

Health and Wellness Committee Lompoc Unified School District

Minutes – Wednesday March 28, 2007

In Attendance: Kathy Bertelsen, Lynn Dixon, Miranda Burford, Sandi Jefferson, Anne Bossart, Steve McDowell

1. Kathy called meeting to order at 3:42pm
2. February minutes accepted without changes, additions or corrections.
3. Sandi will be leaving the school district to join the Lompoc Valley Community Healthcare Organization as the Community Health Promotion Specialist. She will remain on the wellness committee.
4. Lynn Dixon is retiring from the school district at the end of the school year after 21 years of service.
5. Kathy put in an entry on behalf of the Wellness Committee for the PTA Building Bridges for Health Award.
6. Miranda reports that the Health & Nutrition Fair was a huge success. The fair focused on nutrition and physical activity for children and the entire family. There were 8 stations for participants to get involved in. Miranda has been invited to hold the fair at other locations.
7. Steve reports that the Healthy Kids initiative now has water bottles with the new logo on them. They will be given out at upcoming events.
8. Kathy reports that there will be more SPARK workshops for teachers this summer. Some teachers will be trained to become trainers for the program, while some will participate in a booster (retrain) program.
9. Regarding addressing Wellness for district staff - Steve recommended that the district consider implementing the 5 A Day program for worksite wellness. Kathy agrees with starting the 5 A Day program, but suggests starting it in the upcoming school year.
10. Kathy asked the Wellness Committee members to volunteer to write articles for the district's E-News bulletin.
11. Kathy says that she will need the baseline indicators for evaluation numbers by May 14th, before the last wellness committee meeting of this school year.
12. Meeting adjourned at 4:40pm.
13. Next meeting scheduled for Wednesday April 25, 2007, 3:30pm at the Central Kitchen conference room.