

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING  
January 24, 2008

- I. The meeting was called to order at 3:35. 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), Judy Taggart (LVCHO – Community Health), Dr. Frank Lynch (Superintendent), Diane Burton (Curriculum Director), Dr. Sheila Jones (Principal, Los Padres), Nancy Newton (SB County Health Dept.), Sandi Jefferson (LVCHO, Health Promotion Specialist)
- II. Minutes of the previous meeting were distributed and there were no noted changes.
- III. **Wellness News in the Community:** Sandi Jefferson, the Health Promotion Specialist for Lompoc Valley Community Healthcare Organization, reported about the “Safe and Playable Thompson Park” meeting held at Clarence Ruth last night. She said that it is a joint effort with the community, the hospital organization, Clarence Ruth Elementary School, and the PTA and ELAC parent groups.
- IV. **Examples of “wellness” working in the District**
  - a. “Second Chance Breakfast” was started at Buena Vista on Jan. 22<sup>nd</sup>
  - b. Kathy Bertelsen gave a talk to ELAC parents at La Honda on Dec. 4<sup>th</sup> - topic “Healthy Children Ready to Learn”. Parents were encouraged to promote good nutrition, play and physical activity opportunities. They were also encouraged to find out how their children measured up regarding weight in relation to height (Body Mass Index). Handouts were provided in Spanish.
  - c. Miranda Burford reported that the nurses have been providing district training on MRSA
  - d. Diane Burton reported that there will be 3<sup>rd</sup>- 6<sup>th</sup> grade SPARK training in February for about 15 teachers (space is limited by the number of available subs). Two kinder – 2<sup>nd</sup> grade teachers will be going to “SPARK Train the Trainer” training in San Diego this summer.
  - e. Dr. Sheila Jones reported that there was a healthy kids article in the Los Padres newsletter to parents and that the PTA has opted for non-food fundraisers this year such as a jog-a-thon and magazine sale.
- V. **Committee comments or issues that need to be addressed regarding wellness in the district**
  - a. In response to a board members’ concern over school staff modeling unhealthy eating habits in front of students - Art Diaz encouraged his staff at a staff meeting to refrain from being poor role models in front of students
  - b. The “Second Chance Breakfast” was stopped at La Honda on January 22<sup>nd</sup>. The teachers were not in support of the program for several reasons – they felt students should be playing at recess and they had concerns over food waste.

- VI. **Dental Disease Prevention Program** – Nancy Newton from, the Santa Barbara County Public Health Department, gave a report on what she has been working on in our district at 3 – Title I schools. Lompoc is considered a high risk area regarding oral health. There are not a lot of providers for the programs that are needed. Lompoc children from the schools she is working with will attend a program that will be offered at a clinic in Santa Maria on Saturday, February 9<sup>th</sup> at Dr. Burg and Kleinsasser’s offices. She provides education to students and teachers, conducts dental screenings and provides dental hygiene supplies. Miranda Burford said that district 2<sup>nd</sup> and 5<sup>th</sup> grade students are being screened and now kindergartners must have a dental check-up by May 31<sup>st</sup> as mandated by the state. Referrals are being made to DentiCal.
- VII. **Kathy reported on the CSBA School Wellness Conference** in Anaheim that she attended in October. State Superintendent of Schools, Jack O’Connell, spoke on the achievement gap in California and his thoughts on closing that gap by making sure students are healthy. Dr. Patrick Cooper, who was the superintendent at a Mississippi school district, spoke about the need to make district policies banning students bringing unhealthy foods onto campuses. He also spoke about the need to focus on the wellness of the staff. In his district they did away with summer school and had all schools be on a year round schedule.
- VIII. **Kathy gave a report on the School Wellness Demonstration Mini-Grant** we were awarded – which is a 3 state (Pennsylvania, Iowa and California) USDA grant. We are 1 of 8 districts in California to receive one. The purpose of the grant is to study how the district wellness policies were developed and how well they are working. They will use the information they glean from the demonstration districts to develop tools with which to help districts achieve their wellness policy goals. The grant is being administered by the CA Dept. of Ed., Child Nutrition. Three schools (Lompoc High, Lompoc Valley MS and Los Berros) are being studied as part of this grant. Mary Lussier, from Child Nutrition, conducted interviews as part of the grant. Following are some positive things that were learned from the interviews:

