

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

May 23, 2019

*Our Mission: to promote and support a culture of health and fitness in the
Lompoc Unified School District*

Members Present: Kathy Bertelsen, Michelle MacKinnon, Emily Casarez, Carrie Larson, Carol Arnerich, Abbi Marrs, Katherine Thompson, Shelby Wild and Bree Valla

- I. The meeting was called to order at 3:30 pm
- II. Minutes from March 28th were approved as written.
- III. Reports:
 - a. Bree Valla reported on the new LUSD Employee Wellness Program. One component of the new program is yoga classes, which are being held in P-8, a portable behind the District Office. Yin Yoga classes are held from 4:00 – 5:00 on Tuesdays and Thursdays; and Restorative Yoga classes from 5:15 – 6:15 on Tuesdays and Thursdays. The yoga classes are beginning type classes and should be comfortable for those who are new to yoga. A new survey is being done to determine better times so more staff can participate. Another component of the Employee Wellness Program is a staff gym. The District is in the process of repurposing a facility located on the Education Center campus to be for that purpose. The gym hours are expected to be from 6:00am to 10pm. Funding for this project is coming from a grant, which will be used to purchase exercise equipment. It is targeted to open sometime this summer.
 - b. Kathy Bertelsen reported on the Community Eligibility Provision (CEP) for SY 2019-20. Three more schools will be providing this provision for next school year (Fillmore, Hapgood and La Canada), added to the four from this year (Maple, Bob Forinash, La Honda and Clarence Ruth). California law requires that high-poverty schools provide a federal provision, which allows all students in the school to eat breakfast and lunch free, regardless of family income. A high-poverty school is one in which 62.5 percent of the students are “directly certified” to be eligible for free meals because of welfare benefits received by their family such as: Cal Fresh and CalWORKs. These seven schools when grouped together meet the 62.5 percent requirement.

All students in these schools will be provided breakfast and lunch at no charge to the students, and will provide for federal and state reimbursements for all meals. CEP is good for students and parents because two free meals are provided daily, it eliminates lunch shaming and need to collect meal debt, meal lines move faster leaving more time for students to enjoy meals, and increases meal participation and increased revenue for the Cafeteria Fund.

- c. Kathy Bertelsen reported on the Summer Food Service Program – The federal Summer Food Service Program will be provided this summer at two LUSD schools (Fillmore and Lompoc Valley MS), and at five community sites (Anderson Recreation Center, Boys & Girls Club, YMCA at La Canada, El Camino Community Center and the Lompoc Library. Each site will serve two meals (breakfast and lunch or lunch and snack) free of charge for children who are 18 years old or younger. The program will begin on June 17th and go through July 18th for Fillmore and Lompoc Valley MS; and it will continue through August 2nd for the community sites. The program is being advertised: on the District’s web page, a flyer will be sent home with elementary students, an ad will run in the Lompoc Record on June 9th and the Healthy Lompoc Coalition shared the flyer with their partners who will post it.
- d. The District has hired a new Child Nutrition Services Director to replace Kathy Bertelsen who is retiring in June. Her name is Hannah Carroll, MA, RDN. She comes from Norfolk Virginia where she was Child Nutrition Supervisor in a district comprised of 52 schools. She is a registered dietitian and has a passion for working with children and increasing their access to healthy food.
- e. Kathy Bertelsen reported on the upcoming Wellness Summit, which is on October 30, 2019. Registration information for this event can be found at www.SchoolWellnessSummit.org. The cost is \$100. CDE will be presenting topics on Local School Wellness Policy, the Whole School, Whole Community, Whole Child model, as well as workshops to support the Whole Learner. Presentations will also be given by Susan Salcido, Fight Back Santa Maria Valley, SAFTY by Casa Pacifica, and MINDBODY by UC Cooperative. The Wellness Summit is now taking applications for \$5,000 mini grants, which will be awarded at the event.

IV. Old Business

- a. Final review of the District Wellness Policy Assessment Report – A copy of the final report was distributed. Several punctuation errors were revealed. Kathi Froemming and Kathy Bertelsen will present the report to the Superintendent and Board on June 25th.

V. New Business

- a. Goals for next year – Kathy pointed to pages 9 and 10 of the Wellness Policy Assessment Report section on Goals for the next three years and deferred selecting goals from this list to the next meeting in September when new leadership would be in place. Emily recommended efforts to recruit more members to ensure representation from each school site as a goal for next year.

VI. Comments & Concerns – Emily inquired about the status of chocolate milk in light of grant stipulations for elementary schools grants slated for next year. Kathy reported that a district decision was made to not serve chocolate milk at all LUSD schools next year.

VII. Next Meeting – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting is September 26, 2019. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VIII. The meeting adjourned at 4:20 pm.

Respectfully submitted by,

Kathy Bertelsen, RD

LUSD Wellness Committee Chair