

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

May 26, 2016

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

Members Present: Kathy Bertelsen, Ashley Costa, Emily Casarez, Shelby Wild, Yvonne Tulloch, Carol Americh, Sonia Sandoval, Kirsten Criswell, and Trina Long.

- I. The meeting was called to order at 3:30 pm.
- II. Minutes from the previous meeting were voted on and approved as written.
- III. Old Business:
 - a. Discuss Wellness Policy Assessment Process
 - i. Kirsten provided a copy of Goleta's teacher and parent surveys. The committee discussed conducting surveys like these next year in early spring to assess teacher and parent perception of the District's Wellness Policy and compliance of it in the schools. It could be done on line via Survey Monkey or Google Docs.
 - ii. The committee discussed the School Wellness Assessment tool and agreed on an on-line version via Survey Monkey. The survey will be one document sent to each school's principal who will be responsible for filling it out. Some areas on the assessment will be prefilled – such as areas concerning the Child Nutrition Programs. Kathy was directed to work with Leslie Wagonseller to get the assessment on line. It was agreed that the assessment will be delivered near the beginning of the next school year, although not at the start so as to not get lost in the busyness of the startup.
 - b. Marketing the Wellness Policy – Kathy reported that the cost of putting the color graphic summary in the First Day Packet is \$2,609. The committee would like to move forward with this. Kathy will follow up with Kathi Froemming.
- IV. Reports:
 - a. Child Nutrition Services passed its Administrative Review. Kathy reported that it was a very good review. The CDE consultants praised the fresh, high quality food being served to the students, which they said was very special compared to other districts. They said we were “organized and knew what we were doing”. Regarding the noncompliance of Smart Snacks regulations around foods sold for fundraising outside of the school meal programs at three school they reviewed in March (Los Berros, Vandenberg Middle School and Cabrillo High School) the corrective action taken prior to the On-Site review in Mary proved satisfactory to the consultants.
 - b. PTA Council Meeting – Trina and Kathy attended the meeting on April 28th. Trina provided information about the School Gardens and the importance of schools funding their own garden and how the Nutrition Education and Obesity Prevention Program of the County Health Department can provide other assistance. Kathy provided Smart Snack guidelines from the PTA website. She reported about the noncompliance around foods used for fundraising at the three schools under CDE Administrative Review at Los Berros, Vandenberg Middle School and Cabrillo High. And she shared tools that were created for the schools to help them determine Smart Snack compliance. Kathy also invited the PTA to join the District's Wellness Committee.
 - c. Summer Food Service Program – Kathy reported that six sites will serving two free meals per day during the summer under the SFSP: Los Berros and El Camino Community Center will

serve breakfast and lunch; the Library, Boys and Girls Club, Anderson Recreation Center and La Honda YMCA Camp will be serving lunch and afternoon snack. Meals will be served at Los Berros from June 20 – July 15 (and through August 5th at the other four sites). Trina shared of the collaborative efforts for educational opportunities that will take place during mealtimes at the summer feeding sites in Santa Maria, such as: Marian Medical Center, County Health Department, etc.

V. Healthy Lompoc Coalition/LUSD Wellness Committee Working Group

- a. Review updated work plan and amend as needed – Kathy reported on all that was accomplished this year on the work plan.
 - i. Goal #1 – Increase Parent Involvement in Health and Wellness Efforts
 1. Nutrition advocates have come to the Wellness Committee and one (Sonia Sandoval) has become very active in wellness efforts – she attends regularly the Wellness Committee, Healthy Lompoc Committee, School Board Meeting (where she spoke out about wellness this week) and the County Food Action Plan (where a story about her was featured) and at her child’s school, Hapgood Elementary School (where she was proactive to hold a healthy birthday party where she gave a teaching on portion control and the importance of the social aspects of food celebrations vs. today’s gravitation toward use of electronic communication).
 2. Key parent leaders have been coming to the Wellness Committee and using their voice to speak out on wellness topics.
 3. The Wellness Committee has become more involved with the PTA – reporting district health and wellness information to the PTA Council, offering services and tools, and extending an invitation to the Wellness Committee.
 - ii. Goal #2 – Fully Implement and Enforce the School Wellness Policy
 1. A one page graphic summarizing the highlights of the wellness policy was provided to each parent in the First Day Packet and sent to each staff member of the school district
 2. Posters of the graphic were placed in the Cafeterias and school offices
 3. A tool to assess implementation of the School Wellness Policy was developed
 - iii. Future Goals –
 1. The working group decided to update the work plan for next year by removing the goals that were accomplished and defining new goals.
 2. Workplace Wellness is one goal that was discussed last year. Kirsten suggested we review Santa Maria Bonita’s one page graphic for highlights of their workplace wellness program.
 3. Ashley suggested each member over the summer review the Food Action Plan Health and Wellness goals to get ideas for new goals next year.
 4. Ashley has some funding to provide a consultant to assist with strategic planning and will arrange for someone at our first meeting on September 22nd. She recommended we have a longer meeting that day – 3:15 – 4:45 and to make a special announcement that this will happen to enhance participation.
 5. Kirsten suggested an open invitation to School Board Members.

VI. Comments & Concerns

- a. Sonia spoke about the healthy birthday party she arranged for her daughter at Hapgood Elementary School (see details in Healthy Lompoc Coalition/LUSD Wellness Committee Working Group in section V).
- b. Yvonne spoke about a concern – a LUSD staff member complained to her about the vending machines in school staff lounges that do not even have water as a choice. Apparently soda is also being sold to staff as a fundraiser in the schools. It was pointed out that this goes against the

District Wellness Policy (AR 5030 “District staff is encouraged to serve as positive role models for healthy eating and physical fitness habits”). Kathy will report this to Kathi Froemming.

- VII. Next Meeting – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. We will break for the summer and resume with our next meeting on **September 22, 2016. Note – this will be a special meeting with a consultant to help us develop our Strategic Plan for the Healthy Lompoc Coalition/LUSD Wellness Committing Working Group. We will have a longer meeting that day – 3:15to 4:45.** Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.
- VIII. The meeting adjourned at 4:30 pm.

Respectfully submitted by

Kathy Bertelsen, RD
Chair, Wellness Committee