

**LOMPOC USD WELLNESS COMMITTEE MEETING MINUTES
FEBRUARY 22, 2005**

Present: Melissa Zebley, PTA Council Treasurer; Kay Eatmon, Retired Employee and Lompoc Valley Healthy Kids Initiative; Margaret Weiss, Health Educator and Lompoc Valley Healthy Kids Initiative; Miranda Burford, School Nurse and Health Educator; Richard Eatmon, Retired Employee and community member; Sandi Jefferson, Food Service, Nutrition Specialist; Bob Lawrence, Administrative Dean, Cabrillo High School; Charlotte Barnard, School Nurse and Health Educator; Tiffany Riley, PTA Council Representative, parent and teacher; Lynne Dixon, Coordinator Health Services and Health Educator; Kathy Bertelsen, LUSD Food Service Manager and Committee Chair

Kathy Bertelsen called the meeting to order and reported that neither Steve McDowell nor Anne Bossert would be able to attend today. Kay Eatmon volunteered to take the minutes of today's meeting.

Update on "Supersize me" - Kathy announced that four copies of the DVD "Supersize Me" are now available for checkout from the Teachers Resource Center. Kay noted that there are also DVD players available for check out, too.

Additional News and Notes –

1. Kathy noted that she, Steve McDowell and Anne Bossert attended the recent PTA Council Meeting on February 16th and presented the LUSD Wellness Policy "work in progress" and it was well received. Both Tiffany and Melissa mentioned their appreciation that the efforts at change are being done in gradual steps and allowing individual fund raising groups guidelines and choices as they transition.
2. There will be a "tool" available on the LUSD Website where visitors can insert the data from a food label and it will analyze and compute the "healthiness" of the product.

Today's Discussion and Decisions – Review and Refine Components of the LUSD Wellness Policy

1. **Preamble – p. 1 –**

- Title would be Lompoc Unified School District Wellness Policy
- Question about – need for clarification about paragraph 9 – students in grade 9-12 need only two years of Physical Education to fulfill graduation requirements. That needs to be included or the "400 minutes every ten days" needs to be clarified

2. **Vison Statement – p.2** - Okay as written.

3. **To Achieve These Goals: - p. 3** – Addition of two new paragraphs:

- The Wellness Policy Committee will work in accordance with the coordinated school health approach, ~~A coordinated approach to school health~~ **which** improves student's health and their capacity to learn. The Coordinated School Health Program is a response to the varied health and social conditions that exist in today's society influencing student achievement and success. It combines all of the resources and providers within the

school and community in an organized set of policies, procedures and activities designed to protect and promote the health and well being of students and school staff.

- ~~In the absence of a district Health Council~~ The Wellness **Policy** Committee will continue to promote and support a culture of health and fitness ~~at in the~~ Lompoc Unified School District. The Wellness **Policy** Committee will develop, implement, monitor, review, and, as necessary, revise this Wellness Policy and others related to school nutrition and physical activity. The Wellness **Policy** Committee will serve as a resource to school sites for implementing, monitoring and reviewing districtwide nutrition guidelines for all foods available on each campus, nutrition education curriculum and physical activity policies.
- **The** Lompoc Unified School District is guided by the eight-component model of coordinated school health as established in the Health Frameworks for California Public Schools. Coordinated school health is an integrated and collaborative approach that includes: health education, physical education, nutrition services, health services, a safe and healthy school environment, parent and community involvement, health promotion for staff, and psychological and counseling services.
- The district Wellness **Policy** Committee is comprised of a diverse group of district and community representatives which **currently** ~~at present~~: school and community nurses, food service representatives of whom two are registered dietitians, teachers, high school students, PTA representatives, school administrators, a **members** from the Lompoc Valley Community Healthcare Organization and a member of the Board of Education.

4. Policy Draft from the Nutrition, Education and Promotion Committee Subgroup (page 3 draft):

The Lompoc Unified School District aims to teach, encourage and support healthy eating by students, **staff and community**. Schools should engage in nutrition promotion and provide nutrition education as part of health education that:

1. Is offered at each grade level as part of sequential, comprehensive health education instruction, **based on the *Health Framework for California Public School***, and be designed to provide students with the knowledge and skills necessary to promote and protect their health,
2. Includes assessment of students' knowledge and skills,
3. Is part of not only health education and home economics classes, but also encouraged to occur in classroom instruction subjects such as math, science, language arts, social sciences, and elective subjects.
4. Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contest, promotions, taste testing, farm visits, and school gardens,
5. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices,
6. Emphasizes caloric balance between food intake and energy expenditure (physical activity and exercise),

7. Links with school meal programs, other school foods, and nutrition related community services,
 8. Teaches media literacy with an emphasis on food marketing,
 9. Includes training for teachers and funding for support materials.
5. **Policy Draft Physical Education and Physical Activity Opportunities Subgroup: - p. 4 - Steve McDowell has some of the work and is on vacation and the sub-committee continued work on them today.**
6. **Policy Draft Other School Based Activities Subgroup: - p. 5 bullets**
- Bullet #1 – stays the same
 - #2 – stays the same
 - #3 – Questionable and needs clarification regarding “including before and after school programs.” How can we guarantee that student will have access to a credentialed school nurse or health professional “before and after school.”?
 - #4 – stays the same
 - #5 – stays the same – We agreed that this was the most important activity.
 - #6 – Have more discussion/agreement on development of a “Health Report Card” that would assist us in implementing, assessing and monitoring the program and providing specific data and information regarding the progress and success. The CDC website has a Health Program Evaluation “tool” that might be of help.
www.cdc.gov/eval/index.htm
7. ******Additional Suggestions from the Nutrition, Education, Physical Activity and Other School-Based Activities that Promote Student Wellness (#4) sub group:**
- Include health news from the school nurse and classroom activities in each school’s parent/community newsletter each month;
 - Work with the Lompoc Record to develop a regular school health and activities column for the community
 - Acquire, install, educate and use automatic hand sanitizers in cafeterias and, eventually, each classroom. These are the automatic kind where you just wave your hands under them and get sprayed with an “instant sanitizer that kills germs without water and with moisturizer.” We believe this will minimize illnesses and absences, improve attendance and educate students and staff. See informational website list at the end of this document.
8. **Websites for additional information:**
- Board Policies – District Web Site - www1.lusd.org
 - School Board
 - Policies and Regulations
 - Education Code – www.leginfo.ca.gov
 - California Law
 - Education Code

Steps still needed for School Board approval:

1. Completion of working draft
2. Reviewed by Superintendent's Cabinet and Legal Counsel and returned to the committee
3. Reviewed and revised, if necessary, by the Wellness Policy Committee
4. Submitted to Superintendent's Cabinet and placed on agendas for Elementary and Secondary Curriculum Councils for approval
5. Upon approval, submitted to the Administrative Council for final review
6. Submitted to the School Board for first reading and public hearing and then for approval.

Timeline: March 15th – Entire group to review policy drafts from the various subgroups and discuss and edit as needed and develop a final draft. Submit to Superintendent's Cabinet.

Next meeting scheduled for March 15, 2005, at 3:30 in the Central Kitchen.

Future Date scheduled for April 5, 2005, same time and same place. See you all there.

Respectfully submitted by:

Kay Eatmon

Community Representative, Lompoc Valley Healthy Kids Initiative Committee, Retired Employee