

MINUTES - LOMPOC USD WELLNESS COMMITTEE MEETING
October 25, 2007

- I. The meeting was called to order at 3:40. The following people were present: Kathy Bertelsen (Food Service Manager), Miranda Burford (School Nurse Supervisor), Dr Lynch (Superintendent), Robin Madden (teacher Crestview), Sandi Jefferson (Community Health Promotion Specialist, Lompoc Valley Healthcare Organization).
- II. Minutes of the previous meeting were distributed and there were no noted changes.
- III. Regretfully – Mellissa Zebley will not be representing the PTA at our meeting any longer. Congratulations to her – she received a job promotion to Senior Office Asst for Counseling at Lompoc High.
- IV. Wellness News in the Community?
 - a. The 1st Annual Childhood Obesity Summit was held on Oct 11th put on by the Lompoc Valley Healthcare Organization. It was a huge success.
- V. Wellness is working in the District!
 - a. There will be SPARKS training on Oct 29 and 30 for elementary 3-5 grade level – paid for by LVCHO and more training held in the summer. Sandi Jefferson said that by next November – everyone will be trained.
 - b. Cabrillo will get artwork on the windows in the cafeteria this Saturday
 - c. At the October 23rd Board Meeting LUSD PTA Council President Tammy McComber presented the Wellness Committee with the banner that our district PTA was presented with for winning the Building Bridges for Health Award for the districts outstanding contribution to Coordinated School Health. Lompoc was recognized for their efforts to tackle the obesity epidemic by ensuring that the wellness policy was inclusive of healthful food and opportunities to be physically fit. The banner will be displayed in the Conference Room at the Central Kitchen where the Wellness Committee meets.
- VI. Committee comments or issues that need to be addressed regarding wellness in the district
 - a. Replies from last months issues
 - i. A concern that PE at high school level is only required for 2 years: Dr. Lynch addressed this issue at the Healthy Kids Summit two weeks ago. He said that he is working with other school administrators in the state for a return to 4 years of PE in high schools
 - ii. Concerns about time issues with fitting in SPARK sessions at elementary schools: Kathy brought up at the PE Task Force Meeting on Oct. 9th. It is recommended that the SPARK representative (STAR) from each school go to that meeting. The next one is Jan. 29th. Note: the Wellness Mini-Grant will pay for the SPARK STARS to go Kathy is hearing concerns from principals and teachers about students bringing unhealthy food to school: Kathy addressed this issue at the Admin Council meeting

on Oct. 18th. She suggested that the principals make a policy at their schools. This will be a topic that will be brought up with parents in school meetings and training sessions in the future. Jeff Wagonseller has requested a speaker for health topics at parent workshops.

- b. Issues/comments from last month:
 - i. A board member called with a concern about school staff in a admin building eating unhealthy foods at their desks in front of students: Kathy brought this board member's concern up at Admin Council meeting on Oct. 18th
 - ii. Denny Anderson of the Chamber of Commerce asked that healthier foods be served at students meetings. He says donuts are being served.
- c. New issues/comments:
 - i. Miranda Burford has a concern with community snack bowls on staff desks with the recent outbreak of MRSA (Methicillin Resistant Staphylococcus Aureus).

VII. Health-e Living – supports one of the Wellness Policy goals – *provide nutrition education at each grade level, as part of not only health education and home ec, but also to occur in classroom instruction subjects such as math, science, language arts, social sciences...*(AR5030 page 9). Health-e Living is a link on the district's web page where teachers can print wellness lessons to use in their classrooms. Some of the lessons are available in Spanish as well as English. These lessons work well for Spanish speaking parent groups. Carmen Chavez at La Canada and Rose Montez at Hapgood will use the Spanish version of "Healthy Families Making Healthy Choices" with their Spanish speaking parent groups.

VIII. Kathy gave a report on the School Wellness Demonstration Mini-Grant. It is a 2 year, \$30,000 USDA grant. Our district has been selected as a control group. The purpose of the grant is to look for successes with implementation of wellness policies in school districts in California, PA and Iowa and to develop tools for districts to use to measure if their wellness policies are working. The money will be used for data collection, professional development, stipends for SPARKS STARS to go to the PE Task Force meetings, conduct surveys in the district, and provide education to parents.

IX. Other Business:

- a. The committee decided to change its 3rd goal for the year from surveying staff, to include surveying students and parents as well
- b. Robin Madden a 5th grade teacher at Crestview will be starting a walking program with her students before school starts in the morning. She will use that time to discuss other health topics with her students. Dr. Lynch suggested that she do a research project by measuring the attentiveness and test scores on the students that participate.
- c. Sandi Jefferson will write an article about the "Health-e Living" link that is on the district's web page, inviting the community to take advantage of

- it. It will be in the Health and Fitness section of the Lompoc Record on Thursday, November 1st.
- d. Robin Madden will draft a generic site wellness policy which lays out how the school sites will ensure that the district wellness policy is being met. Dr. Lynch will bring the document to the Admin Council next month.
- e. It was discussed that Crestview will be serving School Breakfast next year.
- X. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30
Next meeting is November 29th at the Central Kitchen
- XI. The meeting adjournment at 4:30