MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
February 22, 2018

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

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

I. The meeting was called to order at 3:31 pm

II. Minutes from October 26th were reviewed and approved as written.

III. Old Business:

a. The Teacher Survey was accomplished. The link was emailed to teachers on January 16th and
remained open through January 30th. A total of 79 out of 490 teachers filled out the survey
(16.1%). All schools, except Bob Forinash, were represented in the survey results.
Discussion:
   i. The survey will be redone next school year at site staff meetings in an effort to increase
   the number of survey responses and also raise awareness of wellness efforts in the District.
   ii. Kathi Froemming responded to a teacher comment about lack of state approved
   curriculum: “The CDE, Instructional Quality Commission, and State Board of
   Education have begun the revision process for the Health Education Framework. Its
   completion is targeted for May 2019. The district will wait until then to purchase a new
   health textbook”.
   iii. Although some of the teacher’s responses were disappointing, it was felt that the District
   is making progress in moving toward a healthier culture.
   iv. Question #6 -9 – Michelle added a N/A option on the first day of the survey because she
   got phone calls from teachers saying they did not have classroom celebrations at their
   school.
   v. Question #23 the math needs to be checked, Kathy asked Michelle to check all the math
   (note: on February 23rd the math error was corrected and the all the math was checked)
b. The Parent Survey was accomplished. A survey link was posted in the Headlines section of LUSD webpage (English and Spanish) on January 16th and remained open through January 30th. A Blackboard message was sent to parents on January 15th. Hard copies (English and Spanish) were available in the school offices. A total of 20 surveys were completed (all in English). All were done online except for one hardcopy. Only 9 of the 15 schools were represented in the survey results.

Discussion:

i. A parent commented she was bothered by her children being served cupcakes and cookies without her permission. Yvonne Tulloch, School Nurse, also expressed concerns about cupcakes but stated it was “out of her control”. Nurses are concerned about their need to “cover” diabetic students with insulin due to high blood sugar levels as a result of the many times cupcakes are offered at classroom celebrations.

ii. The low number of surveys filled out was disappointing, therefore, it was decided that it would be redone next year and that efforts need to be made to fill out the surveys with parents during meetings at school.

iii. Question #6 asked the parents to skip to question #10 if the answer was “zero” or “I do not know”. But the survey would not let you skip any of the questions. This might have skewed results for questions 7-9.

c. Overall discussion from both surveys:

i. The “Comments” section of both surveys expressed interest in having a uniform policy on classroom celebrations.

ii. The survey results will be compiled and analyzed, and a progress report written to share with the School Board and public. It should be noted in the progress report that this year’s wellness policy goals were decided based on answers and comments from the teacher and parent surveys.

d. Meeting with Kathi Froemming in November

i. Question about rotating Wellness Committee meeting at school sites – Answer: In an effort to use structures that are already in place, Kathi recommends discussing wellness topics at Site Council and ELAC.

ii. The need for the Superintendent to designate the person responsible for ensuring site compliance of wellness policy – Answer: Kathy Froemming was designated and has accepted.
iii. Discussion about Superintendent to set goals to promote student wellness – Answer: It was decided that we will use the 3 goals established at the Health and Wellness Strategic Planning on 9/16/16 which are:

1. Develop standards for food and beverages provided to students during the school day, but not sold (classroom celebrations)
2. Improve communication of nutrition education and promotion efforts
3. Communicate the Wellness Policy to stakeholders

*The committee’s recommendations regarding these goals:*

- List these goals on the LCAP to ensure funding as needed
- When new classroom celebration policy is completed, post on LUSD web site along with the Project Lean Smart Snacks calculator
- Consider offering dairy free/nut free/gluten free options language in new policy

iv. Need for a wellness Coordinator – Answer: Kathy to bring to LCAP Committee.

v. Kathy would like to elicit stakeholder input about what the policy on classroom parties might look like at the following meetings: PTSA, ELAC, and Site Council.

IV. Reports:

a. Administrative Council meeting, December 7th – Kathy presented a topic on the School Wellness Policy. The report included a history of the how the wellness policy began and how it has progressed over time. It also included the new requirements of the “final rule”, where LUSD is in the process – how it is being updated to meet new requirements, how we are measuring progress and what the goals are for this year. Key information about the teacher and parent surveys was conveyed. Lastly Kathi Froemming directed the principals to include wellness topics at their site meetings and to elicit feedback from stakeholders about what a new policy on classroom celebrations might look like. Kathy was directed to provide a wellness communication handout with topics for their meetings. This handout was sent to the principals several days later. It was shared at the meeting today. Kathi Froemming stated that another Wellness Policy topic would be on the Administrative Council Agenda in the future and principals will be asked to share at their staff meetings in addition to parent meetings.

b. Emily shared about the “Student Nutrition and Performance Workshop” she and Bree Valla attended recently. Bree is pushing the USDA MyPlate free curriculum forward. Michelle provided the link and IT has placed it in the Wellness Committee section (English and other languages).
V. New Business:
   i. LCAP goals – Kathy requested the Wellness Committee to email LCAP requests to take to LCAP meeting in February. Emily submitted response from the Healthy Lompoc stakeholders which are:
      1. Hire a Wellness Coordinator
      2. Maintain P.E. teachers at all elementary schools
      3. Re-establish outdoor learning labs (gardens) at all elementary schools.
         a. Kathi Froemming said this is not likely due to funding priorities and the need for a strong desire for site leadership to sustain it.
      4. Install additional water refill stations throughout the district
      5. Finish kitchen remodels at all elementary schools for scratch cooking

VI. 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 March 22, 2018. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VII. The meeting adjourned at 4:30 pm