

## MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

May 26, 2011

*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 3:37 pm. The following members were present: Kathy Bertelsen, RD (Manager, Child Nutrition Services); Michelle MacKinnon (Supervisor/Dietician, Child Nutrition Services); Carol Arnerich (President Lompoc Federation of Teachers); Pamela Lee (Culinary Advisor, Orfalea Foundation); Steve McDowell (Lompoc Valley Community Health Organization)
- II. The minutes from April 28<sup>th</sup> were reviewed and approved as written.
- III. Reports:
  1. PE Articulation Meeting - Angelica Hernandez provided a written report about the last meeting. She reported that 100 out of 157 certified teachers completed the SPARK survey. The data supports the need to replenish SPARK equipment. LVCHO will fund \$10,000 for that purpose. Carol Arnerich mentioned that equipment storage is a problem. PE teachers felt the Fitnessgram software would be useful. LVCHO has agreed to allocate grant funds in the amount of \$10,000 to purchase the software at 14 schools and perhaps some laptop computers as well where there was a need.
  2. Pilot Project at Buena Vista and La Canada update - Kathy Bertelsen reported that equipment for the upgrades to the kitchens had been ordered (ovens, hoods, hot serving counters, salad bars, sinks and flooring) and the projects were scheduled to be completed in time for the start of school. The new menu reflects a cooked from scratch item to be offered every day as well as a salad bar.
- IV. Wellness News in the Community:
  1. Judy Taggart wrote an article for the fitness section of the Lompoc Record on The Summer Food Service Program, a free lunch program, which is to be administered by Child Nutrition Services and served at seven locations in Lompoc.
  2. Carol Arnerich commented that the bike path from Lompoc to Allen Hancock College was completed and that it is lit up at night.
- V. Examples of “wellness” working in the District:
  1. Pam Lee from the Orfalea Foundations wrote an article for the fitness section of the Lompoc Record on the new “cooking from scratch” direction the district is venturing into at Buena Vista and La Canada.
  2. Steve talked about the Safe Routes to Schools grant that is forthcoming. All of the elementary schools will be participating in a “Walk and Ride to School Day” next school year. The grant will pay stipends and pay for substitutes to help coordinate the programs at the schools.
- VI. Committee comments on issues that need to be addressed:
  1. The Health Department has stood in the way putting salad bars in elementary schools, yet it is well known that children eat more vegetables when served from a salad bar. Pam Lee will be attending a meeting of “California Food Policy Advocates” where the focus will be on cooking scratch foods in schools. She will bring up the topic of the difficulty with salad bars in Santa Barbara County.
- VII. Old Business:
  1. The committee reviewed the final Wellness Committee Progress Report (comparison of data from indicators) which will be presented to the Board this summer
  2. New Business: We discussed what our goals might be for next year? The committee was in favor of developing a sample school wellness policy for the principals.
- VIII. Our next meeting for the year is September 22nd from 3:30 to 4:30 at the Central Kitchen.
- IX. The meeting adjourned at 4:30