

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING  
November 29, 2007

- I. The meeting was called to order at 3:38. The following people were present: Kathy Bertelsen (Food Service Manager), Miranda Burford (School Nurse Supervisor), Sandi Jefferson (Community Health Promotion Specialist, Lompoc Valley Healthcare Organization), Schel Brown (Administrative Dean El Camino MS), Kristina Clark (Teacher, Miguelito).
- II. Minutes of the previous meeting were distributed and there were no noted changes.
- III. Wellness News in the Community
  - a. Congratulations to Sandi Jefferson for her new appointment to the California State Board of Education Child Nutrition Advisory Council! The mission of this council is to provide leadership for the enhancement of health and nutrition education for California's youth.
  - b. Thursday, Dec. 5<sup>th</sup> there will be an article in the Health and Fitness section of the Lompoc Record about the District Wellness Policy written by Sandi Jefferson.
  - c. Sandi Jefferson reported that there was a planning committee meeting held at Clarence Ruth Elementary School for "A Safe and Playable Thompson Park". The California Endowment grant is paying for this project.
- IV. Examples of "wellness" working in the District
  - a. Cabrillo got their artwork on the windows in the cafeteria – Kathy Bertelsen shared pictures of the new Conq. Café Food Court.
  - b. A la Carte snack sales declined because of the student's interest in the new foods for school lunch, therefore, that line was changed to another "Taco Express" school lunch line.
  - c. Miranda Burford set up a nutrition education display in the Lompoc High Library "Portion Control" which the library Tech, Bea Reynolds, says is attracting a lot of student interest
  - d. Michelle MacKinnon, RD (Food Service Supervisor/Nutrition Specialist) taught a nutrition education topic at the Food Service staff developemnt on Nov. 1<sup>st</sup>, which was also offered to district employees at the Lompoc High campus.
  - e. Michelle MacKinnon also taught a group of 160 athletes/cheerleaders on the topics of maintaining healthy weight and sports nutrition this month.
  - f. Congratulations to Jeff Wagonseller and the staff at Lompoc Valley Middle School! They put together a proposal to ban students bringing popular energy drinks on campus. His staff signed the proposal which will go home to parents. Beginning January 7<sup>th</sup> staff will be confiscating these drinks from students as they enter the campus.
- V. Distrc SPARK's trainers Schel Brown and Kristina Clark gave a report on how the SPARK program is going. Fifteen more teachers were trained on SPARK on October 29<sup>th</sup>. There will be more training offered in the early spring.

Schel gave a presentation about the background of SPARK which stands for Sports, Play and Active Recreation for Kids. This program was started in 1989

by a team of researchers and educators at San Diego State University and UC San Diego. SPARK curriculum is clear, teacher friendly, progressive, and easy to implement and it is fun for kids.

Schel pointed out that in the future we are going to see PE be included in standardized testing so that districts will be held accountable for fitnessgram scores just as for other subjects.

At El Camino, as part of SPARK, students are learning to line dance. And when they have school dances, the students are crowding the dance floor to do line dancing and having a blast doing it. He said that teachers even participate.

Schel said he is seeing students in the community doing SPARK activities outside of school. That was one of the goals of the researchers that developed it – that it would promote physical activity after school and on weekends.

And he said it has changed their recess - the students are becoming more confident with kickball and softball because of SPARK training.

Kristina, who teaches 2<sup>nd</sup> grade and team teaches SPARKS for a 5<sup>th</sup> grade class, spoke about some things that she does to make the process easier for the teacher. She assigns PE helpers – students that help get the equipment and set it up. She said you must put some time in up front to train the helpers and to teach the students the structure, but once the groundwork is laid – the class can get started in a timely manner. She also teaches some students to model the games. And she brings an extra pair of shoes to be prepared. She also said that teachers can team teach, for example, one teacher can do another teacher's SPARK session in exchange for teaching another subject. Kristina likes the flexibility of SPARK in that you can choose various sports activities that work for you. SPARK can be used integratively to integrate other subjects, such as math, in with PE. You can access their web site: [sparkdspe.org](http://sparkdspe.org) to get a breakdown of the state standards by activity.

Following are the results of a written survey that was done on a fifth grade class at Miguelitto. The students were asked “What do you like about the SPARK program”: SPARK is fun; it is non-competitive; I like the variety; everyone is excited; I like getting out of class; I like the fun games; I like the bowling with water bottles; I hope we can do SPARK more often.

- VI. There will not be a meeting in December. The next meeting will be January 24<sup>th</sup> at the Central Kitchen from 3:30 to 4:30.
- VII. The meeting adjourned at 3:30.