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MSD Wellness Committee Minutes 3:30 p.m. March 12, 2013

Committee members present: Jane Beattie, Bridgett Gelling, Sara Kaczor, Greg Mielke, Jessica Novitzke, Sue Pohlkamp, Don Winter, Vic Voight, and Ron Mueller. There were no parents present. Committee members are encouraged to invite parents to the May meeting.

Agenda items for 3:30 p.m., Tuesday, March 12, 2013:

- 1- The Alliance for *Healthier Generation* training was declined: (1) it is already late in the registration process.
- 2- Purpose and future efforts of MSD Wellness Team.
 - The MSD Wellness Team is not an oversight group (or a wellness policing committee).
 - The focus of the MSD Wellness Team is to promote wellness and healthy choices/life styles for our students and staff.

Tasks:

- collect evidence of existing nutrition and wellness curriculum/activities (individual class, grade level, and building) and forward to Ron.

Examples:

- ES: Wednesday Walkers
- MS: Hobby Days, Hoops for Heart, Jump Rope for Heart, TA activities, etc. Possibly revise grade-level track days to be broader in scope.
- Other: homeroom healthy snack expectations, building newsletter and *LINK* articles, building goals, staff fitness challenge, etc.

-Wellness members will review *Fuel Up to Play 60 program* (promoted by the National Dairy Council and NFL, in collaboration with USDA) and determine if applicable as the program would require support at the entire building level: <http://www.fueluptoplay60.com/>.

Other: Sue made us aware that federal legislation faces reauthorization in 2015. It may affect how we currently do business with regard to fundraisers, etc.: <http://www.choosemyplate.gov/> and http://fns.dpi.wi.gov/fns_nutrition.

Next Meeting: 7:20 a.m., Tuesday, May 7 in the MSCR

Thanks to all for participating. See you in May
