

# Wellness Committee Meeting Minutes

Feb 25<sup>th</sup>, 2015

Members Present: Kathy Bertelsen, Carol Arnerich, Kathie Chouinard, Sonia Sandoval, Emily Casarez, Ashley Costa, Trina Long, Shelby Wild, Abbi Marrs, Teresa McIntyre, Kirsten Criswell, Kim Leung.

- I. Opening of Meeting and Introductions
  - Meeting was called to order at 3:32pm. Kathy introduced Katie Chouinard, a P.E teacher at LHS, as a new member.
- II. Minutes from the previous meeting
  - Approved as written.
- III. Old reports
  - Kathy met with Kathi Froemming to discuss various items:
    - *Question of later start time at high schools*; Kathi said “not easily done, teachers need to vote on schedule changes, there would be an impact to athletics and transportation which impact budgeting. Pressure from parents who want change could make it happen – power in masses.”
    - *Question about adopting PE program like Vista De Las Cruces School*; It was brought up that Vista De Las Cruces has double the P.E time. Kathi said, “LUSD abides by state mandated PE minutes. Vista De Las Cruces is a small, private school on a different trajectory – there are more resources and more ability to be flexible.”
    - *School Wellness Policy Assessment process*; Kathi feels the assessment should be site based – perhaps done by school site council. She will bring this up to the principals. Kathy Bertelsen suggested assigning sections of the wellness policy to different school staff who have knowledge of the area being assessed – e.g. teacher for curriculum; child nutrition staff for school meals; physical activity expert for physical activity. Shelby Wild said she will mention the school wellness policy assessment to site council and will report back to the wellness committee.
- IV. Reports
  - February Administrative Council Meeting: Kathy shared information with principals about the two areas that will be reviewed – the School Wellness Policy and Smart Snacks in Schools regulations. Regarding Smart Snacks, Kathy said CDE will ask about the districts food sale policies, about types of food sales at the schools; and how foods are assessed to determine if they are compliant. Kathy is gathering this information from the three schools under review to send to CDE: Cabrillo High, Vandenberg Middle and Los Berros Elementary. She said she has heard from two principals regarding food sales. Cabrillo has a new ASB director who is preparing to send her the information about the food items sold at the Student Store.
  - Kathi Froemming will attend the March Wellness Committee meeting. She will discuss LCFF and LCAPP to solicit input for LCAPP from the committee. Ashley Costa mentioned she will invite Katy Wallace as she is a good communicator and well versed in LCFF to the next wellness committee meeting.

- Central Kitchen Garden Project: Kathy shared that a garden was going in behind the Central Kitchen for the purpose growing herbs and produce for the scratch-cooked food, marketing the food program and teaching students who visit the Central Kitchen on field trips. Kathy said the child nutrition fund (fund 13) cannot pay for the garden educators according to HHFKA. Kathy will forward the email received from HHFKA to everyone at the wellness committee.
- V. Healthy Lompoc Coalition/LUSD Wellness Committee Working Group
- The committee worked on editing the wellness policy assessment tool draft from last meeting (see amended version attached). A copy of the edited version will be sent out by email to everyone for review.
- VI. Comments and Concerns
- Follow up about timing of meals at Hapgood: Kathy communicated with the principal at Hapgood about the issue of not providing the required 20 minutes to eat lunch for all students at the 2<sup>nd</sup> lunch period. The principal said that they will move the kids outside to finish eating. They will have a dedicated table for kids who take a longer time to eat.
  - New concerns: Ashley mentioned that a teacher at Miguelito was worried about a child who was “weight challenged” who was eating breakfast at home and at the 2<sup>nd</sup> breakfast. Sonia Sandoval, a Hapgood parent, gave her perspective: she said her children were too rushed to eat much from the breakfast she served them at home, therefore, she favors the second breakfast for children like hers who do not eat enough breakfast at home. Kathy shared that the 2<sup>nd</sup> breakfast can serve as a breakfast for students who arrived to school too late to eat the breakfast, or as a snack for students who ate breakfast early at home to get them through to lunch. Emily Casarez brought up a concern from a parent at La Honda about the unhealthy food rewards being given out for good behavior. This parent was appalled that the rewards for good behavior for her child were gift cards to Starbucks, Baskin Robbins, or McDonalds. Kathy mentioned that using food incentives to reward behavior goes against our District’s Wellness Policy. Ashley and Emily stated they will bring this issue to the attention of Kathi Froemming.
- VII. The next meeting will be March 24<sup>th</sup>, 2016 from 3:30 – 4:30pm at the Central Kitchen (600 E. Central Ave, Lompoc)
- VIII. The meeting was adjourned at 4:42 pm.