

LOMPOC USD WELLNESS COMMITTEE MEETING  
MINUTES  
JANUARY 11, 2006

Present: Sue Hope, Lompoc High, Roxanna Sanchez, Lompoc High Student, Miranda Burford, School Nurse, Charlotte Barnard, School Nurse, Margaret Weiss, Sansum Clinic, Bob Lawrence, Cabrillo, Robin Madden, Crestview, Diane Burton, LUSD Administration, Kathy Bertelsen, LUSD Food Service Manager, Steve McDowell, Lompoc Valley Health Kids Initiative

Kathy Bertelsen called the meeting to order and reported that Kathy Downey would not be able to continue as Secretary for the Committee and asked for volunteers to take minutes. Steve McDowell agreed to take minutes for the meeting.

Kathy asked if there were any revisions to the minutes of the meeting of December 7, 2005. No revisions were suggested.

Kathy reported that there are many groups now contacting school districts to offer nutrition materials for classroom teachers. The Dairy Council has agreed to provide tool kits for nutrition education to every classroom teacher in the district. The kits provide teachers guides, curriculum outlines and workbooks for students.

Kathy also reported that two copies of the Educational version of the movie "Supersize Me" are on order and will be available shortly in the resource center for all teachers to use.

Diane reported that the University of California Berkeley has provided posters and teaching guides for the 5 a day campaign and it was suggested that enough materials be obtained to get the campaign visible in every school.

Sue Hope reported that there will be a nutrition fair at Lompoc High School in March.

Unfinished Business

- a. Kathy reported that the committee has been invited to the next PTA meeting to be held on February 16. She said that she planned to go and asked if there were others who would like to attend. Steve McDowell said that he would go with Kathy to the meeting.
- b. The committee reviewed the Preamble statements. The suggested revision to statement #1 was reviewed and approved. Statements 2,3,4,5,6,7,9 and 11 were approved as read. Discussion on statements 8 and 10 revolved around assuring that the most up to date data could be in the statement and that some comparative data would be used, Lompoc vs county and or state. Steve said that the Lompoc Healthy Kids Initiative had obtained this data from the LUSD when doing planning and that he would get this information to Kathy to

- include. Margaret reported that the new County Healthy Kids scorecard just released also might be an additional source for review. Revised statements 8 and 10 will be presented at the next meeting for approval. Kathy and Steve will seek input on statement 12 from the PTA at the meeting on February 16.
- c. The committee reviewed and made some changes to the vision statement. Those final changes were tentatively approved. Kathy will bring the final vision statement for review and approval to the next meeting.

#### New Business

The committee broke into the three working groups to continue with work on the goals for the Wellness Committee Policy Document. The three working groups are

- Nutrition Education Curriculum,
- Physical Activity,
- Nutrition Guidelines for all foods available in the schools.

The groups met and continued work on goals.

Kathy asked that each group send their final goals to her by email by next week so that she could get the material out to all committee members. Kathy asked that each committee member do some “homework” before the next meeting and be ready to propose policy statements for their committees work area.

Next meeting: February 1, 2006

Meeting adjourned at 5:00PM.