

## MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

January 27, 2011

*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 3:34. The following people were present: Kathy Bertelsen, RD (Manager, Child Nutrition Services); Michelle MacKinnon (Supervisor/Dietician, Child Nutrition Services); Pamela Lee (Culinary Advisor, Orfalea Foundation); Carol Arnerich (President Lompoc Federation of Teachers); Steve McDowell (Lompoc Valley Community Health Organization); Namroong Valencia (Lead Central Kitchen); Kym Bobo (Admin. Asst. SPARK); Sarah Jorgensen (Garden Educator/Manager La Honda and La Canada)
- II. The minutes from October 28<sup>th</sup> were reviewed. There was one typo on item VII, page 2, 3<sup>rd</sup> line. Sentence should read: "The committee feels these questions were key to tracking health trends of LUSD students". There were no other errors noted and the minutes were approved.
- III. School Gardens:
  1. Pam Lee gave an overview of the school gardens that the Orfalea Foundation is assisting the district with. There are gardens at La Canada, La Honda, Buena Vista, Hapgood and Los Berros. Orfalea supports each garden with a Garden Educator/Manager (GEM) who assists teachers to integrate their curriculum with the school garden as well as maintain the garden and give garden tours to students.
  2. Sarah Jorgensen, the GEM at La Honda and La Canada, gave a report on what she does with the school gardens. She said her mission is to grow food, empower kids and find ways to use the garden to assist teachers with their curriculum. She said she finds out which teachers are interested in collaborating. They give her their teaching plans and then she works something that relates with the garden into the curriculum, for example, science. In one class she used the garden as a drafting project to teach math as they discussed the dimensions of the layout of the garden. On Thursdays 8-30 children from the La Honda after school program come. She uses them to work the garden such as clear out old crops and plant something new. Sarah is a UC Santa Cruz graduate. Her major was environmental science and she has a background in grant writing which she has used to garner a grant from Home Depot for the gardens. The grant is for \$2,500 which they plan to use for a mural. She wrote another grant for money to put in a shade structure for the garden at La Honda. Sarah brought a large basket full of beautiful produce from the La Honda garden - Swiss chard, Kale, Arugula and she brought recipes.
- IV. Kym Bobo gave a report on SPARK. She said that the secondary teachers were trained in SPARK in San Diego this past summer. There is a SPARK K-2 training being held on February 8<sup>th</sup> at the district. She said that although this training has been advertised well, only five teachers were signed up. Some of the after school program people will also be trained. Kim said the program could use some funding - \$4,000 for equipment and \$2,000 for the February training. They are seeking a donation from Celite Corporation in Lompoc. Kathy shared the report on SPARK which she downloaded from the district web page under Student Achievement & Curriculum.
- V. Steve McDowell reported what the Lompoc Valley Community Health Improvement Coalition has been working on. They have received funding to do SPARK assessments in the schools. If the surveys show a need for more training or equipment, a certain amount of that funding will go toward that. They will also provide new SPARK binders for the after school programs.
- VI. Examples of "wellness" working in the District:
  1. Pam Lee reported there will be Jr. Chef cooking days held at Los Berros on February 28<sup>th</sup> and March 1<sup>st</sup> and March 3-4<sup>th</sup> at La Honda. The focus will be on seasonal foods.
  2. Kathy was invited to speak at PTA Council on November 18<sup>th</sup> about nutrition guidelines within the district. Kathy reviewed the district food guidelines for parties and reported on how well she perceives the district is responding to the Wellness Policy. Principals are putting articles about nutrition and the Wellness Policy in their newsletters, teachers are encouraging parents to send healthy food options to

parties and during the holiday season she noticed a decline in the number of class parties that were competing with the School Lunch program.

3. Kathy reported that Kiwi from a local farmer is now being served at lunch in our schools. During the Kiwi season, which is February through March, Kiwi will be served with the Chef salad at the elementary schools, during breakfast at Vandenberg Middle School and on the salad bars at lunch at the high schools and Hapgood. The fruit is very sweet and juicy. Michelle brought samples for the committee to taste.
4. Child Nutrition Services is out of the snack business - snack lines were replaced with School Lunch lines at both middle schools. This is a positive trend as a complete meal is a more nutritious choice being that it comes with milk, fruit, vegetable and yogurt.

VII. Reports:

1. Kathy reported on the California Child Nutrition Convention in Pasadena that she and Michelle attended January 14<sup>th</sup> - 16<sup>th</sup>. Celebrity Chef Jamie Oliver of the “Food Revolution” was the keynote speaker. Kathy told how he plans to highlight California schools for his new “Food Revolution” season which starts this spring. He had highlighted a school district in West Virginia last year on his TV show. He did not receive a very warm welcome for the Child Nutrition professionals in the audience. Jamie is pushing for more scratch cooking and elimination of flavored milk in schools and not everyone is in agreement. The California Child Nutrition professionals feel he does not acknowledge the progress they have made in improving the children’s food. Jamie feels they need to move a lot faster than they are. Lompoc USD is ahead of many school districts in California because we are cooking from scratch and we stopped serving flavored milk.

VIII. Meeting dates – usually the 4<sup>th</sup> Thursday of the month from 3:30 to 4:30.

Next meeting is February 24th from 3:30 to 4:30 at the Central Kitchen.

IX. The meeting adjourned at 3:30