

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

April 28, 2016

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

Members Present: Kathy Bertelsen, Kim Leung, Teresa McIntyre, Kathi Froemming, Ashley Costa, Emily Casarez, Abbi Marrs, Shelby Wild, Kirsten Criswell, and Trina Long.

- I. Opening of meeting and introductions:
 - a. The meeting was called to order at 3:35pm.

- II. Minutes from the previous meeting
 - a. Amend section VI Comments and Concerns, under bullet point “d”, change “Miguelito to La Honda” and “bunnies to eggs”. Otherwise, approve as written.

- III. Old Business:
 - a. Discuss Wellness Policy Assessment Process
 - i. **Review of work from last month:**

Kathy provided notes from the work Carol Arnerich did from the last meeting regarding “site derived” questions and “district derived” questions and who would answer what questions on the assessment. Kirsten mentioned that Goleta Unified utilizes an online survey called Survey Monkey. She is gathering information from Goleta and will pass that information along to us. A discussion took place regarding how to conduct the assessment – principals to do it at a staff meeting vs. Survey Monkey. The committee leaned toward an anonymous survey, providing space for comments. The survey could be sent to teachers, principals and district administrators, each person answering questions related to their expertise. Answers to some questions could be prefilled as appropriate

Discussion about fundraisers and classroom parties:

It was mentioned that frozen chocolate cups and Jamba Juice used to be sold at elementary schools during the school day. Jamba Juice was an issue because it was larger than 8oz and it had added sweeteners. The schools that were selling Jamba Juice include Fillmore, Crestview, and possibly Los Berros Elementary schools. Kathy said there have been no such sales reported for this year. Discussion took place surrounding the issue of cupcakes being brought into the schools by parents as much as 5 times a month. It was mentioned that principals need to communicate to teachers and parents. It was emphasized that the culture of the schools need to reflect the Wellness Policy to enforce healthy eating/healthy lifestyle. Ashley brought up the issue of food safety with food brought from

parents. Kathi Froemming mentioned that quality control on food brought from home would be difficult and that more people needed to be aware of the schools culture. She commented that people rail against the Wellness Policy when it is presented as all or nothing and suggested that perhaps our Wellness Policy can allow for once a month or once a semester cupcakes. Kirsten mentioned that Solvang School District had a policy that allowed for once a month celebration. She suggested moving toward nonfood celebrations. Some suggestions include stickers, share a story time, a 10 min extra physical activity coupon, or dance party were some ideas that were brought up. Kirsten said there needs to be clearer definition in the Wellness Policy or it is difficult for office staff and others to follow these guidelines. Kathy suggested, as a goal for next year, to create a policy for classroom celebrations. Discussion followed around surveying teachers and parents to see what they thought.

Discussion about workplace wellness:

The committee went over the strides in workplace wellness, with general consensus that it needs improvement. Teresa said the YMCA gives talks and tips about ways to stretch during sitting. The YMCA partners with Marian Hospital and offers Zumba classes for anyone who wants to join. Santa Barbara Unified sends out healthy messages once a week. Teresa said that the YMCA tried to partner with LUSD in the past regarding workplace wellness. Kathi said she would contact Tommy Speidel of the YMCA about a workplace wellness collaboration.

Discussion about marketing the Wellness Policy:

Kathi thinks it is a good idea to send out the wellness policy graphic again in first day packets. Kathy will inquire about the cost. Kathi mentioned that 60 new teachers were being hired for next year and asked if a 15 minutes presentation could be given to them at their orientation about the District Wellness Policy and the freshly made food served to students in the cafeterias. Kim or Kathy will contact Carolina Allen to get on the agenda.

- b. **Feedback from Kathi Froemming about concerns brought to committee last month:** Kathi stated that LUSD encourages wellness in all its forms – healthy eating and lifestyle. Principals (in particular secondary principals) have stated that food gift cards have been instrumental with their BEST program and resulted in dramatic decrease in expulsion and suspension rates. “Secondary students are not motivated by “Smencils” stated Kathi. Next year she will advocate for nonfood rewards such as iTunes and movie passes. She encouraged the Wellness Committee to come up with other nonfood ideas. For the remainder of this year,

Kathi advised that parents can notify the schools their thoughts about their children receiving food incentives.

IV. Reports:

- a. **Admin Council Meeting:** It was reported that the three schools being reviewed under the Child Nutrition Administrative Review (Los Berros, Vandenberg Middle School and Cabrillo High) were all out of compliance regarding foods being sold outside of the school food program. Kim presented the tool kit that she provided to the principals at the meeting to assist them with compliance with Smart Snacks guidelines.
- b. **Update on remodels:** Kathy Bertelsen reported that the equipment is currently being purchased for Clarence Ruth and Fillmore Elementary remodels.
- c. **Update on Central Kitchen Garden:** Garden beds have been planted and the lettuce plants are growing. Maple and Forinash Community School are putting together a garden as well. There are some Orfalea funds left to buy tools and other items if needed. Buena Vista and Los Berros have both done taste testing with kale this year. Shelby has been coordinating taste testing's at least once a month. Abbi said she sampled kale last month at La Honda. She said the kids loved it.
- d. **8th Annual Farm to Cafeteria Conference:** Orfalea scholarships were awarded to Kathy Bertelsen, Shelby Wild and Abbi Marrs for Kathy to attend the Farm to Cafeteria conference in Madison, Wisconsin which is June 2-4.
- e. **LCAP Funding for Cafeteria Remodels:** Kathi reported that \$200,020 was committed to remodel kitchens at Los Berrors, Miguelito and La Honda elementary school so that LUSD schools can serve scratch-cooked meals. Kathi said that healthy food was going to help our kids do well in school. She mentioned that the sports medicine facility at Lompoc High received \$500,000 from a very restricted fund.

V. Next Meeting – 4th of every month from 3:30-4:30 at the Central Kitchen. Next meeting will be May 26th, 2016.

VI. The meeting adjourned at 4:36pm.