

**MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING**  
**May 22, 2008**

- I. **The meeting was called to order at 3:38.** The following people were present: Kathy Bertelsen, RD (Chair/Food Service Manager), Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist), Robin Madden (Teacher, Crestview Elementary School), Miranda Burford, RN (District Nurse Supervisor), Nancy Newton (Public Health Department), Diane Burton (Curriculum Director), Judy Taggart (Lompoc Valley Community Health Organization)
  
- II. **Minutes of the previous meeting** were distributed and there were no noted changes.
  
- III. **Wellness News in the Community**
  - a. LUSD with the support of LVCHO, will begin a Summer Food Service Program this summer. The purpose of the program is to ensure that all children are well nourished so they are ready to learn when they return to school in the fall. There are 4 proposed feeding sites: Lompoc Boys and Girls Club, Anderson Recreation Center, YMCA at C. Ruth and Park & Recreation at Pioneer Park. The program will be eligible for all children under 19 years old who come to the feeding sites.
  
- IV. **Examples of “wellness” working in the District**
  - a. There will be more SPARK training in August for grades 3 through 6. Christine Clark will be going for “Train the Trainer” SPARK training for K-2. She is presently trained for grades 3-6.
  
- V. **SPARK**
  - a. Diane expressed her desire to cross reference each SPARK activity with the state teaching standards to prepare for the CPM (Categorical Program Monitoring).
  - b. Robyn Madden gave a report on one of the SPARK activities at Crestview – Kick Ball – which she said was not only fun, but provided math and motor skills learning; and she said the kids love it. She also reported that Crestview got a storage facility to keep the SPARK equipment which is centrally located and has made it a lot more organized.
  - c. Judy Taggart said that there are grants to buy more SPARK equipment. Judy to send info to Angelica Hernandez at the district.
  
- VI. **Committee comments or issues that need to be addressed regarding wellness in the district**
  - a. There is a need for a more up-to-date health textbook for the secondary schools. This should be addressed at the “Health and PE Task Force”. There should be nurses, dietitians and the public included at the meetings.
  - b. There is a concern about keeping up with SPARK training with Diane Burton leaving her district curriculum position.
  - c. Kathy Bertelsen expressed concern about the decision to do away with the “Second Chance Breakfast” at the elementary schools. Miranda Burford

commented on the reasons given: lunch starting earlier because of scheduling changes to accommodate 6<sup>th</sup> grade on elementary campuses; school budgeting for noon duty labor costs; and custodial issues with getting the MPRs ready for lunch.

**VII. Kathy reported on where the committee is regarding goals for the year:**

1. Goal #1 - Finish compiling data for indicators selected for the 2005-2006 school year to use as a baseline with which to measure if the Wellness Policy is achieving its purpose. This goal was met. One indicator – changes in sales revenue from venues outside of Food Services – did not have good, usable data. Next year forms from the Wellness Mini-Grant will be used (see attachment “Goal #1”)
2. Goal #2 – Start collecting data for indicators selected for the 2006-2007 year. This goal was not completed and will be continued next school year.
3. Goal #3 – Develop surveys to find out how staff, students and parents feel about how the Wellness Policy is working. Parent survey is ready to go in opening day packets.
4. Goal #4 – Maintaining a positive approach
  - a. People were showcased doing a good job with wellness in our minutes from the Wellness Committee
  - b. Wellness expertise was offered at the sites by the district nurses, especially Miranda Burford, RN and Michelle Mackinnon, RD
5. Communication was good between the committee and administration. Information about the Wellness Committee was presented at the Administration Council meetings.

**VIII. Goals for next year.**

- a. Complete data for indicators for the 2006-2007 year
- b. Collect data for indicators for the 2007-2008 year
- c. Decide what our focus and other goals will be for the 2008-2009 year. Some ideas include:
  - Coordinated School Health
  - Staff Wellness
  - Examine some courses and pathway standards to see how health education looks as an entity and how we can work with LVCHO
- d. Kathy to bring School Wellness Policy guidelines that were used at the first Wellness meetings to the first meeting for review.

**IX. Next meeting is Thursday, September 25<sup>th</sup> from 3:30 to 4:30 at the Central Kitchen.**

**X. The meeting adjourned at 4:38 pm**