

Dec 7, 2005 Wellness Committee Meeting Minutes

Kathy thanked Kathi Downey for doing the minutes for the meetings.

Kathy introduced Bob Lawrence, administrative dean from Cabrillo High School and Allison Holmes from Cabrillo High School, student representative to the school board. Also present at the meeting were Charlotte Barnard, school nurse; Lori Anderson, physical education teacher, El Camino Middle School; Steve McDowell, Lompoc Valley Healthy Kids; Kay Eatmon, community representative; Emily Kang, teacher, Vandenberg Middle School; Robin Madden, teacher, Crestview Elementary School; Anne Bossert, Lompoc Unified School District Board of Education; Miranda Burford, school nurse; Bob Altavilla, Director, Special Education, LUSD; Kathy Bertelsen, LUSD Food Service manager and Kathi Downey, administrative assistant, Student Services.

Kathy asked if there were any revisions to the minutes.

Kathy discussed the hand out - "California School Boards Association (CSBA) policy briefs". She said this is an excellent handout, as it talks about the nutrition standards at present and the future changes.

Emily Kang from Vandenberg Middle School shared with the group her purchase of the educationally enhanced version of the movie DVD - "Supersize Me" - the educationally enhanced version which is appropriate for grades 6-12. She showed the movie to her sixth grade health and science students. The Home Economics teacher showed it to her seventh and eighth grade students. Emily said the movie's message was very powerful, teaching the students about junk food, eating right and exercising. She thought it would be a good tool for others to use in the classroom. Emily ordered the educationally enhanced DVD from www.supersizemedvd.com. She added that it comes with lesson plans and while it is for grades 6-12, she thought it could be adapted to lower grades. Kay Eatmon asked that we order a copy and put it in the Teacher Resource Center (TRC). Anne Bossert suggested that four copies be purchased. Emily talked about the special features section in the movie that covers the positive changes in students' behavior at a school where the students' diet was changed to be more healthful. The movie also stated that there was not a great deal of difference in cost between the freshly prepared meals as opposed to ordering out. The movie also has sections on physical education and the importance of elementary students getting exercise. The movie runs about 1½ hours. Emily said she did not show the entire movie as even the educationally enhanced version has some parts that are better suited for students 13 and older. Kathy is going to share the ordering information with TRC.

Anne asked how to get the message to the parents. Lori mentioned the changes in fast food menus due to consumer pressure and a major ad campaign across the country. Emily said that after the movie was released, McDonald's has done away with the supersize menu and began offering the adult "happy meal". Steve mentioned that the healthy choices are usually twice the price of the burger. Lori asked what price is your health and why wait until a doctor tells you to eat better, exercise and lose weight?

Miranda said that at her first parent education meeting, she learned that parents are eager for more nutrition information. She said even the students were interested in learning about portion control and the changes in sizes over the years.

Emily suggested using the DVD as a homework assignment, which would involve the parents.

Kathy said that she and Kay have discussed having nutrition education offered at the district for parents. She said that would be something to strive for in the future.

Anne said the committee was taking on a huge task, in attempting to undo twenty-five years of bad eating habits. She said that the parents of students today were probably raised on fast food and don't know anything different. Lori said there is some status associated with eating fast food for those who have not been able to eat it at some point in their lives and are now able to afford fast food.

Kay said several years ago the health and physical education task force found that the hardest sell was going to be the staff and getting the staff to "buy in" at the grade level wide and school level wide. She asked how effective can we be with only a few of us fighting the battle. She asked how to bring the schools together to show positive changes.

Lori suggested focusing on healthy eating for our bodies rather than focusing on appearance and weight. Students are already completely focused on outward appearances because of the media emphasis on appearance. Anne agreed with placing emphasis on healthy eating for health reasons. Lori said healthy eating is a lifestyle change rather than a diet for a certain number of weeks.

Kay said the health and physical education task force talked about personal best in terms of physical education. She said the focus would be on having students focus on their personal best rather than being the best athlete. There had been some discussion about health and fitness P.E. classes but there was no movement forward.

Bob Lawrence mentioned that Cabrillo was looking into purchasing some fitness equipment for the staff and students to use. Vandenberg Middle School has fitness equipment that the staff uses before and after school.

Steve McDowell and Kay Eatmon are both community members. Steve works for Lompoc Valley Community Health Organization (LVCHO). He and Kathy Bertelsen serve on a committee together. Kathy asked Steve to tell the group what the committee is doing for the school district.

