

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
October 23, 2008

- I. **The meeting was called to order at 3:35.** The following people were present: Kathy Bertelsen, RD (Chair/Food Service Manager), Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist), Robin Madden (Teacher, Crestview Elementary School), Miranda Burford, RN (District Nurse Supervisor), Sheryl Murray (Activities Director/teacher Cabrillo High), Frank Lynch (Superintendent), Angie Gonzalez (PTA/Carnahan Physical Therapy), Bob Lingl (City of Lompoc)
- II. **Minutes of the previous meeting** were distributed and there were no noted changes.
- III. **Wellness News in the Community**
 1. LUSD was mentioned in an article in the Lompoc Record on October 9th in the Health & Wellness section regarding National School Lunch Day. The author, Judy Taggart, spoke about the healthiness of the school meals in Lompoc.
 2. Miranda Burford stated that there was a free flu shot clinic today in Lompoc.
- IV. **Examples of “wellness” working in the District**
 1. Kathy reported on the Healthy Kids Wellness Survey that was targeted to parents. A survey was provided to each household with the opening day packet. The purpose of the survey is measure how well the district’s wellness policy is working. A total of 2,404 surveys were returned. Following are the results:
 - 48.5% were aware that the district had a wellness policy – 49.3% were not
 - 46.8% have noticed changes at their child’s school that support health and wellness – 51.5 % did not notice any changes
 - 54.6% noticed more lessons and activities related to health, fitness and/or nutrition in the past year – 43.1% did not
 - 57.8% stated that their child talked about health, fitness and/or nutrition more often – 40.3% did not
 - 34.3% were aware of the Sports, Play & Active Recreation for Kids (SPARK) physical education program that is being used at their child’s school – 64.3% was not
 - 96% felt that physical education is an important part of their child’s education – 2.8% did not
 - 51.8% of parents said their child was active; 34.9% said somewhat active; 9.9% less active and 2.1% inactive
 - 75% said that their family engaged in activity recreation after school or on weekends – 24% did not
 - 74.7% said they considered the foods served at school to be healthy – 24.4% did not
 - 59.6% believed there were more healthy choices last year compared to the previous year – 35.1% did not
 - 49.6% were aware of the healthy classroom party guidelines – 44.1% were not
 - 61.1% said that they modeled healthy eating habits in front of their children – 33.7% did notDiscussion: The score was low related to awareness of the SPARK physical activity program. One reason could be that students and

parents do not know that the districts PE program is called SPARK. It was felt that the district could do a better job at letting parents know about the SPARK program and the wellness policy. Some suggestions were to advertise on the district web site and on the elementary menus which goes home to parents monthly. Food Services will use the elementary menus to do some marketing on SPARK, the wellness policy and healthy party guidelines in the future. There were comments on when is the best time and best way to survey the parents. It was suggested that a survey be done at the end of the year and that for elementary – it could be sent home with the students. Open houses might be a good place to survey the parents at the secondary schools.

2. At Lompoc High the snack sales were stopped and two new serving lines were placed where the snacks were sold and participation has increased about 150 a day. New floors were put in the kitchen and the dining room which adds to the ambience of the cafeteria and the sports mural was placed on the large sliding doors.
3. Crestview will start a breakfast program on Oct. 27th. All the schools will then have a breakfast program.
4. Crestview is recycling bottles and using the money for bowling party field trips, pizza parties and a swim party at the end of the school year. So far more than \$200 has been raised. Last year they raised \$1200.
5. An after School Snack program, which features healthy snacks, will start at Los Berros in November.
6. Michelle and Kathy attended an ASB meeting at Lompoc High to see what the students had to say about the Brave's Bistro Food Court. It was a very positive meeting. The students are enjoying the food and the variety. They requested that a system for students who are in clubs, and going to a meeting, be able to cut in front of the line at lunch. The details are being worked out.
7. There was a great topic presented on the first teacher inservice day – neurologically based movement. Robin said this was really helpful to relieve stress and thought more training like this should be offered in the district.

V. Committee comments or issues that need to be addressed regarding wellness in the district

1. Crestview now has a three-compartment sink and hand sink, which is a requirement by the Health Dept. to have a salad bar. Kathy will discuss with Ken Faulk when it can be started.
2. Mr. Lingl, who runs half marathons, has an interest in working with children who do not ordinarily exercise to get them interested in running. It was suggested that he contact Schel Brown, who is assistant principal, at Cabrillo High. It was also suggested that Mr. Lingl sponsor a 5K run at one of the elementary schools. Angie Gonzalez suggested that some sort of physical activity “challenge” take place for teachers and staff in the district.
3. There will be a student survey going out this year to evaluate how the wellness policy is working from the student's perspective. It was suggested that there be no more than 5 questions. There will also be a staff survey this year.

VI. Old Business:

1. Kathy reported that Dr. Lynch accepted the committee's recommendation for the wellness policy update on BP5030.

VII. Goals for This Year:

1. Update AR5030 – Kathy provided the committee with some changes and asked them to review them and prepare to discuss them at the November meeting.
2. Finish collecting data for indicators selected for the 2006-2007 year – Kathy reviewed the information that had been collected so far with the committee and asked for some help from the committee for data collection.

VIII. Next meeting is Thursday, November 20th, from 3:30 to 4:30 at the Central Kitchen. There will be no meeting in December.

IX. The meeting adjourned at 4:35