

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING  
February 28, 2008

- I. **The meeting was called to order at 3:32.** The following people were present: Kathy Bertelsen, RD (Chair; Food Service Manager), Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist), Miranda Burford, RN (School Nurse Supervisor), Lynda Gordon (Teacher Miguelito), Judy Taggart (LVCHO – Community Health), Dr. Frank Lynch (Superintendent), Nancy Newton (SB County Health Dept.), Bob Lawrence (Asst. Principal Cabrillo High)
- II. **Minutes of the previous meeting** were distributed and there were no noted changes.
- III. **Wellness News in the Community**
  - a. Today there was an article in the Health & Fitness section of the Lompoc Record written by Sandi Jefferson, RD. The article addressed the childhood obesity issue and mentioned the efforts of the school district to address this problem. It also addressed the need for Lompoc to have safer parks and neighborhoods and affordable nutritious foods.
  - b. Judy Taggart reported that the Medical Center is piloting a new wellness program for its staff. It is built around the National President’s Challenge. The kick-off for the program is in March. Walking routes will be mapped out and provided to the staff. There will be a monthly newsletter and there will be educational events.
  - c. The Parent’s Are Teachers Too conference will be held March 1<sup>st</sup> at Lompoc High. Several District employees will be presenting health and wellness topics. Michelle Mackinnon, RD (Nutrition Specialist/Food Service Supervisor) will present a topic entitled “Healthy Families Making Healthy Choices” and Miranda Burford, RN (District Nurse Supervisor) will present on the topics of portion control, the Food Pyramid, and reading food labels. Sandi Jefferson, RD from Lompoc Valley Healthcare Organization will be giving a healthy cooking demonstration in the Culinary Arts classroom.
- IV. **Examples of “wellness” working in the District**
  - a. Michelle Mackinnon and Kathy Bertelsen presented nutrition-related health topics at the Food Services January 28<sup>th</sup> Staff Development Day. Kathy spoke on calcium and osteoporosis and Michelle spoke on functional foods that can improve health.
  - b. Bob Lawrence reported that Bob Boyer is creating a new fitness center for students and staff. It is expected to be ready for operation this school year.
- V. **National Nutrition Month** – Michelle Mackinnon gave a report on our promotion in the schools. For the elementary schools there will be a contest. Teachers were provided with a packet of information on how to increase calcium intake to prevent osteoporosis. The packet includes information they can use to teach in the classroom and some fun activities, informational handouts to send home to parents and a record where students can tally how many calcium-rich foods they eat each day. Teachers who choose to do the activity with their class

can enter their class into a drawing. One classroom in each elementary school will win a healthy classroom party. At the secondary schools there will be a contest called “Nutrition Jeopardy”. A poster board with the nutrition questions will be placed in the libraries of the middle and high schools along with the answer sheets. Students will fill out an answer sheet and enter it for a drawing. One student from each school will win an MP3 player.

- VI. **Mural at Lompoc High** – Digital Coast Graphics has designed a mural for Lompoc High to be placed on the sliding doors that enter the kitchen from the multi-purpose room. The cost is about \$3,500. It was decided that \$2,000 of the “One Time Art, Music and PE Grant” money would go toward the mural. Kathy stated that she presented this \$1,500 monetary need at the Healthy Kids Task Force meeting of the Lompoc Valley Community Health Organization earlier today. The mural is what the Lompoc High Cafeteria remodel focus group of students requested two years ago. The students wanted a sports theme for their new cafeteria. They selected sport photos from the yearbook pictures last year. Some of those photos were used in the mural which depicts Lompoc High athletes playing football, soccer, basketball, tennis and track.
- VII. **Report on the Santa Maria Obesity Summit** on January 29<sup>th</sup> put on by CenCal Health: The conference was very well attended. Judy Taggart gave a Healthy Kids Task Force report there. Kathy Bertelsen presented on the topic of the district’s Wellness Policy and the nutrition related changes that have occurred in the district related to the Wellness Policy.
- VIII. **Committee comments or issues that need to be addressed regarding wellness in the district**
- a. Linda Gordon brought a concern about the “2<sup>nd</sup> Chance Breakfast” at Miguelito. She said that she has a student who is overweight with acid reflux problems who is participating in the second breakfast even though he eats breakfast at home. Several days he was ill after eating the second breakfast. She feels he would be better off participating in recess play time. Linda feels that he is eating too many carbohydrate foods at the second breakfast. She feels that the second breakfast is needed for some children but that others, like the student mentioned above, may not benefit from it. She says that she has noticed that the students who eat the second breakfast are able to “hang in there and work better in class after recess” and that it is needed for the students who have a later lunch – especially the 5<sup>th</sup> graders. Kathy said that the reason the second breakfast is offered is because students were getting too hungry waiting for lunch because they either ate breakfast at home early, did not eat breakfast at all (surveys of some schools showed that 25% of students were not eating breakfast) and did not bring a snack to eat between breakfast and lunch. Kathy pointed out that the school breakfast is balanced and meets USD requirements. She said she wished she could provide hot, protein rich entrees for breakfast at the elementary schools, but said she does the best she can without kitchens in the schools and that a protein source is provided each day at breakfast, such as peanut butter with bagel, whole grain muffin with hard-boiled egg, cheese stick with bear graham crackers, yogurt, etc. Kathy feels that although the second breakfast does not seem to be good for this

student, she feels that there are many other students with under nutrition issues that the second breakfast does benefit. Michelle Mackinnon said that the grains provided at breakfast are whole grains which are good because the fiber slows down the absorption of sugar into the bloodstream. Lastly, making sure that students do not go hungry ensures that they can do the best they can in school and in that way providing second breakfast helps the district fulfill its purpose – educate the students.

- b. Miranda Burford brought a concern about the stress level of district staff. She said the nurses are getting visits from staff complaining about headaches. Miranda felt there was a need for a staff wellness program. Suggestions included: someone could come in and do some education with the staff; district people could be trained to do some stress education; Dr. Lynch suggested that we use the people we have to share their expertise. Each site might have a qualified staff member that is willing to do some stress/physical activity teaching sessions at regular staff meetings. It was mentioned that the recent rise with staff nurse visits might be because of the district's budget crisis. The importance of balance between work and personal life, and taking care of our health was discussed.

- IX. **Coordinated School Health** – as discussed last month, the district has all the components of Coordinated School Health, but does not have a coordinated approach at this time. Dr. Lynch invited the Wellness Committee to share this issue at the Admin. Council meeting in April.
- X. **Goals for This Year:** We worked on Goal #1 which is finish compiling data for indicators selected for the 2005-2006 school year to use as a baseline with which to measure if the Wellness Policy is achieving its purpose. Kathy reviewed the updated document with the data that has been collected so far. She asked the committee about what grades to use for indicator #2 – California Health Kids Survey Data. The criteria for the 5th grade was different from the 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grade and Kathy asked if they wanted to still include the data. Miranda commented that the 5<sup>th</sup> grade information was limited and that she felt it was a misrepresentation of information. The committee came to a consensus to exclude the 5<sup>th</sup> grade for this indicator.
- XI. **Next Meeting** – there will be no meeting in March because of Spring Break. The next meeting will be April 24<sup>th</sup> at the Central Kitchen.
- XII. The meeting adjourned at 4:30.

Respectfully submitted by,

Kathy Bertleslen