Steve said that over a year ago, the LVCHO heard the information that this generation may be the first generation to not live longer than their parents. He said the mission of the LVCHO is to improve the health of the community and there are a variety of things that the LVCHO gets involved in, most of which have met with some success. In order to meet the challenge of improving the health of the community, the LVCHO formed a committee with as broad a base as possible. The committee is made up of members from the school district, Kathy Bertelsen, Kay Eatmon and now Diane Burton as well as physicians from the public health department, nutritionists from other parts of the community and various nurse, parents and community members. This committee developed a strategic plan to deal community wide with the issue of child health and nutrition. The committee is applying for a grant from the California Endowment to develop the plan. Through a series of surveys with parents, mostly elementary parents, the committee was able to collect information. Most of the elementary parents said that their students received plenty of physical activity during the day. There was concern expressed by some parents about safety. Parents also asked for better food at school for their students. The end result is that the committee is finishing up the plan. The plan has four components:

1. The use of multiple formats in the Lompoc Valley to raise awareness about the importance of being active and healthy. Then to follow that over time with being able to offer parent classes in cooking and nutrition.
2. Second, to have an initiative to promote school physical activity, rather than nutrition education as for many groups the food is too culturally bound. The committee wants to use the Sparks program where the activities created are inclusive of all students. The committee plans on providing training for teachers at all grade levels. This program would also provide ideas for including physical activity in other curriculum areas.
3. The committee also wants to do the same training for the after school programs at the Y and the Boys and Girls Club.
4. Lastly, the other hope is that this particular committee can continue in an advisory capacity with the school district wellness policy. Steve feels that the key component of the wellness policy is not writing the document but how to move forward and make changes. He feels that the schools need the support of the community and his group can provide that support.
5. One other component, there has been enough local money generated to put salad bars in at both high schools. It will be able to add salad bars at the elementary schools but that it is physically impossible to put salad bars at the middle schools.

Lori said that the middle schools need the fruits and vegetables. She is concerned that the committee is placing less emphasis on food. In her position as a teacher it is difficult to motivate a child who is overweight or obese. These students find it difficult to function so they feel like they are more of a failure. She emphasized the need for students to get a proper and balanced diet as is shown in the movie *Supersize Me*, so that they will be able to function better.

Steve said there is emphasis on food at the schools in being able to create an environment during the school day where the only food available is healthy. Making healthy foods available during the day, moving away from carbs and sugar; rather than saying not to eat certain foods.

Emily asked that the focus be placed on the students with the lower socioeconomic status, as it seems that these are the students who are getting less physical activity. She says that at Vandenberg Middle School, it seems that the more affluent students are getting physical activity through extracurricular sports. Steve said that the grant process places the focus on those schools with a large percent of free & reduced lunch program students.

Unfinished Business

School Health Index (SHI): At our last meeting, Kathy Bertelsen was asked to present the information on the SHI to the Administrative Council. Of the sixteen schools in the district, Cabrillo High School is the only school that has responded back. Cabrillo only completed one of the three modules. She expressed some concern that the schools may not be able to complete the three modules due to time constraints. All of the principals received the document at the last Admin. Council meeting. Kathy asked the principals that she be invited to help complete the nutrition module. She has not received an invitation yet.

The purpose of the School Health Index is to learn the district's areas of weakness. Once these are identified, the wellness committee may develop our board policy on wellness to address these issues. Cabrillo High School found a weakness in their health textbook; which is 9 years old.

Emily stated that in order to accomplish anything as a committee, it is important to have a core group of people to work on this policy. There was some discussion about how to bring the same core group of people together each month. Kathy suggested that she would email the entire staff of the district again.

Kathy discussed the need for each school to have a team to complete the SHI module that evaluates the school's health and wellness programs. The team would include administrator, a teacher, a health teacher, and a physical education teacher to go through the modules and complete the scorecard. This would help each school address their needs and later on track their improvement. Steve said the starting point would be to have people fill out the form and gather the data.

Kathy mentioned that Steve had given her a CD that had 3 other examples of wellness policies. She encouraged members of the committee to keep the various copies of wellness policies in a notebook for easy reference. She provided the committee with copies of the three new ones. Kathy said there are some great ideas in all of the policies and perhaps we can utilize information from all of the policies.

Kathy said that today she would like the committee to finish the development of the preamble and mission statement.

New Business:

Kathy said that at the last meeting, we had talked about breaking out into subcommittees to work on different areas. Someone mentioned to her that with such a small committee, it might be difficult to break into subcommittees. She spoke with Dr. Lynch and he suggested that one option would be to break into smaller advisory groups during our meetings so that the smaller groups would be able to work on key areas of the policy.

Kathy said that today the committee would divide into three different advisory groups to work on the wellness policy. The committee broke into groups as follows:
Nutrition Education – Charlotte Barnard, Allison Holmes, Miranda Burford, Sue Hope and Kathi Downey; Physical Activity – Lori Anderson, Bob Lawrence, Bob Altavilla, and Steve McDowell and Nutrition Guidelines for All Foods Available on Campus (school lunch program, food available in classrooms, fundraising, cafeteria ambience, etc.) – Emily Kang, Robin Madden, Kathy Bertelsen, and Anne Bossert

Kathy said that after we worked on the preamble, we would break out into smaller groups. The committee would work on the mission statement next time.

