

## MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

October 28, 2010

*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 3:32. The following people were present: Kathy Bertelsen, RD (Manager, Food Services); Michelle MacKinnon (Food Services Supervisor/Nutrition Specialist); Pamela Lee (Culinary Advisor, Orfalea Foundation); Carol Arnerich (President Lompoc Federation of Teachers); Steve McDowell (Lompoc Valley Community Health Organization); Namroong Valencia (Lead Central Kitchen)
- II. Minutes of the previous meeting were approved as written
- III. Reports
  1. Walk to School event on October 20<sup>th</sup> - Three schools were pilots with the help of grants garnered by the Lompoc Valley Community Health Improvement Coalition. Fillmore Elementary dropped out because the principal felt it would not be well attended. Miguelito had 280 out of 534 students participate and 105 parents. La Honda had 276 out of about 500 students participate and 100 parents. Parents and staff noted how little traffic there was to contend with that day. Walk to School events are in the planning stages for the spring. It is the hope that all the elementary schools will participate then.
  2. SPARK Meeting on September 22<sup>nd</sup> - They discussed if the SPARK meeting should be a part of the Wellness Committee. The group prefers to revive the P.E. Task Force meeting. Kathy recommended that someone from the Wellness Committee attend their meetings. Kathy will contact them to see if she can be a member, backed up by Carol Arnerich. Steve and Pam are also interested in attending. They discussed secondary training needs and equipment and the possibility of offering refresher workshops to previously trained teachers.
- IV. Wellness News in the Community:

Steve shared what the Lompoc Valley Community Health Improvement Coalition was working on. They received funding to do a SPARK assessment in the schools. They received grants for safe walking and biking routes in Lompoc. The focus had been on biking routes for recreation purposes but because there were no good places to bike to they changed their focus from bike recreation to bike transportation and are now looking at seeking grants for bike racks which are needed everywhere in town.
- V. Examples of “wellness” working in the District:
  1. Food Services passed their Child Nutrition Audit. The auditor made positive remarks about the district’s Wellness Policy and efforts of the Wellness Committee and also commented on the great efforts made by Food Services regarding nutrition education of students, thanks to the efforts of Michelle MacKinnon, RD, Food Service Supervisor/Nutrition Specialist.
  2. We are now serving frozen fruit smoothies for lunch at Lompoc High and Cabrillo High.
- VI. Wellness Issues in the District: Carol reported that some 5<sup>th</sup> and 6<sup>th</sup> grade students, although they pick up a lunch with all the required meal components, do not eat it. This appears to be a trend in the district. Kathy reminded the committee that early on in the development of the district wellness policy, one of the recommendations on the model we used was to allow elementary students to have recess prior to going to lunch so that students would be more focused on eating lunch once they had the chance to burn off some energy and socialize. The committee agreed that some evaluation could be done in this area.
- VII. Old Business:
  1. The AR 5030 - the district Wellness Policy was approved in October and is posted on the district’s web page.
  2. We finished reviewing the “Wellness Policy Progress Report” which is a comparison of data from the nine indicators we are tracking to see if the Wellness Policy is working. The report compares data from 05/06 - 09/10. It is full of positive trends which appear to be the result of the district’s wellness efforts.

The committee continues to work on collecting and reporting data for the report. Kathy Bertelsen will follow up with Bob Altvilla to find out why the two questions on the California Healthy Kids Survey that we were tracking were taken off the survey in 08/09. The committee feels these questions were to key to tracking health trends of LUSD students. Carol Arnerich will prepare the descriptions of the district's nutrition education, physical education and health education curricula for Indicator #8. There was some discussion about Indicator #9 - number of minutes of physical education instruction offered at each grade span. In the report we had documented the state standards per CDE, but it is likely that the minutes taught are not to standards at the elementary level (except for 6<sup>th</sup> grade where there are tutors) due to the tight schedules for teaching language arts and math which is a large focus in the district because of the program improvement status that most of our schools are in.

VIII. Meeting dates – usually the 4<sup>th</sup> Thursday of the month from 3:30 to 4:30.  
Next meeting is January 27<sup>th</sup> from 3:30 to 4:30 at the Central Kitchen.

IX. The meeting adjourned at 4:32.