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**