Everyone was asked to review the one page handout that showed the preamble with the changes in bold that had been made at our last meeting

Kathy Bertelsen read the bullet item that Margaret Weiss had rewritten. It now reads: "Whereas, obesity rates among children and adolescents are increasing at a rapid rate so as to be considered epidemic." And "Whereas obesity is caused by physical inactivity and intake of high calorie food with low nutrition value as well as policies and environmental factors that affect health, eating and activity. The group accepted Margaret's revisions.

Kathy said that removing some items out of the original policy language shortened the fifth bullet.

The sixth bullet asks for FITNESSGRAM results. Kathi Downey will provide the information for last year's FITNESSGRAM. Steve suggested that we change the language to reflect the Lompoc Unified School District students FITNESSGRAM results, which are not that bad. After some discussion, it was decided to update the item with data that reflects Lompoc students.

The seventh bullet item starts "Whereas the goal..." created a great deal of discussion at the last meeting that it is difficult to meet the California guidelines. Everyone present felt the changes were agreeable. Anne commented that she liked the new revision much better.

The eighth bullet item discusses the percentage of California students who follow a healthy diet. Anne asked that Kathy Bertelsen obtain these numbers, as it would be relevant to include in the preamble.

Kathy moved on to the next item in the preamble that deals with the items most commonly sold in school vending machines, school stores, snack bars and fund-raising events that include low nutrition foods and beverages. There was some discussion about vending machines at school sites, the packaging and flavor of the more nutritional products. The committee chose to keep the paragraph, as it addresses the national problem of sugary foods being available at the school sites. Kathy felt this was something the committee needs to address in the wellness policy.

Anne said the committee needs to look into community education, especially in the area of fundraisers. Alternative fund-raising ideas were discussed and Kathy reminded the committee that she had taken the packet dealing with alternative fund-raising ideas from the last Wellness Committee meeting to the November Administrative Council meeting and distributed it. She has also distributed that packet to the parent-teacher groups at the schools.

The purpose of the Wellness Committee formulating policy is to have the policy pickup where the laws leave off. Some teachers have expressed their concerns with students bringing sodas in their lunches or parents bringing McDonald's breakfast for their student to eat on the school campus. Kathy said that the committee could develop policies on these kinds of issues.

In discussing the California Parent Teacher Association paragraph (CPTA), it was decided to keep this paragraph in the preamble, however, their input is needed to help in the development of our wellness policy

Kathy went on to discuss the fiscal and scheduling paragraph. Bob Altavilla suggested paraphrasing it to say that students who are healthier perform better. Lori Anderson brought up the correlation between healthy students and test scores. She even said that students who performed well on the Fitnessgram usually performed well on the academic tests. Anne mentioned a recent article in the Los Angeles Times that stated students performed better on tests after eating a healthy breakfast.

Bob Altavilla suggested this statement should be moved to the beginning of our policy and might read – “Whereas healthy students have higher attendance rates and have better test performance.” It would be good to anchor our policy with this statement, as we are educators.

The last item deals with community participation. The committee felt it was crucial to keep this in the policy. With that decision, the committee’s work on the preamble was complete.

Kathy brought up the mission statement and asked if we want to call it a mission statement or a vision statement. All agreed to use Vision Statement.

Bob Altavilla said critical to include PTA for two reasons – 1. parent education and 2. fundraising. Anne says this policy will cause the PTA to find new ways to do their fundraising. It is important to have conversation with district PTA. It was decided the best way to reach out to enlist their help would be to contact the district PTA group and ask to be included on their meeting agenda. It was agreed that this would be the best way to express our interest in working with the PTA groups to promote student wellness.

Kathy said she would like to attend PTA meetings to provide nutrition and wellness information. She is hoping this will be possible when once the Food Service Supervisor/Nutrition Specialist is hired. Bob Lawrence asked if she would like to go to Cabrillo High School. Kathy explained how this has been done in other school districts. Anne suggested bringing healthy party foods to the PTA meetings for members to sample as a way to sell students on better food choices. Bob Altavilla suggested providing a list to teachers of healthy foods that parents could provide for classroom parties.

Kathy handed out literature that provided model guidelines for health and wellness with a section on physical activity, a section on nutrition and a section on curriculum. This will give the group ideas of what needs to be included in our policy. The committee then broke into advisory groups to discuss goals for wellness policy development. She asked that each group have a leader and a secretary. Kathy asked that the secretary of the group type up the notes and bring them to the next meeting for discussion.

The meeting was adjourned at 5:00 p.m. with a reminder that the next meeting is scheduled for Wednesday, January 11, 2006 at 3:30 p.m.

Respectfully submitted,

Kathi Downey