

Health and Wellness Committee

Lompoc Unified School District

Minutes – Wednesday, November 29, 2006

In Attendance: Kathy Bertelsen, Melinda Burford, Lynne Dixon, Sandi Jefferson, Robin Madden

1. Kathy called the meeting to order at 3:35 pm.
2. No changes to the minutes from the last meeting were indicated. Minutes approved.
3. Kathy informed those in attendance of Kay Eatmon's resignation due to other obligations.
4. Kathy discussed articles in the Lompoc Record, located in the Health & Fitness Section. The article is about wellness and the positive changes taking place at Lompoc High, it is getting lots of attention. Cabrillo High may be placing a copy of the article in their report cards at the end of the semester.
5. Kathy shared that the "photos of wellness" (4 photos) will be hung in the Board Room soon.
6. Miranda reported that her internship is complete. She is very appreciative to Kathy for being her proctor. During her internship, she said she was able to use all the tools she has learned while in pursuit of her MPH.
7. Miranda reported that she has been awarded a grant in the amount of \$6,080.00 for Lompoc Health Awareness which is funded by the Santa Barbara Fund.
8. Group discussed *Implementation Plan #4 – Attend meetings of stakeholders and distribute Wellness Policy and Creative and Fun Fundraising and Healthy Classroom Party Ideas packets*. Kathy reported that she and Sandi Jefferson have attended Crestview and El Camino's staff meeting and the District PTA meeting. The group decided that for the time being we will wait to be invited to staff meetings, classrooms, groups etc. to discuss the new wellness policy.
9. Robin shared her experience with the SPARKS training she attended this summer. Reported that it was awesome! Would have preferred to have this training during the school year so teachers could return to the classrooms and immediately began the program. Reported that teachers who did not attend the training are not allowed to use the SPARKS equipment. She highly recommends this program to get kids active and moving.
10. Next meeting is scheduled for January 31st at the Central Kitchen Conference Room.
11. Meeting adjourned at 4:45 PM

Respectfully submitted,

Sandi Jefferson