

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

October 24, 2019

*Our Mission: to promote and support a culture of health and fitness in the  
Lompoc Unified School District*

Members Present: Hannah Carroll, Bessie O'Connor, Emily Casarez, Kathi Froemming, Ashley Costa, Carrie Larson, Kirsten Criswell, Marina Musante, Kathryn Thompson

- I. The meeting was called to order at 2:30 pm
- II. Minutes from May 23<sup>rd</sup> were approved as written.
- III. Reports:
  - a. Bree Valla requested that we report an update on the new LUSD Employee Wellness Program. The LUSD staff gym is officially open and has received over 1,500 visits since July. Trevor and Bree will be finalists at the Wellness Summit next week for a \$5,000 grant. This grant would support the yoga program at LUSD.
    - i. Committee Questions & Comments: How many of these visits are returning visitors? Does the gym intimidate or discourage some staff members due to lack of knowledge on how to use exercise equipment? Suggest a series of training sessions to empower employees. Focus on safe weight lifting techniques. Potential partnership options include Best Coast Fitness and Ohana Cross Fit.
  - b. Hannah Carroll gave a summary of the 2019 Summer Food Service Program. We had a successful summer, feeding breakfast, lunch, and snack at sites across the community. We served 5,986 breakfasts, 13,582 lunches, and 4,772 snacks. CNS plans to create a marketing campaign for next summer, to expand the program. Partnerships with local agencies who host summer programs for kids is crucial. The goal is to make the community aware that LUSD is their resource for summer meals for kids.
  - c. Hannah Carroll shared an update on our child nutrition program's success since adding 3 new CEP (Community Eligibility Provision). Data: 10% increase in breakfast participation, 8% increase in lunch participation. We hope to work on continuing to increase the meals served to our students at these sites, alleviating the burden for parents to pay for meals or pack lunch.
  - d. The Wellness Summit is next Wednesday, October 30, 2019. Registration information for this event can be found at [www.SchoolWellnessSummit.org](http://www.SchoolWellnessSummit.org). The cost is \$100. CDE will be presenting topics on Local School Wellness Policy, the Whole School, Whole Community, Whole Child model, as well as workshops to support the Whole Learner. Presentations will also be given by Susan Salcido, Fight Back Santa Maria Valley, SAFTY by Casa Pacifica, and MINDBODY by UC Cooperative. Trevor McDonald and Bree Valla from LUSD are finalists for a \$5,000 mini grant that will be awarded at the event.
- IV. Old Business
  - a. This is the first year for the chocolate milk removal project. Child Nutrition will collect data and document community feedback throughout the year to determine the impact of the policy change. During the conversation, the following thoughts were posed for future consideration:
    - i. We shift our message and start encouraging consumption of white milk. Bessie with the Dairy Council is an excellent resource to educate our students and community on the benefits of milk. She stated that the Dairy Council does not market white milk vs. chocolate milk.

- ii. Ingredients in milk has improved and sugar levels of the different flavors are comparable. Much of the public lacks this information.
- iii. Is there a future for milk alternatives and plant-based milks? Major consideration is our audience. The cost of alternate milks is significantly higher.
- iv. Suggestion- table this conversation for the year and focus on other goals.

V. New Business/Next Meeting

- a. Committee agreed to change the meeting time back to 3:30pm, to ensure that teachers and school faculty can attend the meeting.
- b. LUSD Wellness Newsletter- Discuss at the next meeting the potential for a newsletter.
  - i. Will need to discuss the following: appointed editor, how often it releases, who receives the letter, the method of communicating the letter, funding for letter, content/format for consistency, etc.
- c. How do we expand and grow our committee? Action: Hannah will work to recruit representation from each school site at the next Admin Council on November 7, 2019 at 8:30 am. Hannah Carroll will connect with Kathi Froemming to get on the agenda.
  - i. Distribute wellness policy infograph. Post in the new LUSD gym.
- d. Wellness Committee Chair- proposal made to open the position to the public and offer a stipend. Bring thoughts, plans, and ideas on this conversation to next meeting. Consider pros and cons.
- e. Quarterly 90-minute meetings- The committee agreed that quarterly meetings might have better attendance. Vote on this at next meeting and schedule out 2020-2021.
- f. Next meeting- Begin to work on updating pages 9 and 10 of the Wellness Policy Assessment Report- Goals for the next three years.

VI. Next Meeting – The next meeting will be held January 23 at 3:30 pm in the Central Kitchen, 600 E. Central Ave, Lompoc.

VII. The meeting adjourned at 3:40 pm.

Respectfully submitted by,

Hannah Carroll, MA, RDN  
LUSD Wellness Committee Chair