

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

March 27, 2014

*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 3:32. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Sue Pettis (Asst. Principal, Lompoc Valley MS); Angela Wynne (parent, member Cabrillo HS Site Council); Carol Arnerich (Lompoc Federation of Teachers)
- II. Minutes from the previous meeting were accepted as written
- III. Reports
 - a. Safe Routes to School Report – Kathy reviewed Ashley Costa’s report from the Walk to School Day event on October 9th. This event took place at all six elementary schools in Lompoc and at Lompoc Valley MS. A total of 3,590 students participated (86.68% of students). Participation increased by 2.28% from last year and by 33.68% from 2010. Follow up events were held on the next three Wednesdays where incentives were provided in an effort to reinforce this healthy habit. Sue Pettis commented that the buttons went over real well with the students, but the water bottles did not. Apparently some students used them to sneak adult beverages into school. Kirsten suggested using incentives, such as, a friendly competition among schools or grades within a school for the highest participation.
 - b. School Gardens – Kirsten reported that the school gardens were working on *Chef in the Garden* events, where students were exploring edible parts of the plant, learning about eating from the rainbow to include a variety of colors of fruits and vegetables to try, and students tasted grains and legumes.
 - c. Kirsten shared a great handout from CDE online Competitive Food Sales training she took. The handout not only addressed reasons for not selling competitive foods during school, but also had some good, non-food alternative ideas. The handout also listed six healthy fundraising resource web sites.
- IV. Wellness news in the community

- a. Kathy reported on the Community Health Summit, which was hosted by LVCHO in Lompoc on March 20th. The purpose of the summit was for strategic planning for the Healthy Lompoc Coalition whose mission is to improve the health of the community by assuring local access to a coordinated system of health promotion, disease prevention and treatment services. The city of Lompoc now has a HEAL (Healthy Eating Active Living) resolution. The summit was to bring together residents of Lompoc and identify key leaders who might lead environmental and policy changes in Lompoc. The Keynote speaker, Robert Ogilvie of Change Lab Solutions, spoke about changes in cities toward health that drew more companies to cities because of reduced health care costs. Child Nutrition Services provided the catering for breakfast and lunch which was a big hit. Kathy was invited to be one of the panel speakers. She shared about the efforts of the District's Wellness Policy and how partners such as LVCHO and the Orfalea Foundations have helped our district achieve some wellness goals, such as, Walk & Bike to School efforts and improving the quality and healthiness of the food we serve.
- b. Healthy School Pantry is an event put on by the Food Bank and is held every 3rd Tuesday at El Camino School. It is open to the public. Food is provided along with training on how to prepare a recipe using some of the foods provided. Participation has been low. Child Nutrition Services advertised it on the March menu. Sue suggested principals could advertise it on their newsletters.
- c. Kirsten reported that Santa Maria Joint Union School District and the Chumash Community were funded by Orfalea Foundations for a project grant to start an employee wellness program. Santa Maria Bonita is doing a district wide walking contest.

V. Wellness news in the District

- a. LUSD Work Wellness – Michelle gave a report about the work wellness project she is working on. She spoke on a fitness topic for the Education Center Staff, the M&O staff and Child Nutrition Staff. And she created a walking program and contest. Ed Center Staff departments are competing for bragging rights. Child Nutrition Staff are committing to walking 40,000 steps per week, and if they do, they get to enter a drawing for a mini iPad.
- b. Kathy reported on the Principal Forum meeting where she shared on a health & wellness topic - classroom parties. She told how parties and competitive food sales are making it hard to keep school meal participation up and that it is undermining what the district is trying to do – teach students to make healthy food choices so they can be healthy for life and be good learners. The principals were asked to collaborate with Child Nutrition Services to order healthy foods for parties from a list that was provided. A pilot program using our own Real & Fresh Pizza is being rolled out at Buena Vista. This is a program where a pizza party can be provided which

Child Nutrition Services can claim as a reimbursable meal. It will be free for students who qualify for free and reduced meals and \$2.25 for students who pay for lunch.

- c. Update – Central Kitchen Remodel – Kathy reported on the status of the scratch-cooked-food program that is presently at half of the schools and being rolled out to the remaining schools once the Central Kitchen is remodeled. The bid for the project was due on March 26th. Once the cost is established Kathy will write the Orfalea grant. The project is slated to begin June 9th and end October 30th.

VI. Next meeting will be on May 1, 2014

VII. The meeting adjourned at 4:45.