

# Health and Wellness Committee

## Lompoc Unified School District

### Minutes – Wednesday, May 24, 2006

**In attendance:** Kathy Bertelsen, Wellness Committee Chair; Sandi Jefferson, District Nutrition Specialist; Melissa Zebley, District and Site PTA Representative; Robin Madden, Crestview School; Melinda Burford, LUSD School Nurse; Lynne Dixon, LUSD School Nurse; Kay Eatmon, Lompoc Valley Healthy Kids and retired district employee; Bob Lawrence, Cabrillo High School; Steve McDowell, Lompoc Valley Community Health Committee

Kathy called the meeting to order at 3:30 pm and clarified that the purpose of the meeting was to review the Administrative Regulations that will implement the LUSD Wellness Policy. The agenda for today and the minutes from the last meeting were approved.

Kathy reported that the Administrative Regulation #5030 was presented to the Admin. Council for approval. She said that our work was “well received” and there were several comments of “great job!” The LUSD Wellness Policy will be submitted to the school board on Tuesday, July 13, 2006. Brief presentations will be made at that time: Kay – Introduction; Miranda and Lynne – nursing and health; Melissa – PTA and community; Steve or other representative from the Healthy Kids Committee – grant application. All presenters are to email their remarks to one another prior to the meeting so that we are all speaking as one.

We reviewed the nine indicators for success and data we will be collecting. The following indicators will be monitored by those identified:

1. Average Daily Attendance	Lynne Dixon with Patty Griggs
2. Annual Fitnessgram scores – grades 5, 7 9	Healthy Kids Grant evaluation through UCSB
3. Healthy Kids Survey Data	Healthy Kids Grant evaluation through UCSB
4. Academic Performance Index scores	Kay with Karen Rotondi
5. Professional Development Training	Melinda, Kathy and Sandi
6. Participation Reimbursable School Meals	Kathy and Sandi
7. Changes in sales revenue	Bob and Melissa
8. Changes in items fundraising items sold	Melissa and Bob
9. Physical Education classes provided	Bob

We discussed the Healthy Kids Survey and realized we needed more information about it. That is listed below. We also discussed the Physical Fitness Testing and Melinda said that the results were supposed to be on the web. She also stated that she had seen Fillmore’s and there was improvement. For the past year, 4<sup>th</sup> and 5<sup>th</sup> grade students have all been stretching and walking every morning before starting academic work.

#### **Clarification of California Healthy Kids Survey – from their website**

<http://www.wested.org/pub/docs/chks>

“The Healthy Kids Survey is a comprehensive and customizable youth self-report data collection system that provides essential and reliable health risk assessment and resilience information to schools, districts, and communities. Targeted at grades 5-12, the HKS enables schools and communities to collect and analyze valuable data regarding local youth health risks, assets, and behaviors. The survey is a powerful tool that can

help schools and districts meet all the new assessment requirements of the *No Child Left Behind Act* (NCLB) for Title IV Safe and Drug Free Schools and Communities by accurately identifying areas of strength and weakness. It is designed to be part of a comprehensive data-driven decision making process to help guide the development of more effective health, prevention, and youth development programs.

At the heart of the HKS is a research-based “Core” module that provides valid indicators of drug use, violence, crime, and physical and mental health. The Core, in combination with the Resilience & Youth Development Module, collects all the data needed for NCLB compliance and allows comparability to state and national data. A unique benefit of the HKS is its customizability to meet local needs. In addition to the Core, there are five supplementary modules to choose from that ask detailed questions on specific topics. There is also a custom module for incorporating additional questions targeting topics of local interest. You can select questions from our comprehensive item pool, or hire HKS staff to help you create new questions. The customizability of the HKS means that schools and districts receive relevant, useful knowledge tailored to their needs.”

**California Physical Fitness Testing Results – available online at:**

<http://data1.cde.ca.gov/dataquest/PhysFitness/> I couldn't get the 2005 data to copy from the website. I did not see 2006 listed. If you find it, please let me know.

**SPARKS Training will be held on Tuesday and Wednesday, June 13<sup>th</sup> and 14<sup>th</sup> at Cabrillo for secondary teachers and Buena Vista for elementary teachers.**

Notification has been sent out to all participating teachers. Since we did not get all of the funding we requested through our Healthy Kids Grant, there is still a need for \$50,000 in equipment funds to fill the needs of our K-8 schools. We will include that statement in our presentation to the school board.

**Salad Bar at Los Padres – Friday, May 26<sup>th</sup> at 10 am assembly**

Kathy and Sandi will be presenting instructions and discussion to an assembly of Los Padres students on Friday at 10 am for the “unveiling” and introduction of the first salad bar in a school cafeteria. Pictures were be taken and sent to Kay so she can include them in the first Healthy Kids, Healthy Community Newsletter. (I just thought of that name. We'll try it until we get a better one.)

**LUSD Wellness Committee's Annual Success Report** – We further discussed data collection, compilation and presentation. We will analyze the collected data and prepare an Excel spreadsheet, charts and anecdotal report each year.

The next meeting is scheduled for Wednesday, September 27, 2006 at 3:30 in the Central Kitchen.

Respectfully submitted,  
Kay Eatmon