

# ***MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING***

***May 28, 2015***

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

- I. The meeting was called to order at 3:35 pm. The following people were present: Kathy Bertelsen, RD (Manager Child Nutrition Services/Chair Wellness Committee; Carol Arnerich (Lompoc Federation of Teachers); Betsy Swain (teacher Buena Vista Elementary School); Kirsten Criswell (Chef Trainer, Orfalea Foundation, School Food Initiative); Judy Harper (Community Partners, Los Angeles)
- II. Minutes from the previous meeting were approved as written
- III. New Business:
  - a. Judy Harper, a consultant from Community Partners who is presently working with the Healthy Lompoc Coalition regarding the *Healthy Eating, Active Living (HEAL)* resolution came to the meeting to help us form a collaboration to move HEAL forward in the District and the City. These are the areas that were identified that need improvement in the District:
    - i. More parent involvement on the Wellness Committee and at the schools – parents need to be empowered to use their voice to say “NO” to unhealthy food being served at classroom parties and sold for fundraising. Carol will find out what the process is with LFT. It was noted that healthy behaviors could raise test scores.
      1. Partner with the Lompoc Impact Group (Santa Barbara Food Bank project) who is training some of our parents to be nutrition advocates
      2. Consider additional parent training through Project LEAN
    - ii. Improved opportunities to increase physical activity levels
      1. Carol stated that a stipend is needed for a wellness coach at each school who can come to the Wellness Committee meetings and bring information back to the schools. Judy said that this would be an example of embedding HEAL into the DNA of the District.
    - iii. A staff wellness program is needed at the District.
  - b. Judy recommended setting some goals to work on:

- i. Regarding workplace wellness - perhaps organize a mural walk
- ii. Implementation of the newly updated District Wellness Policy
- iii. Kirsten told of how Santa Barbara schools had a WOW – Week of Wellness program in which each day a different aspect of wellness was focused on.

IV. Old Business:

- a. The School Board approved the updated Wellness Policy AR 5030 on May 26<sup>th</sup>
- b. The one page graphic that depicts the main points of the Wellness Policy was reviewed and accepted and will be included in the First Day Packets and other marketing.

V. Next dates – usually the 4<sup>th</sup> Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on September 24, 2015. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VI. The meeting adjourned at 4:30.