**Lompoc Valley MS:**

- Use the “One Time Art, Music and PE Grant” to refurbish a PE room into a weight room with specialized aerobic-type equipment that is fun for kids.
- 600 PE minutes are provided every two weeks instead of the required 400 (this is because of the 6 period class schedule)
- Staff put together a proposal to ban students bringing popular energy drinks on campus. Beginning January 7<sup>th</sup> staff will collect these drinks from students as they enter the campus.
- Students are rewarded with a special T-shirt for showing personal improvements in PE

**Lompoc High School:**

- A modified PE course is offered to students who are overweight, obese or those in which traditional sports programs are not appropriate. Each day a nutrition topic is taught. Student’s heights and weights are monitored.

- The PE Dept. made a research-based decision to move from the “Fit for Life” concept, which was not working, to a more fun approach to physical activity. There is more variety in the types of physical activities that are taught now and SPARK is being introduced.
- Use the “One Time Art, Music and PE Grant” award to develop a cardiac center for students and staff equip with “speed bikes” where the intensity changes from easy to hard to coincide with a video of the Tour de France.
- A Culinary Arts program was started which addresses nutrition topics.
- A recycling program was started by the Librarian to raise money to purchase books.
- Despite the restrictions on food sales and types of foods and beverages that cannot be sold as laid out in the Wellness Policy, there has been no negative feedback from clubs about not making enough money. Art believes that this is because the clubs are making enough money by working in the Cafeteria.
- At his last staff meeting, Art encouraged staff to be good role models by what they eat and drink in front of students.
- There was an informative display on the topic of “portion control” that Miranda Burford set up in the Library.
- Since the new Food Court was put in, more students were using the Library. They come there to work on their homework.

**Los Berros Elementary School:**

- Last month an article appeared in the school newsletter about the school’s nutrition goals with the focus being on food brought in to celebrate Thanksgiving. It also addressed birthday celebrations
- Teachers are using the health curriculum from the “Health-e Living” link.
- Students are going on field trips to Albertson’s and learning about nutrition.
- Every grade level is meeting the required PE minutes and some are exceeding it.
- All but two teachers have received SPARK training.
- SPARK has been received well – teachers and students are excited about it
- Some classes start their day with aerobics with themed seasonal music.
- There is a 1<sup>st</sup> grade Yoga program on Mondays and Thursdays.
- There is a dance and movement class held on Fridays.
- PTA is thrilled with the District Wellness Policy and has chosen to not fundraise with food. Their fundraiser this year is a walk-a-thon.

**Comments from Mary Lussier:** She felt that the district had done a good job with the development of the Wellness Policy and that the communication of the policy to the sites and to the community was great. She was impressed with the cooperation between the district and Lompoc Valley Community Healthcare Organization. She felt as though this district was “on board” with wellness and that it would be an ongoing effort. She saw some things they may use to model: the food courts and how the a la carte sales are going away because students prefer to buy school lunch, which increases the chance of students drinking milk and eating fruit and vegetables; and how we dealt with the issue of competitive sales and student fundraising at the high schools – creating an opportunity for student clubs to earn money while not competing with Food Services.

**IX. Kathy reported on a workshop she attended at the California School Nutrition Assoc. Conference this month – “The Important Role You Play in**

**Coordinated School Health**". It was discussed that our district, although we address all the components of school health, does not have a "coordinated school health" approach at this time. That is – we do not have a school health advisory council with a coordinator that encompasses all the components of school health. We do have a PE Task Force committee and a District Wellness committee – but these groups do not address all the components of school health. Dr. Sheila Jones suggested that this might be addressed at her school's safety committee. Dr. Lynch suggested that we address this with the Admin. Council. A Coordinated School Health booklet was distributed and it was decided that the topic would be discussed further at the next meeting.

- X. **Other Business – Dr. Lynch** said that we need to start to address employee health. This is especially important with the rising cost of health insurance.
- XI. The next meeting will be Thursday, February 28<sup>th</sup> at the Central Kitchen from 3:30 to 4:30
- XII. The meeting adjourned at 4:40

Respectfully reported by,

Kathy Bertelsen, Chair