

# ***MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING***

## ***October 22, 2015***

*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 3:31. The following people were present: Kathy Bertelsen, RD (Manager Child Nutrition Services/Chair Wellness Committee); Kirsten Criswell (Orfalea Foundation, School Food Initiative); Ashley Costa (LVCHO), Emily Casarez (LVCHO), Teresa McIntyre (YMCA), Lindsey Cossman (Parent Miguelito Elementary School, Josh Fit); Joshua Cossman (Parent Miguelito Elementary School, Josh Fit); Trina Long (Santa Barbara County Public Health); Yvonne Tullock (LUSD School Nurse); Mana Gul (CHS student); Cora Pickels (CHS student); Chris Ladwig (CHS teacher); Elvira Martinez (LUSD translator); Sonia Sandoval (Hapgood parent, LUSD Nutrition Advocate)
- II. Minutes from the previous meeting were discussed. Ashley noted that comments she had made were not included in the minutes. Kathy added the following: Superintendent McDonald should be informed of items that come up in the meeting, such as, parent complaints about wellness issues in the district.
- III. Reports:
  - a. School Wellness Summit – Chris Ladwig and two Cabrillo High Students reported on their Fast Pitch competition at the Summit and the \$5,000 grant they won. They will use the award to pay for two water refill stations at Cabrillo High, one in the Cafeteria and one in the Aquarium. The grant will pay for the refill stations, go toward installation costs and filters. Cabrillo High students will use the refill station in the Aquarium to teach LUSD student who visit the Aquarium about the benefits of drinking water vs. sugary beverages.
- IV. Public Comments & Concerns Discussion:
  - a. Teresa McIntyre commented that more physical activity is needed in the schools. She said that she had volunteered at Buena Vista for several years teaching the SPARK PE program. It was very well received, and after a few sessions, the students became natural leaders of the exercises. Teresa suggested creating a program for active birthday parties instead of cupcake type parties.. Ashley Costa thought there was already a program like that, and would research what is available.
  - b. Emily Casarez told about the CATCH (Coordinated Approach to Child Health) program, which is a new phase of the SPARK program. The program incorporates continuous movement while setting up and teaching, and uses less equipment, which was a problem in the past with SPARK.
  - c. Ashley invited members to send any research they found to her that support the programs discussed above. She said she would see if she could find some funding for it if the District was willing.
  - d. Trina Long commented that Santa Barbara County Public Health has been offering CATCH training.
  - e. It was mentioned that the District provides PE teachers for most of the elementary schools two days a week. Kathy will find out more details and where the funding comes from.
  - f. Maria Sandoval is concerned that students at Hapgood Elementary School do not have adequate time to eat lunch. She said her children complain of being hungry because they do not have time to eat lunch. Kathy stated that CDE requires students have 20 minutes to eat lunch after they get their meal. Kathy said she would visit the school and monitor the time given for students to eat.

- g. Lindsey Cossman commented that the teachers are not always good health role models for students. She asked the question: “What can we do?” Kathy noted that item #2 on the School Wellness Policy summary graphic states: “Adults on campus serve as positive role models for healthy eating and physical fitness”. One idea was that nutrition needs to be topic at school assemblies.

V. Old Business:

- a. Marketing our Wellness Policy
  - i. The one page graphic summary was provided to all LUSD staff
  - ii. It was also posted on the District’s web page
- b. Kathy shared parent issues from last month and committee suggestion to have principals share graphic at staff meetings with Superintendent McDonald

VI. New Business:

- a. Work Plan for the Healthy Lompoc Coalition/LUSD Wellness Committee Working Group
  - i. Goal #1 – Increase parent involvement in health & wellness efforts
    - 1. We identified another barrier to Nutrition Advocates coming to Wellness Committee meeting – Childcare – we will invite them to bring children
    - 2. We decided how many parent leaders are needed – one from each site
    - 3. We decided who is responsible to transition Nutrition/Parent Advocates to parent leadership training – Kirsten or Trina
    - 4. We decided who is responsible to get PTA to participate on Wellness Committee – Kathy and Trina
  - ii. Goal #2 – Fully implement and enforce the School Wellness Policy
    - 1. We decided what the next step is – develop a tool to determine level of compliance at the sites (an assessment tool)

- VII. Next dates – usually the 4<sup>th</sup> Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on January 28, 2015. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

- VIII. The meeting adjourned at 4:30

Respectfully submitted by,  
Kathy Bertelsen, RD