

# *MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING*

*May 31, 2018*

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

Members Present: Kathy Bertelsen, Carrie Larson, Kathi Froemming, Carol Arnerich and Shelby Wild

- I. The meeting was called to order at 3:35 pm
- II. Minutes from April 26th were reviewed and approved as written.
- III. Reports:
  - a. Kathy reported on the status of the LCAP goals that the Wellness Committee submitted for next year – elementary schools will continue to have a P.E. teacher; one or more water refill stations will be installed at all schools. Goals that were not a priority for next year are: hire a Wellness Coordinator and re-establish outdoor learning labs (gardens) at elementary schools.
  - b. Wellness Communication /Topic for Site Meetings - Kathy reported that she provided each principal with a copy of the April/May Wellness Communication for Site Meetings. Included in this communication was a call to action to seek stakeholder input for a new District policy on classroom parties (a USDA wellness requirement for this school year). Kathy was invited to an ELAC meeting at C. Ruth where she to the opportunity to review the Wellness Communication Topic document with parents. A vote was taken at this meeting for a new policy on classroom parties. All 9 parents selected option #3, which is: follow Federal Smart Snack guidelines for classroom parties except for 4 days per year where latitude is given to celebrate with whatever foods they want, e.g., Halloween, Winter Holiday, Valentine’s Day or end of year party. The committee did not receive any more guidance from LUSD stakeholders in the decision for a classroom party policy.
- IV. New Business:
  - a. Goals for this school year
    - i. Update AR 5030 to be in line with provisions of Final Rule (of the HHFKA of 2010) – Kathy provided an edited version of the existing AR 5030 for consideration, which included the new BP 5030 Gamut updates. This ensures compliance of all “Final Rule” regulations for the updated Wellness Policy (AR 5030). The committee reviewed the document and accepted or rejected edits, and recommended new edits. Kathy will finalize edits and email to members to be

discussed at the August meeting. The goal is to get it on the Board Agenda for approval in September.

- ii. Develop standards for all foods and beverages provided, but not sold, to students during the school day – Kathi Froemming made a motion for the committee to vote on options for a District policy on classroom parties. All members present voted for option #3 – Follow Smart Snack Guidelines except for latitude given 4 days a year where they can celebrate with whatever foods they want. There will be a communication to parents about the new policy in the First Day Packets which will include Smart Snack suggestions for classroom parties.

V. Our next meeting will be on August 23, 2018, from 3:30 to 4:30 at the Central Kitchen, 600 E. Central Ave, Lompoc.

VI. The meeting adjourned at 4:30

Respectfully submitted by,

Kathy Bertelsen, RD; Chair, LUSD Wellness Committee