

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

January 22, 2015

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

- I. The meeting was called to order at 3:35 pm. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Betsy Swain (Teacher Buena Vista Elementary School); Cecilia Murillo (Teacher La Honda Elementary School); Kathleen de Chadenedes (Orfalea Foundations); Ashley Costa (Lompoc Valley Community Health Organization); Catalina (Art of Peace Imagine); Robert Mohammadi (Asst. Principal Lompoc High); Dena Marie Kern (Lompoc Boys & Girls Club); Jennifer Pyre (HAWC Academy Coordinator Lompoc High).
- II. The minutes from the previous meeting were approved as written.
- III. Tour of newly remodeled Central Kitchen: Kathy conducted a tour of the newly remodeled Central Kitchen which was paid for from a generous \$1.2 million dollar grant from the Orfalea Foundation and Child Nutrition funds.
- IV. Reports:
 - a. Harvest Week/Wednesday – new program at LHS Health & Wellness Career Academy – Jennifer Pyre, HAWC Academy Coordinator: Jennifer shared how she came up with the idea – she learned of Harvest of the Month curriculum and resources when she attended the Orfalea School Wellness Summit in October. She had done something similar in another job she had and thought it would work well to grow her 10th grade health Careers Class. The program began on January 14th. The students delivered a piece of Harvest of the Month produce along with a nutrition handout from Harvest of the Month free resources. Students delivered fresh Mandarins as well as a health message to Lompoc High staff. The students also researched questions that the recipients had about the fruit and provided them with the answer. This program will continue once a month using the featured Harvest of the Month produce. The Orfalea Foundation will be doing a story for the next event scheduled for February 4th which will appear in the Whole Child Action Blog. Kathleen de Chadenedes commented how wonderful it is that high school students would be an agent of change on a school campus.

V. Old Business:

a. Update AR 5030, the District Wellness Policy

Kathy gave a review of what we are trying to accomplish and she suggested ideas as a guide to have a successful outcome

- i. The goal is to capture the main points on the District's newly revised BP 5030 (highlighted on handout provided) and make sure these points are addressed in the AR 5030 which will define how the District will meet the goals on the BP 5030. And to pare down the AR into a smaller, less wordy document. The foods sold on campus regs will be included as an attachment instead of part of the AR.
- ii. The difference between BP 5030 and AR 5030: BP is more theoretical – broad ideas of goals and why; where the AR is action items that define what is actually going to be done to meet the goals listed in the BP.
- iii. Kathy pointed out that there is too much verbiage on the AR (see draft highlighted areas) that is too much like what is on the BP and that it needs to be changed to action items instead that reflect “how is the goal in the BP going to be met?”. Kathy provided a copy of the Elementary School Wellness Policy template developed by the Wellness Committee two years ago. She said that our AR needs to be more like that – each goal listed on the BP needs to have action items of how it will be met on the AR (see page 1 item II. Nutrition Education Goals of the Elementary School Wellness Policy template).
- iv. The committee decided to use the CDE Local School Wellness Policy checklist to evaluate the strength and comprehensiveness of the Wellness Policy (AR 5030)
- v. Once the AR 5030 is complete – develop a one-sheet informational handout with color and graphics to use to market the School Wellness Policy. This will be going into the First Day Packet, used to display the policy in the Cafeteria and for other marketing opportunities.

b. Timeline:

- i. The revised AR 5030 will be submitted to the School Board to be approved in June 2015 (must be presented to the Business Office by June 10th for June 23rd Board Meeting)
- ii. The next monthly meetings (Feb 26, March 26, April 23 and May 21) will be committed solely to working on the AR 5030. At the next meeting we will determine if there is a need to have more meetings or extend the time of the meetings.

c. Homework: Kathy asked each person present to look over the three documents provided and to consider the suggestions discussed in preparation for discussion at the meeting on February 26th.

Kathy will email the CDE Local School Wellness Policy checklist to each person who was present today.

VI. Marketing Discussion:

- a. Kathleen shared the beautiful handout prepared by Catalina of Art Peace Imagine. This handout is designed to market the District's Wellness Committee and attempt to gain support for it and bring in more dedicated members to help in the work we are trying to accomplish with the District wellness efforts.
- b. Catalina thought we should market the great work we are doing at the newly remodeled Central Kitchen. She said people do not know about it and they should because she said it was wonderful. She suggested a docent conduct kitchen tours. Kathy told how there is going to be a district wide open house where some of the great food we make could be tasted. It was also suggested that we invite the news media to do a story. Another great idea was to enlist high school students to do a film, like a virtual tour that could be viewed in the classroom.

VII. Next dates – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on February 26, 2015

VIII. The meeting adjourned at 4:35 pm.