

## MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

October 27, 2011

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

- I. The meeting was called to order at 3:34 pm. The following members were present: Kathy Bertelsen, RD (Manager, Child Nutrition Services); Michelle MacKinnon (Supervisor/Dietitian, Child Nutrition Services); Pamela Lee (Culinary Advisor, Orfalea Foundation); Carol Arnerich (President Lompoc Federation of Teachers)
- II. The minutes from September 22<sup>nd</sup> were reviewed and approved as written.
- III. Reports:
  1. Kathy reported on the Wellness Committee Report she gave to the Board in Septemeber. She added a section in the previously approved report to include the purpose of the Wellness Committee. A copy of the Board Report and Wellness Policy Progress Report were posted on the districts web page and also emailed to the principals. In an effort to get more committee members, Kathy invited the principals to send a representative from each school to attend the Wellness Committee meetings. And this person could also provide information about wellness progress that is going on at the sites. One suggestion to build participation at the committee was to provide good food, such as some of the new cooked from scratch food.
  2. Kathy reported that wellness efforts at LUSD were a hot topic for the news media. Reports appeared in the following media sources as a result of the Wellness Committee report to the Board:
    - Sept. 26 – Lompoc Record
    - Sept. 26 – KSBY 5:00 news featuring healthy choices at Lompoc High
    - Sept. 27 – Santa Maria Times
    - Sept. 28 – Santa Barbara Press
  3. Kathy reported that the Pilot Projects at Buena Vista and La Canada are still scheduled to be completed in November. She also told how the new food was going to be marketed to the teachers at Buena Vista on the October 31<sup>st</sup> staff development day.
  4. Kathy reviewed the SPARK Survey which was conducted on April 12-20<sup>th</sup> by LVCHO Healthy Lompoc. The report started with a history of the Healthy Lompoc Coalition and the SPARK PE program. The reason for the SPARK survey is that some LUSD teachers were experiencing challenges with the SPARK program, especially regarding materials and equipment. A total of 100 teachers who were SPARK certified completed the survey (64% in all). The question regarding if there were policies in place at the schools for recruiting and training SPARK leaders - the answers did not reflect that there were good policies in place in all the schools: Only about 20% responded that policies reflect sound plans for maintaining SPARK leaders; about 22% responded that they had policies but that their plan was not very good; about 19% responded that they had policies but they did not appear to be tied to a plan; and about 27% said they had no such policies. The survey did reveal that there were indeed challenges with equipment and training materials. And about 48% responded that they were satisfied or somewhat satisfied with the equipment check out system at their school compared to about 41% somewhat dissatisfied to dissatisfied. Regarding utilization of the SPARK program: 40.5% of teachers reported using SPARK 3, 4 or 5 days a week; 38.1% use it 1 day a week; and 21.4% use it 2 days a week. Reasons given about barriers include: focus on teaching reading and math; large class size; and a lack of planning. When asked to comment on challenges – many teachers commented on a lack of equipment. The report included 4 recommendations to LUSD administration to improve utilization of the program.
- IV. Wellness News in the Community:
  1. Kathy reported on the Lompoc Community Health Summit which was held on October 5<sup>th</sup>. The theme of the conference was walkability and bikability. The speaker denounced references to “the obesity epidemic”. He said it is more accurate to say that it is an epidemic of “physical inactivity and poor nutrition” and that is what we need to call it. He made a great point about a change in how children are raised today compared to the past. The sedentary lifestyle of today can be more critical to the health of

children than being abducted, about 40 deaths per year, compared to about 400,000 sedentary related deaths. Yet, children are over controlled and over parented – they are no longer “free range kids” like 40 - 50 years ago when kids were allowed more creativity regarding physical activities. Kathy participated in a small group that discussed the topic of “promoting physical activity in and around school”. Ken Ostini was also in this group. An issue that came up is that the required PE minutes are not being taught in the schools. The reason stated was that teachers lack time because of focus on test scores and there is a lack of resources. But, it was pointed out that physical activity is proven to improve test scores, therefore, it is time well spent. A goal brought up to change the issue was to ensure that all schools had a school wellness policy which is in line with the district’s wellness policy and that research shall be shared with teaching staff that physical activity needs to be a priority. Ken stated that a school wellness policy needs to be included with each school’s plan.

2. The city of Lompoc received a \$402,000 Caltrans grant to support safe routes to school efforts for the K-8 schools in the city of Lompoc.

V. Examples of “wellness” working in the District:

1. Kathy reported about the multi grain pasta taste test and survey that was done at Lompoc High and Cabrillo High. The students were surveyed about their acceptance of multi grain pasta and if they would buy it. And the survey included questions about what types of foods they would like to see at lunch in the future. The surveys went very well, the multi grain pasta was well liked by the students at both high schools (174 out of 187 at Lompoc High and 130 out of 137 at Cabrillo) and at both schools students favorite choices for new items were hot Panini sandwiches and Chipotle Grill type foods. The students were gracious and grateful to be asked about what they wanted.
2. Nutritional information is now available for all menus on the district web page ([www.lusd.org](http://www.lusd.org)). You can get to the link from the Homepage under “Shortcuts”; find “School Menus” then click on “Nutritional Information”; select the school level; select the menu (breakfast or lunch); a calendar will pop; find the day you are interested in and click in the box on that day.
3. Facebook fame – Chef Pam Lee took some great pictures of freshly cooked foods at Lompoc High and posted on them Facebook: <http://www.facebook.com/pages/sCool-Food/55926785369>

VI. Committee comments or issues that need to be addressed regarding wellness in the district:

1. Kathy responded to Pam Lee’s comment last month about the possibility of providing 2<sup>nd</sup> breakfast at the secondary schools as Orcutt and Santa Barbara districts are doing. Kathy discussed this possibility at the middle school and high school meetings this month. Though a great idea, it is not possible at our secondary schools at the present time as the passing period is only 5 minutes. The district would need to change the school schedule to include a nutrition break. Carol Arnerich commented that at Lompoc High a good time to extend a passing period would be after the first period. Kathy will find out how long the break is at the schools in the county that are doing it and meet with the principals to discuss this possibility.
2. Pam Lee told how some of the schools in the county have used grants from the Orfalea Foundations to provide reverse osmosis water filtering systems in their cafeterias and even water bottles with school logos for the students. Kathy will call Kathleen for details.

VII. Our next meeting for the year is January 26<sup>th</sup> from 3:30 to 4:30 at the Central Kitchen.

VIII. The meeting adjourned at 4:38 pm.