

Health and Wellness Committee Lompoc Unified School District

Minutes – Wednesday, February 28, 2007

In Attendance: Kathy Bertelsen, Miranda Burford, Sandi Jefferson, Robin Madden, Sue Hope, Judy Taggart, Diane Burton, Teresa McIntyre, Margaret Weiss, Lynn Dixon

1. Kathy called the meeting to order at 3:34 pm.
2. Correction on meeting start time was made to the minutes from the last meeting held January 31, 2007. Otherwise, minutes approved.
3. Introductions were made for those in attendance who did not know each other. New attendee, Teresa McIntyre, Wellness Director for Lompoc YMCA was warmly welcomed.
4. Judy announced that she will be leaving her position with Lompoc Valley Community Health Organization (LVCHO) as the Community Health Promotion Specialist. She will be the Health Educator for Vandenberg Air Force Base (VAFB) Health and Wellness Center. She will be greatly missed. She will try to stay involved as a representative from VAFB's wellness program.
5. Judy discussed the upcoming Health Summit (sponsored by LVCHO) to be held in October. Childhood obesity will be addressed. Speakers for this event are still being firmed up.
6. Kathy stated that she thinks the "Building Bridges for Health Award" packet should be submitted by the PTA.
7. Diane stated that she thinks a health promotion program for the district staff is a good idea. Says each site would need a motivator (staff member) to lead the effort. The group discussed ideas such as stretching, Pilates, core strengthening and walk breaks during meetings would be some activities to consider.
8. Robin thinks that using the School Plan/Survey is a good way to poll parents as to the utilization of school breakfast program at Crestview. She says that breakfast would definitely benefit her students, as many come to school without eating first or as an extended period of time between breakfast and lunch. Robin states that she would be interested in the "Breakfast in the Classroom Program."
9. Kathy discussed the implementation plan of developing and distributing a quarterly District Wellness Committee Newsletter. Diane suggests giving articles to Susan McDermott in TRC to be included in the District's newsletter (e-News), which a quarterly publication. It may be possible to add one page Wellness committee news to this publication.
10. Kathy reported that the Wellness Policy posters are still in the process of development. They should be ready by the end of the school year.
11. Kathy led the discussion on Goal #2 in regards to collection of baseline data in which to measure success of the Wellness Policy. Kathy wants the baseline data to begin with the 2005-2006. Following are the points that were covered:
 - The Annual Fitnessgram which will be given to 5th graders at the end of March will give the committee some data in which to use as a baseline. Jess Bass can get fitnessgram data for the district. This information will help to establish a baseline to see if wellness is working in the district.
 - California Healthy Kids Survey data can be obtained from Bob Altvilla.
 - Academic performance can be obtained from Karen Rotondi or Ann Key.
 - Professional development training data can be obtained from Diane Burton and her staff.
 - Changes in sales revenue from other school sales can be obtained from principals. Kathy will prepare a questionnaire for principals to complete regarding vending machines and competitive sales on their campuses. Diane will take the questionnaire to the next principals meeting which is scheduled for March 8, 2007.
 - Changes in types of items sold and revenue for fundraising and revenue can be obtained from the PTA
 - Information pertaining to how PE has changed might come from the PE Task Force meeting which is chaired by Schel Brown.
 - Diane reported that on June 11th and 12th, 80 more teachers will be trained in the SPARKS program. Also some teachers will be trained to teach other teachers how to use the SPARKS program.
 - Kathy suggested we also track the number of Type II diabetics in the district. Lynn says she can provided data.
12. Meeting adjourned at 4:35pm
13. Next meeting scheduled for Wednesday March 28, 2007 @ 3:30 pm.

Respectfully submitted,
Sandi Jefferson