

AGENDA: LOMPOC USD WELLNESS COMMITTEE MEETING

November 15, 2016 – Special Meeting

Members Present: Kathy Bertelsen, Ashley Costa, Emily Casarez, Fidel Villanueva, Kim Leung, and Kirsten Criswell.

- I. The meeting was called to order at 1:05pm. Minutes from the previous meeting were approved as written.
- II. Old Business
 - a. Wellness Policy Assessment
 - i. Administration WP Assessment
 1. Kirsten asked if there was a possibility to increase the snack program at more sites. Kathy mentioned that there are a few other sites being considered for ASES after school program. The foodservice department is considering a super program but the sites are small. Fidel said that at Guadalupe, there are hot meals being served, specifically pozole. A large challenge is refrigeration for these additional programs. Kathy is interested in having a supper program at the Boys and Girls Club at Lompoc.
 2. Ashley is excited about the goals from administration and goal #2 may be a direct result of the School Wellness Summit, having a full-time PE instructor at every elementary site by 2020. The other goals include having a garden at every school and developing a PR campaign to educate parents about the need for healthy party snack ideas.
 - ii. School WP Assessment
 1. Two were missing from the last meeting and there is still one missing from Clarence Ruth. There is a desire to have the assessment completed before the end of the year.
 - b. Health & Wellness Surveys
 - i. Review work on LUSD survey for teachers from October 27th
 1. Kathy reviewed the work from edits made from the last meeting. Ashley is wondering if we are doing the survey backwards. Ashley is wondering if we should create a goal and trickle down from our main goals and then create a survey. Kirsten says we should include a question that prompts teachers to reflect if they understand the reason behind why there is a wellness policy, specifically “I understand the law requiring school districts to establish a district wellness policy

that includes ongoing implementation, dissemination, and assessment”. The committee reviewed the edits made and made suggestions/edits to each question. The committee changed open-ended questions to have categories and check boxes rather than leave it up for comments to be made. The committee looked over Kathi Froaming’s edits and made additional questions to add onto the teacher survey. Ashley is wondering about asking about fundraisers and workplace wellness. A comment will be added to each question or add an open-ended comment at the end of the survey which may or may not be disseminated. Another question regarding school gardens was added, “Do you support the use of school site and/or district funds for gardens and garden-based education”.

III. Reports

a. Project LEAN Update

- i. Kirsten provided an update from Project LEAN and Next Steps include setting up a small meeting that involved district administrators, teachers, and others.

IV. Next Meeting – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on January 26, 2017. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

V. Adjournment