

Health and Wellness Committee Lompoc Unified School District

Minutes – Wednesday, January 31, 2007

In Attendance: Kathy Bertelsen, Miranda Burford, Sandi Jefferson, Robin Madden, Roxanne Sanchez, Judy Taggart

1. Kathy called the meeting to order at 3:35 pm.
2. No changes to the minutes from the last meeting held November 29, 2006. Minutes approved.
3. Introductions were made for those in attendance who did not know each other.
4. Judy asked for members to submit articles for the Lompoc Record to help promote the Health Kid Initiative. Articles are to be approximately 250 words and topics can vary. Members would like to see an article about the SPARKS program and how this benefits our children in the community.
5. Kathy shared that there was another article in the Lompoc Record submitted by Sandi. Topic of article was the importance of breakfast. Lompoc High's "Brave's Bistro" was a front page feature article in the Record. Very good publicity for all the hard work that has gone into improving students' health by getting them to eat in the school's cafeteria.
6. Sandi gave Kudos to the wellness committee members for taking the wellness message back to the schools and the community.
7. Kathy updated members on the new breakfast programs are now being offered at Los Berros, Buena Vista. Fillmore elementary is now offering "second breakfast" for its students, which has doubled breakfast participation.
8. Kathy and Judy attended the Childhood Obesity Conference in Anaheim, CA January 24-26, 2007. They both said the presenters were wonderful and gave pertinent information for those working to improve the health of children.
9. Kathy Shared with the group that Maple High started its salad bar today (1/31/07). Students, principal and staff love it. Will discontinue offering juice with lunch; instead offer a 17oz bottle of water with student lunches.
10. Miranda stated that the article informing parents and students of the district's wellness policy has been sent out. Lompoc High has already run the article in its school paper.
11. Kathy shared that she was invited to speak to community groups such as the Rotary Club and the Alpha Club regarding wellness and changes to Lompoc High's cafeteria. She was well received by both groups.
12. Robin reported that SPARKS training was turned down by the district due to \$11,000 cost to the district. Judy will speak with Steve McDowell in regards to seeking funds to help cover training cost for teachers.
13. Kathy reminded members that the wellness posters for all the schools are still being worked on by the Teachers Resource Center.
14. Kathy discussed that the committee needs to start working towards collecting data from the Annual Fitnessgram for baseline information. Discussed how to gather BMI data for baseline. Members all agreed that additional help will be needed to collect and input this data. Kathy will speak with Dr. Lynch about getting additional members assigned to the wellness committee.
15. Judy encouraged the committee to submit an application for the Building "Bridges for Health Award." Included in application should be things the wellness committee has been involved in such as, providing health education, health-e-living link, nutrition education on school menus, article in newspaper on healthy kid, implementing salad bars in schools, etc.
16. Miranda will be having the Health Awareness Fair at El Camino Middle School on March 24th. The community is invited. Flyers will be going out soon.
17. Members agreed to bring someone with them to the next scheduled meeting.
18. Meeting adjourned at 4:40pm
19. Next meeting scheduled for Wednesday February 28, 2007 @ 3:00.

Respectfully submitted,

Sandi Jefferson