

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

August 23, 2018

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

Members Present: Kathy Bertelsen, Carrie Larson, Kathi Froemming, Michelle MacKinnon, Emily Casarez, Maribel Landeros, Kirsten Criswell, Sonia Sandoval, Yvonne Tulloch, Trina Long and Shelby Wild

- I. The meeting was called to order at 3:35 pm
- II. Minutes from May 31st were reviewed and approved with one correction on page 1, item III.b. (line 5 – “to” changed to “had”).
- III. Reports:
 - a. Kathy Bertelsen reported on the new federal provision “Community Eligibility Provision” that allows schools with 62.5% or more students identified through their participation in other programs, such as CalFresh and CalWORKS, to offer breakfast and lunch daily to all students at no charge, and collect 100% free reimbursement rates for meals taken. This is good for students who can depend on breakfast and lunch every day, eliminates collecting meal debts and “lunch shaming” and makes it easier to move students through meal lines more efficiently. It could also increase meal participation rates. It is possible that more schools might be able to operate under this provision in the future.
 - b. Kathy Bertelsen reported that Los Berros Elementary School was remodeled this summer and is now serving scratch-cooked food and a salad bar every day. Lompoc Valley Middle School is in the process of having their original Cafeteria remodeled, which is a larger area than the kitchen they are presently serving out of. It will allow students to come into the Cafeteria and be served scratch-cooked food from two serving lines which will also include salad bars. The serving lines have not arrived yet which has delayed the project. Expected completion is the end of September.
 - c. Kirsten Criswell reported on the “5th Annual School Wellness Summit” which is October 24th which will be held at the Santa Ynez Marriott. Registration is on line at www.SchoolWellnessSummit.org, the cost is \$100 per person. There is a \$5,000 grant

opportunity for which the deadline has been extended to September 28th and includes an additional \$100 bonus.

- d. Kathy Bertelsen shared important CDE guidance regarding competitive food sales from Mike Danzik. Schools that sell foods and beverages to students outside of the meal programs are required to maintain records of such sales. The District's responsibility is to ensure that each group/individual selling competitive foods maintains the necessary documentation showing compliance. Records required are: Nutrition Facts Label and ingredient list. Kathy will share this information with the schools.
- e. Wellness Committee accomplishments last year include: Parent and teacher surveys; improved communication between the Wellness Committee and the sites via a "Wellness Communication/Topic" informational document to be discussed at site meetings; updated BP 5030 and AR 5030 (the District Wellness Policy); and a new policy on classroom parties.
- f. New Teacher Orientation – Kathy Bertelsen provided an informational packet which included wellness policy goals and the updated color graphic summary.
- g. The updated color graphic wellness policy was included in English and Spanish in the First Day Packets.

IV. Old Business

- a. Kathy Bertelsen provided a draft of the final review of the AR 5030 showing the final edits from the May meeting. She commented that the wellness policy (the AR 5030) is now in compliance with federal regulations. One more edit was recommended – on page 8 the first sentence under "Program Implementation and Evaluation" – "Superintendent" changed to "Superintendent's". Kathi Froemming told how the updated policy would be communicated to stakeholders – it will be presented at the Principal Forum, from there she will direct the principals to share it with stakeholder groups: PTSA, ELAC, Site Council, and staff meetings. Principals might also share in newsletters and it will be posted on the District's web page.
- b. Kathy provided the Classroom Party Policy document that she and Michelle developed to use to communicate the new policy to teachers and parents. It was scheduled to go in the First Day Packets to fulfil a USDA regulation to communicate it, but it was placed on hold for further discussion at today's meeting.

Discussion: The committee was divided – most felt it was too complex for parents to grasp, while some felt that it did reflect the policy that was decided on by the committee in May. The committee decided to take more time to evaluate how best to communicate the new policy to teachers and parents. One idea was to provide a list of compliant items for classroom parties. Kathy Bertelsen said that she and Michelle would not have the time to develop such a list, but

would supply a list of items Child Nutrition Services uses for the after school snack programs which are compliant. Parents and school staff could purchase these from the Central Kitchen.

V. New Business:

a. Goals for this school year

- i. Achieve Board approval of updated BP/AR 5030 – Kathy Bertelsen will provide drafts of the BP 5030 and AR 5030 to Angelica Hernandez to place on the September 25th Board Agenda.
- ii. Complete school, and district Wellness Policy Assessment Reports and parent and teacher survey results and report to Superintendent and Board,
- iii. Continue to improve wellness policy communications with stakeholders at sites. The topics for September/October: share updated AR 5030 and the new classroom party policy.

VI. Comments & Concerns

- a. Members voiced their concerns about the reinstatement of chocolate milk this year which is provided with School Breakfast and School Lunch and sold a la carte. Though the chocolate milk is only 4 grams of added sugar per serving, they are concerned that it gives the wrong message and, therefore, inconsistent with the goals of the wellness policy. Kathi Froemming stated that she was in support of not serving chocolate milk and that she would make an attempt to reverse the decision.

VII. Next Meeting – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on September 27, 2018. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VIII. The meeting adjourned at 4:35 pm.

Respectfully submitted by,

Kathy Bertelsen, RD; Chair LUSD Wellness Committee