

**LOMPOC USD WELLNESS COMMITTEE MEETING MINUTES**  
**March 15, 2005**

Present: Allison Holmes, Cabrillo HS student representative; Sue Hope, Lompoc High School Careers and Home Economics teacher; Kay Eatmon, Retired Employee and Lompoc Valley Healthy Kids Initiative Community Representative; Steve McDowell, Lompoc Valley Healthy Kids Initiative; Anne Bossert, Sandra Jefferson, Food Service, Nutrition Specialist; Lynne Dixon, Coordinator Health Services and Health Educator; Kathy Bertelsen, LUSD Food Service Manager and Committee Chair

Kathy Bertelsen called the meeting to order. Kay Eatmon volunteered to take the minutes of today's meeting.

Kathy reviewed the following:

1. **Full monthly menus** for all Elementary (Breakfast and Lunch) and Middle School (Breakfast and Lunch), are available on the LUSD website. They are gorgeous and in full color with graphics and information on cost, health and wellness ideas and special school events and holidays.
2. **High School Focus Groups** from Cabrillo and Lompoc high schools met this week to discuss ways to improve the school lunch program at each school. Students were actively involved, provided good suggestions and recognized the need. Suggestions includes:
  - a. Salad Bars – students were concerned about contamination on the open containers; suggested enclosed salad dressings,
  - b. Kinds of Foods – Taco Bell (Kathy states that we have recipes for that); Panda Express (we also have recipes for that type of food, too), fresh deli foods; wraps; etc.
  - c. Environment – New paint, cleaner floors, eliminate odors; round tables, booths, etc. Discussion concerned shared facilities (wrestling mats stored along the wall; new furniture would be movable so as to be used during dances, meetings, etc.
  - d. It was noted that about 225 students from each high school use the cafeteria for lunch.
3. **Cafeteria Funds and Monies for Upgrading Cafeteria Facilities**
  - a. Cafeteria use constitutes 75% of usages. Kathy is talking to the state department about spending cafeteria fund monies to upgrade; possibly using 75% from cafeteria fund and 25% from other district funds.
  - b. Staff and students were interested, motivated and enthusiastic about possible changes.
4. **National Nutrition Month**
  - a. Sue Hope's classes at Lompoc High will be facilitating a school-wide presentation for National Nutrition Month. Those events will be sent to the Lompoc Record as part of our initial campaign to begin communications throughout the community and involving students, staff and parents.

- b. Food Services is doing a promotion in elementary and secondary schools. There will be a contest at the elementary schools where students will keep activity logs. One class from each school will win a Healthy Celebration Party and MyPyramid poster. A poster-board presentation on various nutrition topics will be presented at lunch time on each secondary campus.

### **Review and Discussion of the LUSD Wellness Policy**

There was extensive discussion and review of the components of the Wellness Policy and agreement was reached on all corrections, changes and editions. Kathy will make the necessary changes and submit the final draft at a special meeting on March 29<sup>th</sup> at 3:30. We hope to submit it to the Administration for April and approval by the School Board in May so that it can be implemented beginning July, 2006.

There was still a question about the “400 minutes every ten days” for students grades 7 – 12. Graduation requirements require four semesters of PE for a high school diploma. The Physical Education information that I could find is shown in the attachments:

- The meeting was adjourned at 5:10 pm.
- A special meeting is scheduled for March 29, 2005, at 3:30 in the Central Kitchen to review and discuss the final draft of the Wellness Policy.
- The next regular meeting is scheduled for April 5, 2005, same time and same place. See you all there.

Respectfully submitted by:

Kay Eatmon

Community Representative, Lompoc Valley Healthy Kids Initiative Committee, Retired Employee

### **Attachments:**

1. Key Points from Categorical Program Monitoring – Physical Education

#### **Desired Outcomes**

- a. All pupils have access to a high-quality, comprehensive, and developmentally appropriate physical education instruction on a regular basis. (*EC 5120.1[a][2]*)
- b. VII-PE 3. School districts that maintain a high school and elect to exempt pupils from required attendance in physical education for two years any time during grades ten to twelve, inclusive, shall offer those exempted students a variety of elective physical education courses, each with a minimum of 400 instructional minutes every 10 school days. (*EC 51222[b]*)

**Attachment #1**

## Physical Education (PE)

### Desired Outcomes

All pupils have access to a high-quality, comprehensive, and developmentally appropriate physical education instruction on a regular basis. (EC 5120.1[a][2])

### Program Dimensions

Each categorical program is reviewed using the following interrelated seven dimensions:

- I. Involvement.** Parents, staff, students, and community members participate in developing, implementing, and evaluating core and categorical programs.
- II. Governance and Administration.** Policies, plans, and administration of categorical programs meet statutory requirements.
- III. Funding.** Allocation and use of funds meet statutory requirements for allowable expenditures.
- IV. Standards, Assessment, and Accountability.** Categorical programs meet state standards, are based on the assessed needs of program participants, and achieve the intended outcomes of the categorical program.
- V. Staffing and Professional Development.** Staff members are recruited, trained, assigned, and assisted to ensure the effectiveness of the program.
- VI. Opportunity and Equal Educational Access.** Participants have equitable access to all programs provided by the local educational agency, as required by law.
- VII. Teaching and Learning.** Participants receive core and categorical program services that meet their assessed needs.

*Note:* Because the methodology of the California Department of Education monitoring team includes sampling, the monitoring process cannot produce an all-inclusive assessment of items in this instrument. The LEA is responsible for operating its categorical programs in compliance with all applicable laws and regulations.

<b>VII</b>	<p><b>Teaching and Learning</b> Participants receive core and categorical program services that meet their assessed needs.</p>
<p><b>VII-PE 1. Elementary students (grades one through six) receive physical education instruction for a minimum of 200 minutes each 10 school days. (EC 51210.1[a][1][A])</b></p>	
Evidence Reviewed	
<p><b>Document</b></p> <p><input type="checkbox"/> Physical education instructional minutes report</p>	
Findings:	
<p><b>Conclusion</b>    <input type="checkbox"/> Meets requirements    <input type="checkbox"/> Does not meet requirements    <input type="checkbox"/> Not reviewed</p>	
<p><b>VII-PE 2. Middle school and high school students (grades seven through twelve) receive physical education instruction for 400 minutes each 10 school days. Students in grades seven and eight who attend an elementary school receive physical education instruction at least 200 minutes every 10 school days. (EC 51222, 51223)</b></p>	
Evidence Reviewed	
<p><b>Document</b></p> <p><input type="checkbox"/> Physical education instructional minutes report</p>	
Findings:	
<p><b>Conclusion</b>    <input type="checkbox"/> Meets requirements    <input type="checkbox"/> Does not meet requirements    <input type="checkbox"/> Not reviewed</p>	
<p><b>VII-PE 3. School districts that maintain a high school and elect to exempt pupils from required attendance in physical education for two years any time during grades ten to twelve, inclusive, shall offer those exempted students a variety of elective physical education courses, each with a minimum of 400 instructional minutes every 10 school days. (EC 51222[b])</b></p>	
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