

Health and Wellness Committee

Lompoc Unified School District

Minutes – Wednesday, April 5, 2006

In attendance: Kathy Bertelsen, Wellness Committee Chair; Pat Brady, Lompoc Valley Community Health Organization; Sandi Jefferson, District Nutrition Specialist; Melissa Zebley, District and Site PTA Representative; Robin Madden, Crestview School; Melinda Burford, LUSD School Nurse; Lynne Dixon, LUSD School Nurse; Kay Eatmon, Lompoc Valley Healthy Kids and retired district employee; Sue Hope, Lompoc High School; Roxanna Sanchez, Lompoc High School Student

Kathy called the meeting to order at 3:30 pm and clarified that the purpose of the meeting was to review the policy draft prior to submitting it to the Superintendent and the LUSD Administrative Council. The minutes from the last meeting were approved.

1. PTA Statement of Support – Melissa Zebley had emailed the district PTA statement of support for the Wellness Policy. It reads: “We, the 2005-2006 Executive Board of Lompoc Council PTA, do hereby state our support of the nutrition plans and Spark Fitness Program as presented by the Lompoc District Wellness Committee.”
2. Reviewed the 3rd bullet on page 3 of the Policy – clarifying and agreeing that “The LUSD is guided by the eight-component model of coordinated school health as established in the Health Frameworks for California Public Schools.” Those eight components are:
 - Health Education
 - Nutrition Services
 - Safe and Healthy School Environment
 - Health Promotion for Staff
 - Physical Education
 - Health Services
 - Parent and Community Involvement
 - Psychological and Counseling Services
3. ***Creative and Fun Fundraising*** – Sandi Jefferson, our wonderful new district nutrition specialist, has put together a terrific document on Alternatives to Selling Candy for Schools, Sports and Clubs. This document will be shared with all school, district and interested community fundraising organizations.
4. Reviewed the following goals and discussed implementation plans that will be developed for each:
 - a. **Goal #1** – ***Create district and community awareness of the LUSD Wellness Policy with appropriate and regular opportunities to provide input.***
 - Reviewed and added strategies to the plan.
 - b. **Goal #2** – ***Build a baseline of data to support the policy implementation.***

- Discussed potential data and difficulties in collecting it.
- Group consensus was that data collection needed to be based on:
 - meaningful data that created minimal impact on the instructional staff and,
 - already being collected or defined through other requirements.

c. ***Goal #3 – Begin to develop a manageable and effective evaluation tool to be used to regularly monitor the policies' success and possible need for revision.***

1. Information for this goal will be collected through public and staff meetings throughout next year, beginning in July, 2006.
 2. After analyzing the quantity and quality of the available data, we will determine what is needed (cost, time, personnel, etc) to provide an effective evaluation system.
5. There was a discussion on how hard the fundraising changes will be at the high schools because high school fundraisers are targeted to student's vs. parents which is the case at elementary schools. One alternative was partnering with Food Services to order products to sell to students that fit the SB12 guidelines.
6. The committee discussed how it would measure the implementation of goal #1 – develop a check-off sheet in which the strategies for implementation are documented, such as, what stakeholders meetings were attended and how many policies were distributed, etc.

The next meeting is scheduled for April 26, 2006 at 3:30 in the Central Kitchen.

Respectfully submitted,

Kay Eatmon