

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
November 20, 2008

- I. **The meeting was called to order at 3:38.** The following people were present: Kathy Bertelsen, RD (Chair/Food Service Manager), Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist), Miranda Burford, RN (District Nurse Supervisor), Frank Lynch (Superintendent), Judy Taggart (Lompoc Valley Community Health Organization)
- II. **Minutes of the previous meeting** were distributed and there were no noted changes.
- III. **Wellness News in the Community**
 1. Michelle and Kathy spoke on behalf of the school district at the National Association of Active & Retired Federal Employees (NAARFE) last week on the topic of changes in Food Service related to the District Wellness Policy. The positive changes in the cafeterias were well accepted by the group.
 2. Judy Taggart reported on the parent focus groups that they have been conducting with the help of researchers from Cal Poly for the Lompoc Valley Healthy Kids Initiative. The purpose of the focus groups is to give the taskforce information about various cultural groups in Lompoc and their perceptions about obesity and issues with nutrition and physical activity. The parents were not only asked about how they felt but also what they thought the community could do to help. What they learned so far: communication could be better; there were positive comments about the meals served at the school district, especially breakfast; and parents appreciated being heard. The full report of findings is expected on January 15th.
 3. Judy also reported that she has been to most of the Lompoc organizations and businesses to give an update on the progress of the Healthy Kids Initiative.
- IV. **Examples of “wellness” working in the District**
 1. Breakfast is now served at Crestview and is going well and serving over 60 students each day.
 2. Michelle reported of a great healthy fundraising idea that Crestview is doing. Instead of candy and cookies, they are selling pasta kits that are fun and unique.
 3. Food Services put the Orfaela Fund Culinary Boot Camp training to good use. Kathy reported that the staff who went to the training (Michelle Mackinnon, Namroong Valencia and Ismael Guerrero) used what they learned at the training to train the staff during the mandatory inservice day on November 10th. They trained the staff about grinding spices to maintain their freshness and flavor; how to roast Yukon Gold potatoes and carrots; and how to make honey mustard vinaigrette dressing. These new items will be served in the district in January.
- V. **Committee comments or issues that need to be addressed regarding wellness in the district:** Dr. Lynch brought up several concerns that we need to think about in light of the economic situation at hand. He said we will likely see an increase in the use of the free and reduced meal programs within the next six months with families losing their homes and jobs and the price of food continuing to go up. He said we need to be proactive and make sure that parents are aware they can apply for meals in the middle of the school year when there is an economic change in their household. Kathy will write an article about that geared to the parents that principals can use on their next bulletin or newsletter they send home. Kathy will advise the principals to have extra applications on hand and to bring it up at their next staff meeting and

encourage teachers or support staff to provide students with an application if they feel the family may need it.

Dr. Lynch felt that we may want to bring back the second breakfast because economic times may warrant it. He advised Kathy to discuss it with Tanya Opfermann and have her put it on the agenda for the Administration Council meeting.

Lastly, Dr. Lynch said there is going to be a need for clothes, coats and school materials. He suggested that the Wellness Committee go to the PTA Council meeting (contact Celeste Pico) to see if they might help with some kind of slush fund for this purpose.

- VI. **Old Business** – last month it was suggested that we advertise about SPARK – the districts PE program – on the district web page given the low score on the Healthy Kids Wellness Survey regarding awareness of SPARK. Kathy asked the committee for some direction on how we might accomplish that. Dr. Lynch suggested that Schel Brown put together a piece to be posted on the web page by Trevor Vass.

Judy Taggart said that LVCHO has some grant money leftover. She said she would look into possibly using it to have a contest at the high schools where students would take videos of SPARK in action at the elementary schools where they could win prize money for the best video. The winning video could be linked on the district web page for parents and the community to view.

VII. **Goals for This Year:**

1. Goal #1 – update AR5030: Kathy reviewed the recommended changes for Administrative Regulation 5030 which is a guide of how the district Wellness Policy (Board Policy 5030) would be carried out. The changes involved correcting typos, making the document more concise and bringing it in line with BP5030. The changes were accepted by the committee. Kathy will update the document and forward it to Dr. Lynch.
2. Goal #2 – finish collecting data for indicators for the 2006-2007 year: Kathy reviewed the work that had been accomplished so far:
 - a) Fitnessgram scores will not be compared this year. Next year the data will be compared so the same set of students will be compared since data is collected on 5th, 7th and 9th grade students.
 - b) California Healthy Kids Survey data will not be available until March.
 - c) Comparing 05-06 school year to 06-07 – breakfast participation was up 55% and lunch was up 12%. The reasons for the increases are the second breakfast at the elementary schools and improvements in quality, variety and service.
 - d) Comparing 05-06 school year to 06-07 – Food Services a la carte sales were down 1% at middle schools and 55% at high schools. Senate bills 12 and 965 likely had a small impact at middle schools and high schools. Sales were dramatically down at high schools because students would rather participate in the school lunch programs at the high schools because of the new food courts which is a good thing given that the complete meal is the healthier choice.
 - e) Still trying to collect data from principals on types of fundraising done at the schools and PTA. Only half of the data forms have been returned. Kathy sent the form out again to the principals that did not respond.

3. Goals #3 – we will start collecting data for indicators for the 2007-2008 year

VIII. **Next meeting** – usually the 4th Thursday of the month from 3:30 to 4:30
Our next meeting is Thursday, January 22nd from 3:30 to 4:30 at the Central Kitchen.
There will be no meeting in December.

IX. **The meeting adjourned at 4:30.**