

AGENDA: LOMPOC USD WELLNESS COMMITTEE MEETING

January 23, 2020 Minutes

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

- I. Opening of the meeting and introductions (5 min)
- II. Minutes from the previous meeting (5 min)
- III. Reports: (5 min)
 - a. Hannah Carroll:
 - i. Los Berros Breakfast Grant
 1. The committee learned of a breakfast grant that Los Berros received to pilot an alternative breakfast model. Funds will be used to purchase a mobile breakfast cart for grab n' go style breakfast that is eaten in the classroom. La Honda is currently only school doing breakfast in the classroom and they feed significantly more students breakfast than all other sites. Concern was expressed regarding mess in classroom. This is a primary focus when piloting the program and will be addressed, as it is usually the biggest teacher concern with BIC. Share Our Strength is giving the grant and will be assisting in implementation. They implement alternative breakfast programs across the country. Hannah will use past experience where 32/52 school sites she had successfully did breakfast in the classroom. It was suggested that we get buy in from Custodial, which agreed will do.
 - ii. Last meeting we discussed recruiting more representation from school sites. Hannah Carroll presented at the Admin Council on November 7, sharing with principals and administrators the work of the Wellness Committee and the importance of school faculty representation. All principals received an email prior to this meeting, inviting their faculty to join. USDA has wonderful outreach toolkit (flyers, communication templates).
 1. Cynthia Ravenel- green sheet associated with teachers coming to a meeting; there needs to be more buy-in for teachers with their hectic schedules and changes in education. (LCFF dollars- HS, MS, ES rep). Draft proposal.
 2. Ask Bree Valla to include on her wellness newsletter.
 3. LUSD Event Website- add to the site, request gets sent to IT Director.
 4. Utilize report cards to send out wellness committee flyers in the future.
 - b. Any other reports?
 - c. Emily
 - i. Teen Leadership Conference Friday March 13- student run, brings in speakers to talk on student-related topics.
 - ii. Census 2020- seeking workers and encouraging people to participate. April 1, 2020.
 - iii. Point-In-Time Count is the annual count of individuals and families experiencing homelessness on a given day. The Santa Barbara County effort will take place on **Wednesday, January 29 from 5:30am-8:30am**. Teams of volunteers and experts will canvas assigned routes throughout the county and will briefly document who is experiencing homeless. This information can be used to plan local homeless assistance systems and raise public awareness.

IV. New Business

- a. Email correspondence- do I have everyone included in the listserv? Any emails that should be removed/updated?
- b. LUSD Wellness Newsletter- brainstorming session. SY2019-2020 goal?
 1. This was an idea suggested at the last meeting. The committee agreed that LUSD already has a newsletter that is sent out, so the time and resources spent for our own letter may not be necessary.
 2. New Idea: requesting a “Wellness Corner” in the LUSD newsletter. Sharing posts to LUSD Facebook and social media accounts.
 3. Nutrition program may consider a social media account in the future.
- c. Wellness Policy Chair- It was suggested at the last meeting to make this position open to the public and offer a stipend. Members were asked to bring ideas to further discuss this.
 - i. Find out what that cost would be and propose to a local business or hospital organization (1500 dollar stipend). Look online for other examples.
 - ii. Conclusion of conversation- find out what other districts are doing to fund a Wellness Committee Chair.
 - iii. If funded, the future and expectations of this position will change. A job description will need to be created.
- d. 2020-2021 Meeting Schedule. It was suggested at last meeting to do quarterly 90-minute meetings.
 - i. Print calendar for next meeting and plan out meetings.
 - ii. Conclusion at this meeting: there were not enough attendees or time left to address the 2020-2021 schedule. Save for next meeting.
- e. Time permitting: Review and Update Wellness Policy Goals (p. 9, 10) (Next Meeting)
 - i. Ran out of time and will add to February agenda.

V. Updates & Reminders: (5 min)

- a. Chumash Mental Wellness Fair Thursday, February 20 from 1:00-4:00 at Root 246 in Solvang. Great resources provided by Chumash Youth for Youth in SY Valley. Non-School day, geared towards youth.
- b. SB County 2020 Education Job Fair February 8, 2020 from 9:00-11:00am.
- c. Policy News: USDA is proposing changes to the school breakfast and lunch nutrition requirements. Comment forum will be open to the public soon. Will update the committee via email soon with more education on the proposal and how to submit feedback to USDA.
- d. Summer Food Service Program right around the corner! (SFSP) Call for your help- do you know of a potential site? (camps, daycares, etc). How can we grow our summer program to reach more kids? Marketing and grant opportunities?
 - i. Buellton SFSP? Who is feeding Buellton over the summer and is there a need for food?
 - ii. Coalition Newsletter- share with Emily.

VI. Comments & Concerns (10 min)

- a. Issue with water fountain line at unknown school- complaint from community members. Suggested to have cups available. Conclusion- cups probably won't solve long line issue, this may be a scheduling issue where too many students are leaving recess at same time to get water. If we can find out which school, we can look specifically at the site to find a solution.
- b. Wellness Corner idea: remind parents to send kids with water bottle

VII. Next Meeting – February 27, 2020

VIII. Adjournment