

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

March 24, 2011

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. The following people were present: Kathy Bertelsen, RD (Manager, Child Nutrition Services); Michelle MacKinnon (Supervisor/Dietician, Child Nutrition Services); Carol Arnerich (President Lompoc Federation of Teachers); Pamela Lee (Culinary Advisor, Orfalea Foundation); Steve McDowell (Lompoc Valley Community Health Organization); Tom Blanco (Physical Education Chair, Lompoc High/Athletic Trainer)
- II. The minutes from February 24th were reviewed and approved as written.
- III. Reports:
 1. Pam reported on the Jr. Chef Day events held at Los Berros, La Honda and Buena Vista from February 28th - March 11th. All of the students in each school made marinara sauce from scratch, made with lots of fresh vegetables (carrots, zucchini, butternut squash, multi colored peppers, onions, basil) which the students cut up themselves. She showed a video of this program taken at a school in Santa Barbara. It showed a synopsis of the students cutting the vegetables, Chef Andrea teaching them culinary skills and sampling what they made in the cafeteria. The kids appeared very excited about the event. Pam said that Chef Andrea also led the kids in a “noodle dance” outside after they ate lunch, which was great fun. “Jr. Chef Day” is an all day event that is offered by the Orfalea s’Cool Food Initiative in the schools that participate in the Orfalea School Garden Projects. Five elementary schools in our district are doing the Garden Project.
 2. Steve McDowell reported for Judy Taggart on the SPARK/PE Articulation Meeting that she had attended this month. Judy presented about the SPARK Survey that the Lompoc Valley Community Health Improvement Coalition would be doing in the schools. The surveys would identify barriers that teachers encounter in providing the SPARK program and identify needs such as training and equipment. The Coalition would be able to provide some funding to meet the needs.

The Fitnessgram test was also discussed. The PE teachers said they wished they had better access to the data from the test so they could send the test results home to the parents.

Steve said the Coalition had about \$20,000 in grant money to provide to the district, perhaps \$10,000 for SPARK and \$10,000 for Fitnessgram to purchase the necessary software for teachers to use, if it was found to be compatible with the district computer systems.

Tom Blanco commented on Fitnessgram and SPARK: He said that testing for the Fitnessgram was difficult at the high school level because it is required that all the students take the test, yet not all the HS students take PE. He said students must pass 5 out of 6 fitness criteria which can be difficult for some students, for example, those who for some reason (perhaps health related) had not been able to exercise in a while. He also said that the BMI (Body Mass Index) may not be a reliable indicator of body fatness for some students, for example, a student that has a higher weight because of large muscle mass. He shared Fitnessgram test scores from 2009-2010, which will be included in the Wellness Committee’s progress report. There was a discussion about the trend of improvements of test scores for aerobic capacity and body composition over the last 6 years. Kathy speculated that the improvements might be related to the SPARK program being implemented and healthier meals being provided at school. Tom felt that more likely the improvements reflected changes happening at home regarding exercise and better eating. He also commented “SPARK is a good program, designed to get students active not just while at school, but outside of the program as well”.
 3. Kathy Bertelsen reported on the Summer Food Service Program. She reported to the School Board this week saying that it was provided over the last three years in Lompoc. Last year it was provided by the

district and it was financially viable. It will be offered this year at the Boys & Girls Club, the Anderson Recreation Center and the YMCA at Clarence Ruth. Kathy said that she is seeking more feeding sites at churches in Lompoc and in Mission Hills where there appears to be a need because of the high free and reduced rate. Kathy is also seeking to serve the Summer Food Service Program at La Canada Elementary School and Lompoc Valley Middle School where the district is serving other children this summer.

4. Pam shared about the “Health Education Day” that was held at a middle school in Santa Maria that she had attended. Parents and students were rotated around four different health concept teaching stations: Salad Bar at School; Rethink Your Drink; Farmer’s Market; and Healthy Veggie Quesadilla, where a chef demonstrated how to make it. Pam said it was great to get the parents involved and commented that a cultural shift is needed - to achieve that the parents need to be included. Pam would like to assist Lompoc USD to have a Healthy Education Day at some of our schools.

IV. Examples of “wellness” working in the District – Kathy reported that she has been invited by the Orfalea Foundation to apply for grants to upgrade the kitchens at La Canada and Buena Vista for the purpose of preparing them to serve scratch cooked foods. These schools would serve as pilots to evaluate if serving scratch cooked foods was possible in the less than optimal facilities at the elementary schools; and if it would be financially viable. The pilots would assist in figuring out if scratched cooked foods could be served at all the district’s elementary schools. If so, Orfalea would also agree to make improvements at the Central Kitchen to accommodate the increased cooking needs. Kathy has been doing the ground work needed, seeking input from the Health Department, district administration and maintenance and operations. And she has plans to visit three school districts who are cooking from scratch next month. If the request for the grants is accepted, the pilots will begin in the 2011-2012 school year.

V. Committee comments or issues that need to be addressed regarding wellness in the district: Tom Blanco had an issue with food waste on the Lompoc High campus. He commented that students are throwing a lot of food away and asked if they were required to take it. Kathy explained that under the National School Lunch regulations and the “offer vs. serve” rules - students are required to take a certain number of food components for the meal to be considered a reimbursable meal. A meal cannot be claimed for reimbursement if it is not considered to be adequate by Child Nutrition standards. At Lompoc High students must take an entrée and one other item (milk or fruit). There was a discussion about having a “share table” for students or if unwanted food could be given to the needy. Kathy was more in agreement with a campaign to educate students to eat the fruit and drink the milk which is healthy for them.

VI. Old Business:

1. Continued work on the Progress Report (comparison of data from indicators): Carol Arnerich reviewed the work she had done on Indicator #8 - descriptions of the district’s nutrition education, physical education, and health education curricula. Carol said it was not an easy task finding all the information for the various grade spans. She felt there was a need for the district to invest in an up-to-date health program. Tom Blanco commented that SPARK was being used at the high schools. He also said that high school students are required to take 4 semesters of PE unless they are in a sport that counts as PE credit. For a sport to count the coach must hold a PE credential.

VII. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30.
Next meeting is April 28th from 3:30 to 4:30 at the Central Kitchen.

VIII. The meeting adjourned at 4:34.