

LOMPOC USD WELLNESS COMMITTEE MEETING
May 23, 2007

- I. The meeting was called to order by Kathy Bertelsen at 3:36. Present were: Kathy Bertelsen, Miranda Burford, Lynn Dixon, and Melissa Zebley.
- II. Minutes of the previous two meetings were distributed
- III. Wellness News in the Community:
 - a. There will be a Healthy Kids Summit on October 11th put on by the LVHCO
- IV. Wellness is working in the District!
 - a. Kathy gave an update on the Cabrillo makeover for next year and showed the group the design plan for the project
- V. Last month the committee had requested that a representative be assigned from each school. Kathy met with Dr. Lynch last week. He will bring that request to the Admin. Council Meeting on May 24th.
- VI. Goals for This Year:
 - a. Goal #1 – Implementation Plan
 - Item #6 – the E-news article – Building Bridges for Health was submitted. E-news will go out next week.
 - Item #7 – Post Wellness Policy in schools –done – will be put posters up next week in schools
 - Mission Accomplished – the implementation plan is complete except for surveying the staff
 - b. Goal #2 - collection for baseline data in which to measure success of the Wellness Policy
 - A work in progress. Principals responded to request for fundraising revenue. We have not received the data from the PTA fundraising as yet.
- VII. Goals for Next Year:
 - a. Finish compiling data for indicators selected for baseline
 - b. Start collecting data for indicators selected for the 06-07 year
 - c. Develop a survey to find out how staff feel about how the Wellness Policy is working
 - d. Seek people in the district who are doing a good job with wellness and showcase them. Some suggestions were: use the Central Kitchen Conference Room to display photos of wellness working at the sites and from healthier fundraising that the PTA is doing. Site representatives could provide photos and details of how wellness is working at their sites.

Hold a contest at schools and give awards to individuals who are doing a good job with wellens. Winners to be presented at the Admin Council.

- e. We want to have a positive approach and be helpful instead of policing the Wellness Policy. We could establish a “Who Ya Gonna Call” list of qualified people on the committee who could help people at the schools figure out foods that would meet state wellness guidelines. More discussion on this topic next year.

VIII. Meetings will continue to me held on the 4th Wednesday of the month from 3:30 to 4:30 at the Central Kitchen. The next meeting will be September 26th.

IX. Kathy thanked everyone for their dedication and awesome work on the committee. Everyone agreed that a lot was accomplished this year.

X. Meeting was adjourned at 4:15.

Respectfully submitted by,

Kathy Berteslen, RD