

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
May 23, 2013

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

- I. The meeting began at 3:35pm. The following people were present: Kathy Bertelsen, RD (LUSD Manger, Child Nutrition Services); Jennifer Heck (AmeriCorps Volunteer Manger, SBCEO)
Introductions
- II. Minutes were provided from the previous meeting
- III. Old Business:
 1. Kathy reported that she presented the school wellness policies to the principals on May 16th at the Admin Council Meeting and provided them with the letter from Tom Torlakson – “Providing Students Adequate Time to Eat Lunch”. Each principal was also emailed a copy of the School Wellness Policy so they could update as needed.
- IV. Reports:
 1. Kathy gave an update on the “real & fresh grill” venue at the high schools for next year. The construction is under way at Lompoc High: the room is painted and FRP is installed; the staff is working on recipe development – actually tasting the foods from Chipotle Grill and locating recipes on line to copy. Ezequiel, our cook, made the Adobo Chicken, Barbacoa Pork and Corn Salsa for staff to taste which all thought was delicious. The high schools have been practicing making the beans in a commercial rice cooker and “they were easy and delicious” the staff reported. The staffs at the high schools and Central Kitchen have embraced the new serving venue which will begin in August and there is a lot of excitement about it. We have been starting to work with a graphic designer and sign company for a logo and signs.
- V. New Business:
 1. We reviewed the CSBCA recommendations to update BP 5030 – “Student Wellness” policy and made a few minor changes to reflect the District’s practice. The updated policy incorporates the new requirements to the school wellness policy as defined in the Healthy, Hunger-Free Kids Act of 2010. Kathy will forward the recommendations to the Business Office to prepare for presentation to the Board.
 2. The Progress Report will be discussed at the next Wellness Committee meeting in September
- VI. Committee comments on issues or comments:
 1. Kathy brought up the issue of not having any representation from schools or a variety of stakeholders on the District Wellness Committee, which is a requirement for districts. Jennifer suggested reaching out to the volunteers that support the North County SBCEO. She provided steps on how to request volunteers. Kathy stated that recruitment of wellness committee members was included in the school wellness policies provided to the principals last week which will hopefully lead to more members next year.
- X. The next meeting is September 26th from 3:30 – 4:30 at the Central Kitchen.
- XI. The meeting was adjourned at 4:35 pm