are only for staff use during the day.

-Food Sales/Incentive Sales – All items sold are in the staff room/mailroom for staff only. Many are candy related for various organizations.

-Publications – Lori D. will scan the Wellness area of the Parent and Staff Handbooks. Parent handbook is available online year long.

-Wednesday Walkers (during lunch recess) is a great idea!

Mosinee Middle School:

-Teachers promote healthy snacks and treats in classroom newsletters. Wellness articles are included in the *MMS Update* (newsletter).

-Ongoing building goal defining monthly activities to promote wellness and healthy choices.

-4/5 and 6-8 Wellness/Hobby Days provide alternatives to AODA abuse and promote healthy choices.

-6th grade Health curriculum

-Red Ribbon Week, “Drugs are not a food group” (February 13), to emphasize alternatives to AODA abuse.

-TA team building activities.

-*Biggest Loser* friendly competition for staff has focus healthy choices and weight control with positive results and camaraderie.

-MMS Staff will “review and reflect” about using food used for students motivation or as a reward.

-The Student Senate will review candy sales after school and the Sixth Grade Team will review cookie sales during/after school.

-MMS discourages energy drinks. Students bringing energy drinks to school will have the drink confiscated and parents will be contacted (see 5/21//12) MMS Staff Bulletin).

Note: The MSD Wellness policy states that K-5 students will not miss more than two recess periods in a week due to incomplete class work. The concern is that students are recommended have 30 minutes of “activity” daily. Loss of recess does happen on a limited basis. Again we are caught between two masters: offering academic interventions and disciplinary matters (loss of social time) vs. potential activity time. Understand, not all students take advantage of recess as a healthy active time.

Mosinee High School:

-MHS psychology course includes a unit on psychological health and a project on how to handle stress. Students create power point and prezi presentations on a variety of topics that focus on maintaining good psychological health and wellness.

-MHS Family and Consumer has one of two new transcribed credit courses in the foods area (Foods 3), which is NUTRITION through Nicolet Technical College (2 credits). The students spend an entire semester breaking down the nutritional information and nutrient components including nutritional standards and guidelines as well as learning recipes that offer specific nutrients or higher nutritional value. Students also learned health problems associated with nutrients. The students complete a nutritional project for the course that highlights a particular area of study they are most or more

interested in. Projects ranged from cultural or religious differences in nutrition to obesity in America, as they presented either a PowerPoint or Prezi along with visuals from YouTube or another source. Students in Foods 3 also studied the new MyPlate, as curriculum allowed them to compare and contrast with the previous food guide pyramid. They completed a journal of nutritional intake.

-Students in Adaptive Foods studied the visual of MyPlate and then created a collage of magazine food pictures that would fill their plate.

Goals for 2012-13:

Elementary School Wellness Goals:

- Submit Healthy Recipes monthly to be placed on the Wellness tab on MSD web site.
- Develop grade level wellness challenges (Examples: Gold Shoe award, Wednesday Walkers, Monday Movers, Tuesday Trotters, etc.)
- Offer periodic wellness challenges for the staff (Examples: Biggest Loser, Most steps walked in a Week, etc.)

Middle School Wellness Goals:

- MMS Staff will review and reflect upon classroom practices while emphasizing healthy choices.

High School Wellness Goals:

- TBD

Agenda items for October 2:

- Wellness Policy review.
- MHS Snack Shack offerings.
- The existing policy (attached) will undergo some word-smithing and be reviewed at our next meeting.

Thanks to all for participating.