

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

February 24, 2011

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 3:34. The following people were present: Kathy Bertelsen, RD (Manager, Child Nutrition Services); Michelle MacKinnon (Supervisor/Dietician, Child Nutrition Services); Carol Arnerich (President Lompoc Federation of Teachers); Steve McDowell (Lompoc Valley Community Health Organization); Kym Bobo (Admin. Asst. SPARK)
- II. The minutes from January 27th were reviewed and approved as written.
- III. Kym Bobo gave a report on the K-2 SPARK training that took place on March 5th. She said it went well, though it was small - 6 teachers from the district attended, one teacher from La Purisma, 4 staff from the Boys and Girls Club (ASES After School Program) and 2 from the YMCA. Kym provided a handout for the next SPARK/PE Articulation Meeting which will be on March 3rd. Steve commented that LVCHO did get approval and funding to do the SPARK surveys in the school district. He said they will be evaluating the need for training and equipment needs which there may be some grant money for. He asked if Judy Taggart could come to the meeting to let the committee know about the upcoming SPARK surveys.
- IV. Wellness News in the Community: Steve McDowell talked about the "Walk to School" campaign slated for October. LVCHO hosted it and provided grant money last year. Two schools participated - La Honda and Miguelito which were a huge success. It was also a good opportunity for high school students to work at the "Walk n' Roll Family Fun Night" that was held at both schools (actually three - Fillmore had the Fun Night, but did not proceed with the Walk to School event) where they provided safety information for students and parents. This year LVCHO would like all the elementary schools to participate. There was a discussion on how to promote and support the program to make for successful events at the schools. Some suggestions included: getting the PTA involved at the district and school level, tap into other stakeholder groups such as the school "Site Council" meetings, and enlist the help of the principals of La Honda and Miguelito to report to the other principals about how successful the "Walk to School" events were at their schools last year. Steve said there would be money available from LVCHO for the PTA as an incentive.
- V. Examples of "wellness" working in the District:
 1. Jr. Chef Days - all school cooking events will take place at at Los Berros on February 28th and March 1st; at La Honda on March 3rd & 4th; and at Buena Vista on March 10th and 11th.
 2. Michelle MacKinnon reported on what she was working on for "National Nutrition Month" a healthy campaign for students that is planned for March. The theme this year is to promote drinking water. She told about a contest at the elementary schools where teachers who decide to use the teaching handouts with their students will get a chance to win yogurt parfaits for their class provided by Child Nutrition Services. Michelle showed the informational posters she made for the secondary school which will be displayed in the school libraries in March.
- VI. Reports:
 1. Kathy finished her report of the California Child Nutrition Conference that she and Michelle attended in January. She presented information about SB 1413, the bill that promotes water consumption in schools which goes into effect July 1st. Because water is considered to be healthy, prevent dehydration, and an obesity prevention strategy - the bill requires that students be provided with a source of water in every eating area, preferably filtered and cold. Not only does drinking water help to prevent obesity - good hydration improves cognition, mood and improves the ability to engage in physical activity. Kathy also reported on the WIC Reauthorization, Healthy, and Hunger-Free Kids Act of 2010 which was signed into effect on January 13th. As part of this Act there is a proposed rule that proposes new nutrition standards for the National School Lunch and Breakfast Programs. These are the first proposed nutritional changes to student meals in 15 years. The rule, which will be decided on in April, proposes to cut sodium in half

over a 10 year period, a transition to all whole grains in 2 years, and increase the amount of fruits and vegetables that are offered with meals.

2. The 6th Biennial Childhood Obesity Conference will be held in San Diego June 28th - July 1st. This conference is hosted by the California Department of Public Health, CDE, and the University of California at Berkeley, the California Endowment and Kaiser Permanente. Handouts about the conference were distributed.
3. Kathy reported on some ACSA information that Paul Bommersbach had emailed regarding how some teachers are using movement to get students to learn, by incorporating exercise, such as dance, with academic subjects, such as math. Steve McDowell commented that one of the features of SPARK is how it gets students to move while also fulfilling standards for other curriculums.

VII. Old Business:

We continued work on the Progress Report (comparison of data from indicators) which Kathy would like to finish so it could be presented to the Board this June.

- Indicator #2 - Kathy reported on what she learned about why the two questions from the Healthy Kids Survey they were tracking were removed in 08/09. The two questions that were removed were: Exercised vigorously for 20 minutes 3 days a week & Ate 5 servings of fruits and vegetables. Kathy was provided with a contact, Lorraine Waldau, whom she has been communicating with by email. These questions are from Module G which is the SB County custom module. There will be a revision of the module where stakeholders can provide input to change questions on the survey. There will be a CHKS Results training on the 2010 surveys on April 14th in the Santa Ynez Valley. Lorraine said she will send a flyer as it gets closer to the meeting. We are invited to attend with the LUSD team. Kathy will let the Orfalea
- Indicator #8 - Carol Arnerich will summarize the descriptions of the district's nutrition education, physical education, and health education curricula
- Indicator #9: Number of minutes of physical education instruction offered at each grade span - the committee wrestled with whether or not to leave it on the list of indicators to track. They felt that anecdotally it appears that no grade level is meeting the state requirements regarding PE minutes offered, but felt there was no effective way to measure it at this time. The committee decided to leave the indicator on the list, but to comment on the document that there was not a way to measure it effectively.

VIII. Next meeting is March 24th from 3:30 to 4:30 at the Central Kitchen.

IX. The meeting adjourned at 4:35.