

Wellness Committee Meeting Minutes

January 28, 2016

Attendees Present: Kathy Bertelsen, Ashley Costa, Kirsten Criswell, Abbi Marrs, Emily Casarez, Teresa McIntyre, Sonia Sandoval, Carol Arnerich, Angelica Hernandez, Angela Wynne, Jo Cavanaugh, Elvira B Martinez, Rosalba Loevonos, Katy Wallace, Kim Leung.

- I. Opening of the meeting and introductions
 - Meeting was called to order at 3:35pm. Kathy addressed the need for time limits to be monitored for each topic.
- II. Minutes from the previous meeting
 - The date of the meeting minutes was corrected. Ashley commented on the error in section IV from the previous meeting minutes.
- III. Old Business
 - Update on P.E teachers at the elementary school – Kathy shared emails from the 3 principals who responded (La Honda, Crestview, and Miguelito) about the P.E configuration at the elementary schools:
 - Crestview – *“Our achievement teacher teaches PE for 4th – 6th grade. The other grade levels handle PE as a rotation or fit it in their weekly schedule.”*
 - Miguelito – *“I have the 4-6 achievement teacher for 4-6 grades who is the trained SPARK PE instructor. At 3rd grade, students are in a rotation where one of the teachers is responsible for teaching PE to all the 3rd graders. K-2 has each teacher designated for the PE instruction. We have the majority of teachers in K-3 trained in SPARK.”*
 - La Honda – *“Not all achievement teachers teach PE. It is site-specific what subjects they teach. Our teacher does teach PE for 4-6th grade once per week.”*
 - There was confusion surrounding elementary P.E requirements at LUSD, “Is it 200 minutes per every 10 days or 20 min/day”.
 - Discussion about Vista Del Mar P.E policy – The children in grades K-8 have 40 min/day for P.E. Speculation was brought up about the funding at Vista Del Mar (they possibly have more funding?) The schedule at Vista Del Mar is 8:15-2:45, they might have a shorter lunch. Kathy will mention this information to Kathi Froemming. Jo Cavanaugh brought to attention grades 7-12 has P.E 40min/day and the only change would be grades K-6.
- IV. Public Comments & Concerns
 - Follow up from October meeting
 - Meal Timing at Hapgood - Kim and Kathy went to Hapgood and timed the meals to make sure students were receiving the required 20 minutes to eat lunch once they received it. Students are required to have 10 minutes for breakfast and 20 minutes for lunch. Most students had adequate time, they did not observe uneaten food trays being taken from students who were not finished eating. Some students did not finish their meal, but when asked if they were finished eating, they said they were. Information was shared with the principal at Hapgood. The second lunch period is the problem, because it has the largest number of students and it takes longer to serve them, cutting into their eating time. A suggestion was brought up to put in another hot serving line, however that would require more labor, which would be an ongoing expense. Kathy will talk to Carmen about the possibility of having some of the classrooms eat at an earlier or later time.

- Adults being good role models – No new update.
- New Concerns:
 - High school students starting school at 7:45am. Teresa McIntyre brings to attention an article in the Lompoc Record about how teenagers don't get enough sleep which impacts academic success. Teresa asked if the school day could be changed to start later. Kathy will bring this up with Kathi Froemming. It was mentioned that a later start in the school schedule would interfere with the school sports schedule. Ashley asked if students had the ability to have a free first period. It was mentioned that honors students do not have a free first period, free first periods were only offered to senior students, not in honors.
 - Sonia had concern with availability of sports equipment at Miguelito. Her son has to bring his own soccer balls to school. It was suggested to speak with the PTA. Kathy suggests speaking with the principal about obtaining more athletic equipment. It was mentioned that Fillmore bought all types of balls and equipment earlier this year, however most have disappeared.
 - A concern regarding difficulty in eating whole fruit for some of the kids was brought up. It was asked if there could be more cupped and bagged fruit. Kathy mentioned high cost of labor as an ongoing cost. Also, it does not teach kids how to eat whole fruit.
 - Angela brought up the school district's lack of activity opportunities. She said that the American Youth Soccer Organization (AYSO) has 1200-1300 kids in their program with activities such as dance and karate. She mentioned that there were plenty of opportunities and scholarships for this program. A statistic was brought up, 65% of Cabrillo population is involved in some sort of afterschool activity. She said we need the P.E program every single day.

