

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
March 24, 2016

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

Members Present: Kathy Bertelsen, Yvonne Tulloch, Sonia Sandoval, Kathie Froemming, Carol Arnerich, Emily Casarez, Katy Wallace, Kirsten Criswell, Trina Long, Michael Flushman

- I. Opening of meeting and introductions:
 - a. The meeting was called to order at 3:30pm.
- II. Minutes from the previous meeting
 - a. Approved as written
- III. Old Business:
 - a. Administrative Review –
 - i. Kathy reported that the records collected for CDE for the 3 schools under review (Cabrillo, Vandenberg MS and Los Berros) in May were found to be out of compliance for Smart Snacks in Schools.
 - b. Review final edited draft of Wellness Policy Assessment Tool –
 - i. Discussion about grammatical errors and format improvements. Kathy will make corrections and email final copy to members.
 - c. Discuss Wellness Policy Assessment Process –
 - i. Goal is to use assessment for three schools under review for this year
 - ii. Kathi recommended keeping as easy as possible because of many deadlines principals are under
 - iii. Seek input from Kathi Froemming for future to see when is best time of year to do the assessment on the other schools
 - iv. Committee agreed that the School Wellness Policy Assessment should be completed by site staff (for “site derived” questions) led by the principal during a regular staff meeting where the principal called upon various site experts or staff who can provide feedback about compliance. Areas of assessment that are “district derived” can be completed by district staff at a later time. Carol Arnerich agreed to provide a summary of areas that can be assessed for compliance at staff meetings and areas that will require a district expert.
- IV. Reports:
 - a. LCFF and LCAP review/input from Wellness Committee
 - i. Kathi Froemming gave an overview of the LCAP (Local Control and Accountability Plan) which is a plan for how the schools get funding. This plan uses LCFF (Local Control Funding Formula) which ensures that funding is used for the students who most need it. Kathi noted that some schools have students with more needs than other schools (i.e. physical or language barriers which require more resources). This method relies on stakeholder input and ideas about how to best educate students are solicited from stakeholders in a variety of settings, which includes the Wellness Committee. The intent of this funding system includes equity (provides for access to all students regardless of special needs) and performance is measured to make sure decisions are making a difference. Kathi commented that LUSD’s LCAP is the best in the County she said. That is because we have had the best input from the community. One example she cited was

the increase in custodial FTEs that led to a positive outcome of improved school environment.

- ii. The LCAP survey is on the District web page now (www.lusd.org) located on the Home Page. Wellness Committee members were encouraged to individually do the survey which will be available until April 1st. Kathy Bertelsen will send out an email about this to members who were not at the meeting.
- iii. The short video in Kathi's presentation did not play. She agreed to email it to members.

V. Healthy Lompoc Coalition/LUSD Wellness Committee Working Group

- a. Review updated work plan and amend as needed
- b. Kathy Bertelsen reported on progress made on Goal #1 – Increase parent involvement:
 - i. Sonia Sandoval, Nutrition Advocate, is participating on the Wellness Committee and Healthy Lompoc Meetings; and parent, Teresa McIntire, participates on both committees. Parents, Abbi Marrs and Shelby Wild come to the Wellness Committee meeting.
 - ii. We are reaching out to the PTA in an effort to build community. We were on the PTA Council Agenda for tonight, but it was rescheduled for April 7th. Kathy Bertelsen will speak on behalf of the Wellness Committee regarding Smart Snacks in Schools and our collaborative work on the Wellness Policy graphic and our goal to move the schools toward the “Your Campus as a Center of Health and Wellness” model. Trina Long will be inviting the PTA to participate in some upcoming professional development training opportunities: October – School Wellness Summit and CATCH; September -Parents in Action; February – School Wellness Policy 102 – Implementation and Evaluation. We will also extend an invitation for PTA to participate on the Wellness Committee.
- c. Goal #2 – Fully implement and enforce the School Wellness Policy:
 - i. At today's meeting we made final edits the School Wellness Assessment tool. Kathy will complete the edits and email it to members. Today we discussed how to accomplish the assessments (see Old Business, section c.).

VI. Comments & Concerns

- a. Emily Casarez asked for feedback about her concern last month regarding unhealthy food gift cards being given for good behavior.
- b. Yvonne Tulloch commented about food gift cards being provided at Vandenberg MS as well as iTunes gift cards. Kirsten Criswell reminded us that our Wellness Policy discouraged food rewards and promotes rewarding with nonfood rewards such as: iTunes, erasers, stickers, pass to recreation center, etc.
- c. Kathy Bertelsen brought up a concern about a special needs La Honda class on a Central Kitchen tour where students were being rewarded with candy. A discussion followed about this common practice with special needs students. The committee feels nonfood rewards would accomplish the same results with this population.
- d. Emily Casarez brought up a positive comment about something she observed at Miguelito. A kindergarten teacher held a healthy Bunny Day celebration. Plastic bunnies were filled with toys instead of candy and hid for kids to hunt. A conversation followed about how some teachers are moving to nonfood parties. We need to get these teachers to encourage other teachers to follow.
- e. Kirsten Criswell spoke on how an Asst. Superintendent at Goleta USD is working on an electronic teacher survey. Perhaps we could borrow it and use here.

VII. Next Meeting – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on April 28, 2016. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VIII. The meeting adjourned at 4:35pm