

# *MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING*

*February 26, 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 3:30 pm. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Tamara Martinez (Teacher Fillmore Elementary School); Ashley Costa (Lompoc Valley Community Health Organization); Trina Long (SB County Public Health Dept.)
- II. Introductions were made
- III. Minutes from the previous meeting were provided
- IV. Old Business:
  - a. Update AR 5030, the District Wellness Policy: Kathy reviewed the process:
    - Capture main goals and objectives of BP 5030 and make sure they are included in the AR 5030
    - Use the CDE Local School Wellness Policy checklist to evaluate the strength and comprehensiveness of the Wellness Policy
    - Goal – obtain Board approval in June so a one page, attractive marketing tool can be put in the First Day Packets for next year
  - b. Kathy provided the following documents:
    - AR 5030 Draft (updated to reflect changes recommended on page 1. last month)
    - AR 5030 Draft – abbreviated (with lined out items removed to make it less confusing to work on)
    - 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
  - c. Discussion:
    - Kathy suggested some new changes to paragraph 1. on page 1., which were accepted

- We began to review the document from where we left off last time on page 1. and proceeded through to page 6. – finishing the section titled “Goals for Nutrition, Physical Activity and Other Wellness Activities”
- We discussed changes amongst the committee and entertained suggestions made by the Collective Impact School Wellness Subcommittee (from an earlier meeting) and absent member Angela Wynne’s notes which she provided
- Changes were made according to the consensus of the group
- District employees will obtain more information on the following topics prior to the next meeting:
  1. Kathi Downey – joint use agreements.
  2. Ellen Ralston – physical education requirements regarding minutes for grade spans and high school graduation requirements; and if SPARK is considered the adopted District physical education program
- Ashley suggested, in addition to a one page handout on the District’s Wellness Policy for students/parents, that we also develop a one page handout for district staff/teachers which highlights main points regarding wellness from their perspective

V. 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 March 26, 2015. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VI. The meeting adjourned at 4:35 pm.