V. Reports

- Kim presented on her healthy holiday eating guide handout. It was suggested to create a Valentine's Day handout. Jo said she will pass on resources for everyone to use for various occasions.
- December Admin Council – Kathy presented the wellness policy at the council and reviewed areas the schools were not in compliance. We currently do not have a way to measure our compliance with the wellness policy (Kathy created a draft of a school wellness assessment tool which will be reviewed later on the agenda). This is a good way to motivate schools to follow the wellness policy which is a USDA requirement. Kathy also provided the principals with guidance on how to follow the USDA Smart Snacks in Schools guidelines, which included foods sold at fundraisers which must be in compliance if sold during the school day (which is from midnight until 30 minutes after school). Katy Wallace commented on the great changes and improvements in the school lunch program. Kids are excited about water bottles and making healthy choices at "Cook from Scratch" schools.
- Kathi Froemming has agreed to be the District official who ensures compliance with the wellness policy.

VI. New Business

- Wellness Policy Assessment Tool: Kathy presented a draft of the tool which was borrowed from Santa Barbara Schools. All of the goals of the AR 5030 were included on it. For the Child Nutrition Administrative Review (AKA the audit) which is this year, three schools will be

reviewed. Compliance in the areas of School Wellness Policy and Smart Snacks in Schools will be assessed by the CDE during the audit. Kathy recommended editing the draft by next month so it can be used to assess compliance in these areas in the three schools under review prior to the audit. It was suggested that some of the committee members should do this assessment. Kristen mentioned having designated teachers and P.E teachers as part of the team who conducts the wellness tool assessment. Kathy will meet with Kathi Froemming to discuss the assessment tool. Kristen and Ashley offered to be on the team that will evaluate compliance in following the wellness policy. Katie suggested that each school perform a self-assessment using the assessment tool. Concern about honesty of a self-assessment was brought up. Kathy was asked to email the draft to the committee for feedback and editing to be discussed next month. The document was based on AR50-30.

- Taste testing in the school cafeteria – Abbi brought up that they are unable to prepare the taste testing at the school sites because there are no prep sinks. Kathy said the produce can be prepared at the Central Kitchen then sent to the schools, but it needs to be coordinated with the Lead at the Central Kitchen.

VII. Healthy Lompoc Coalition/LUSD Wellness Committee Work Plan

- Goal #1 – Increase parent involvement in health and wellness efforts
 - Kathy responded to the barrier that was brought up last month regarding childcare. She relayed to Maria Lopez that parents may bring children to the meeting. We are making progress with this goal as two nutrition advocates came to this current meeting. Another goal was to have key leaders participate in the wellness committee. We are progressing with this goal too as Teresa and the Nutrition Advocates came to the current meeting. Kathy suggested that they use their voices at parent meetings to express their desires and concerns.
 - Another goal is to collaborate with the PTA. Kathy has been trying to contact the PTA council president. She encouraged wellness committee members go to PTA meetings. Ashley offered to bring free swag to PTA meetings. It was suggested to invite the PTA to our wellness committee meetings. An amendment was made to say, “Wellness committee members to get more involved at PTA and Site Council meetings”.
- Goal #2 - Fully implement and enforce the school wellness policy.
 - Much progress is being made in the implementation by using the marketing graphic (colorful one page summary of the wellness policy) to share the wellness policy with parents, district staff and students.
 - Angelica offered to share the wellness policy on Facebook.
 - It was suggested that principals include the school wellness policy on the agenda at their staff meetings. And that Health and Wellness should be included on the school site plans. Angela will check with Jeff Wagonseller.
 - An assessment tool was developed to determine compliance – as mentioned above the draft was discussed and members will bring edits to next meeting. Decisions on how to implement it to follow.
- Angelica brought to attention the high price of vegetables and fruit. She asked what was being done for low socioeconomic families to buy healthy food. It was suggested that a cooking class, for students and parents (sponsored by a community organization), be done at El Camino, which could help provide education for parents and students. Angela stated that the issue with access to healthy food needs to come from the principal. Kathy stated that the Food Bank of Santa Barbara County has many efforts targeted for Lompoc, for example, there is a monthly Brown

Bag food program provide at the senior center that provides free food that is healthy for low income Lompoc residents. The Lompoc Impact Group of the Santa Barbara Food Bank has been training Nutrition Advocates in healthy cooking techniques. Ashley mentioned that the Food Bank is the largest resource for healthy food access in Lompoc. They also provide the Healthy Food Pantry program in Lompoc.

VIII. The next meeting will be February 25th from 3:30 to 4:30 at the Central Kitchen.

IX. The meeting adjourned 4:38 pm

Respectfully submitted by

Kim Leung and Kathy Bertelsen