

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
March 26, 2015

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

- I. The meeting was called to order at 3:33 pm. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services), Kirsten Criswell (Orfalea Foundations); Betsy Swain (Teacher Buena Vista Elementary School); Ashley Costa (Lompoc Valley Community Health Organization); Kim Wells, RD (SB County Public Health Dept.); Carol Arnerich (Lompoc Federation of Teachers); Catalina McIsaac (Art of Peace Imagine); Ellen Ralston (LUSD Instructional Coach)
- II. Introductions were made
- III. Minutes from the previous meeting were approved as written
- IV. New Business:

Kathy Bertelsen reported on her meeting with Sid Haro regarding the Health and Wellness segment of the “Spring Community Celebration: Literacy in Lompoc” event which will take place on Saturday, May 30 at El Camino Community Center. The Health and Wellness segment will take place from 12:00 – 1:00. The goal is to share resources that LUSD provides so students can have the opportunity to grow up healthy and be the best they can be at whatever they are pursuing; so they can live long happy and healthy lives. The topic is “Your School Campus as a Center of Health & Wellness”. Kathy passed out the list of subtopics shared with Sid.

 - Ashley Costa and Michelle Carroll (LUSD Safe Routes to School Coordinator) will speak on topic of facts and consequences of overweight and obesity
 - Ashley Costa and Michelle Carroll will speak on the topic of physical activity
 - Betsy Swain will speak from a teacher’s perspective on why breakfast is important for students and address classroom party issues
 - Kim Wells will speak on hydration, why it is important, consequences of dehydration and fluid needs of students
 - Kathy Bertelsen will speak on National School Breakfast and Lunch programs, the Wellness Committee and Wellness Policy and resources.
 - Kathy passed out a flyer for the Spring Celebration event and a signup sheet for a booth if anyone was interested.
- V. Old Business:
 - a. Update AR 5030, the District Wellness Policy: Kathy reviewed the process:
 - Capture main goals and objectives of BP 5030 and make sure they are included in the AR 5030
 - Use the CDE Local School Wellness Policy checklist to evaluate the strength and comprehensiveness of the Wellness Policy

- Goal – obtain Board approval in June so a one page, attractive marketing tool can be put in the First Day Packets for next year
- b. Kathy provided the following documents:
- AR 5030 Draft Abbreviated (updated to reflect changes recommended through *Physical Education and Activity Program Goals* to middle of page 5 at the meeting last month on February 26th)
 - BP 5030 – 9/20/2013 revision
 - CDE Local School Wellness Policy checklist – which was filled out to identify wellness areas missing from the policy and the strength of the verbiage of the goals and objectives
- c. Discussion:
- Change lower case to upper case (district to District; and wellness committee to Wellness Committee) throughout entire document.
 - Adjust margin on page 5 for cross reference to be in correct alignment.
 - There was discussion about making improvements on the statement from the County Health Department which appears in the guidebook referred to on page 5 (*Healthy Food Guide for School Activity and Other Special Occasions*). Kathy agreed to work on it and bring back it to the next meeting for approval.
 - Stick in “nutrition” between “District’s” and “education” on item b. on page 6 and add a period at end of sentence.
 - Change “District” to “District’s” web page on page 6; d.
 - Change “school” to “schools” on page 6; paragraph 4.
 - Place parentheses around “District web page: www.lusd.org” on page 6; last paragraph and add a period after it.
 - Strengthen the statement for the reason for providing access to water on page 7, paragraph 1.
 - Italicize “Quick Reference Card” and fix typo regarding parentheses on page 7; paragraph 2.
 - Correct poor grammar and readability of sentence on page 7; paragraph 3.
 - Improve readability by adding comas on page 7; paragraph 4 and change “District” to “District’s” at end of sentence.
- Discussion ended on page 7 after paragraph 4.

VI. Next dates – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on April 23, 2015. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VII. The meeting adjourned at 4:35