

# *MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING*

*April 23, 2015*

*Our Mission: to promote and support a culture of health and fitness in the  
Lompoc Unified School District*

- I. The meeting was called to order at 3:04 pm. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services), Kirsten Criswell (Orfalea Foundations); Ashley Costa (Lompoc Valley Community Health Organization); Carol Arnerich (Lompoc Federation of Teachers); Catalina McIsaac (Art of Peace Imagine); Susan Hurst (Community Representative)
- II. Minutes from the previous meeting were approved as written
- III. Old Business:
  - a. Spring Community Celebration event on May 30<sup>th</sup>, Wellness Literacy topic – Kathy provided and updated agenda draft which included speaking assignments and time allotments. The group felt the time slots were too short given the time it would take for a translator to translate what was said. Kathy recommended a meeting to discuss prioritizing topics in the near future. She will send out an email to schedule a meeting for the speakers.
  - b. Update AR 5030, the District Wellness Policy:
    - i. Kathy provided the following documents:
      - AR 5030 Draft, Abbreviated which was updated to reflect changes recommended through last paragraph on p. 7 to end of first paragraph under *Program Implementation and Evaluation* section; used the Microsoft Word Edited version that Kirsten emailed with suggestions from p. 1- 9.
      - CDE Local School Wellness Policy checklist – which was filled out to identify wellness areas missing from the policy and the strength of the verbiage of the goals and objectives
      - Santa Barbara Districts School Wellness Policy Assessment
    - ii. Discussion: The group started at p. 1 and addressed each new edit through to p. 9 – the end of the document.
      - We had discussions about grammar: use of lower case and upper case regarding “district and state”; use of periods and consistency when using or not using them in “a – e” lists;

and use of quotes vs. italics for titles and being consistent. Decisions were agreed upon for each.

- Ashley recommended adding several sentences to the section about safe drinking water because *Healthy Lompoc* has identified increased consumption of water and decreased consumption of sugary beverages as a priority to combat obesity. She will email them to me so I can add them to the update to send out for approval from the group.
- There was a lot of discussion regarding p. 8-9 for the last section *Program Implementation and Evaluation*. Kathy recommended getting rid of the indicators we had been tracking and moving in the direction of developing a Wellness Policy Assessment tool (check list) that the principals can use to assess the progress of their own Wellness Policy implementation. This way the Wellness Committee can maintain good relationships and build a sense of community at the school sites without being perceived as the “food police”. The group came to a consensus for all the recommended changes.
- Kathy agreed to make the recommended updates, have the document formatted properly and email it to the group to obtain approval via email.
- Kathy reminded the group that the completed document must be in the Business Office by May 10<sup>th</sup> for first reading at May 26<sup>th</sup> Board meeting followed by the second reading and approval on June 9<sup>th</sup>.

c. Review of one page graphic – *Your Campus as a Center of Wellness*

i. Discussion:

- There was lively discussion about the first section at the top regarding the wording under the title. Consensus was achieved.
- Several changes were agreed upon on items #3, #4, #7 and #9.
- We did not complete the bottom blue section of the handout. The group agreed to table the discussion until the next Wellness Committee meeting.

II. Next dates – usually the 4<sup>th</sup> Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on May 28, 2015. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

III. The meeting adjourned at 4:35