

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

January 26, 2012

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

- I. The meeting began at 3:35. Present were Kathy Bertelsen, RD (Manager, Child Nutrition Services); Carol Arnerich (President Lompoc Federation of Teachers); Steve McDowell (Lompoc Valley Community Health Organization) and Sjana Doohen (PE Teacher LVMS/6-8th Grade SPARK Trainer)
- II. Minutes from the previous meeting were approved as written.
- III. Reports:
 1. Kathy reported on the new food program pilot projects at Buena Vista and La Canada. On January 17th Buena Vista Elementary School started serving the new “cooked from scratch” food and using the new salad bar. La Canada will start serving the new food on February 1st. If the pilots are successful, we will move toward upgrading the Central Kitchen and the other elementary schools. Questions to be answered include: will the program be able to be financially solvent, will the students accept the new foods and will the students be able to get their lunch and eat it in time and still have time to play.
 2. Kathy reported on the “Patchwork for Progress report on childhood overweight and obesity changes among students in California. The report shows a 1.1% improvement for California as a whole between 2005 and 2010. Santa Barbara County however has not shown an improving trend but rather a worsening trend by .1%.
- IV. Wellness News in the Community
 1. Culinary Boot Camp in Lompoc was a feature story on KCOY Nov. 9, 2011
 2. There was an article in the Lompoc Record about the new food program at Buena Vista on Jan. 19th
 3. Steve McDowell reported that the Lompoc Valley Community Health Improvement Coalition has working on a partnership with the city engineering department, the school district and the police department regarding safe routes to school. The Santa Barbara Foundation awarded LVCHO \$48,400 in grant funds to promote community walking and biking programs in conjunction with a Safe Routes to School program in LUSD. The Hutton Foundation awarded LVCHO grant funds to assist with the operating costs associated with the Healthy Lompoc Coalition. Caltrans awarded the city of Lompoc, with LVCHO as the sponsor agency, \$402,800 in grants funds to promote a 4-year non-infrastructure Safe Routes to School (SRTS) program in seven K-8 schools in the City limits (per federal guidelines). There will be a promotion for National Bike to School Day on May 9th as part of National Bike Month. The community will also be encouraged to participate in Bike to Work Week events. A coordinator will be needed for these projects at the schools. Steve asked if it would be possible to get a teacher in each school that would be paid a stipend by the grant. Several hours a week would be required and they would need to be available during the walk & bike event days. He also wondered if the PTA would be interested in doing it for compensation.
- V. Committee Comments:
 1. Sjana Doohen, PE teacher at LVMS and SPARK Trainer commented on her gratitude to LVCHO because of their generous support for the training for the SPARK program and the training she was able to receive and much needed equipment. She also commented on the improvement of the food choices on her campus and at Buena Vista where one of her children attends.
- VI. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30.

Our next meeting for the year is February 23rd from 3:30 to 4:30 at the Central Kitchen.
- VII. The meeting adjourned at 4:43 pm.