



Northeast Iowa Food and Fitness Initiative
Active Living Work Group
9-28-12 Meeting Notes

Attendees: Erika Randall, FFI Resource Contact; Melanie Stewart, FFI Resource Contact; Katie Lay, FFI Resource Contact; Whitney Brewer, FFI Resource Contact; Elizabeth Makarewicz, FFI Resource Contact; Lindsey Erdman, President, Erdman Engineering, P.C.; Scot Michelson, Park Ranger, Iowa Department of Natural Resources; Jon Jensen, Professor, Luther College; Karla Organist, Transportation and Community Planning Department Head, Upper Explorerland Regional Planning Commission; Ashley Christensen, Safe Routes to School Liaison, Upper Explorerland Regional Planning Commission

- Welcome to new FFI Resource Contacts and Introductions
 - Erika Randall- Decorah, North Winn, South Winn
 - Decorah: International Walk to School Day; Mileage Club- has helped kids with PE testing (Lindsay Erdman- connections to Decorah staff)
 - North Winn: International Walk to School Day; Fall Fitness Day; no Walking School Bus (previous accident); monthly all-school walk break; Mileage Club; VERY much into physical activity
 - South Winn: International Walk to School Day; Mileage Club (Lindsay Erdman- connection with Superintendent)
 - Melanie Stewart- Turkey Valley, New Hampton, St. Joes
 - Turkey Valley: New HS Fitness Center; trail
 - New Hampton: Down one Walking School Bus; previous weekly all-school walking event- teachers/students/parents HATED (“sending children to school to walk?”)
 - St. Joes: International Walk to School Day; potential for Walking School Bus; monthly after-school activities; Mileage Club, monthly whole school activity
 - Katie Lay- North Fayette, Starmont, West Central
 - North Fayette: Governor’s Walk; PE teacher is GREAT
 - Starmont: Governor’s Walk; potential fitness stations and Frisbee golf around school
 - West Central: Governor’s Walk; potential Mileage Club 1x/week
 - Whitney- Riceville, Howard-Winn, Allamakee
 - Riceville:- International Walk to School Day; monthly Walking Wednesdays; monthly dance in gym
 - Howard-Winn: Difficulty with administration
 - Allamakee: International Walk to School Day
 - Elizabeth- Valley, Postville, Oelwein
 - Valley: International Walk to School Day; Mileage Club; Bikes donated by Knights of Columbus for PE/recess/after-school; issues with trail usage- school thinks it’s too far; weekly bike rides with Chapman family
 - Postville: International Walk to School Day; Mileage Club starting in Oct.
 - Oelwein: International Walk to School Day (Scot Michelson- connection to Wings Park principal)

- Kayla Koether (not in attendance)- Central, MFL MarMac, Clayton Ridge
 - Central: International Walk to School Day
 - MFL MarMac: Governor's Walk
 - Clayton Ridge: Fall Fitness Day
- Active Living Overview
 - Have the outdoor facilities, just need to get people using
 - "sidewalks as trails"
 - SRTS Liaison- link between schools and communities
 - Work Group acts as advisory team to bounce ideas off of and offer extra support
 - Food piece easier for people to grasp than fitness
 - RCs- Active Living Work Group can link you to people and resources
 - Ask if ever need assistance
 - Let us know if you ever hear of issues/complaints/concerns
 - Need "local glue" to hold community and school together
 - Please share thoughts and new ideas with Active Living Work Group
- Safe Routes to School Updates
 - Walking School Buses in Postville; I-WALK projects in Oelwein and Postville; Conferences and trainings; International Walk to School Day/"Walk"tober 3rd preparation; Regional active living event participation; other odds 'n' ends
 - Walking School Bus Plans
 - Focus for this year: Decorah, Postville, Waukon, New Hampton, Elkader, North Fayette Communities
- Additional Active Living Updates
 - Budget review
- Questions/Comments
 - Walking a mile vs. walking 10 minutes
 - Kids associate walking a mile to running a mile in PE- Use time rather than distance to help motivate
 - St. Joes- Youth Team needs help promoting Mileage Club
 - Cresco- top-down administration; potential connection to NICC Cresco Satellite Bldg
 - Newspaper articles- great publicity!
 - Photo policy
 - Decorah
 - Walking School Bus idea between John Cline and Carrie Lee- Teachers ride bus with students
 - Grandparents to Vesterheim with children- loved the walk
 - Curves- tear off poster "It's your walk, too!"
 - Reach out to PTO/PTA
 - Elkader- "no drop-off zone" in front of school
 - SRTS Plans- have not started, budget issues
 - Comp Plans- SRTS/Active living components
 - Possibility of Spring Conference at Luther- school focus

NEXT MEETING: TO BE DETERMINED