



# *Lompoc Unified School District Wellness Committee Meeting*

**Minutes from Wednesday, October 25, 2006**

**In attendance:** Miranda Burford, Judy Taggart, Sandi Jefferson, Kathy Bertelsen, Kay Eatmon, Sue Hope, Charlotte Barnard, Lynn Dixon, Margaret Weiss

## **1. Introduction**

The meeting was called to order at 3:40 pm by Kathy Bertelsen. Introductions and announcements were made.

- Kathy circulated photos of the improvements at Lompoc High Cafeteria. All agreed the café looks beautiful and Kathy reported that the number of lunches sold has increased from 220 to 550.
- Kathy represented Food Services on a panel for the Youth Leadership Lompoc Valley meeting this month. Her topic was nutrition at the schools and the students were impressed and excited by the changes. Judy Taggart represented Lompoc Valley Healthy Kids Initiative (LVHKI) and discussed physical activity and the hospital dietitian discussed what can happen if you don't start taking care of your health while you are young.
- Lompoc Valley Healthy Kids Initiative has a spot for a weekly article in the Lompoc Record in the Health & Fitness Section. Judy Taggart welcomes ideas for the article.
- Sue Hope circulated Home Economic Teacher Cookbooks for sale at \$10 each.

**2. Minutes:** Minutes of the previous meeting were approved.

## **3. Work on Goal #1 – Implementation Plan**

- The group reviewed the letter to staff. Margaret agreed to edit to bring the letter to 1 page. Kathy will do a final edit and distribute the letter before the next meeting.
- Kay will be taking photos of SPARK activities and other photo opportunities of healthy behavior. Kathy will look into displaying photos in the board room at the district office.
- Kathy and Sandi, and possibly other Wellness Committee members, will be attending meetings such as ELAC, PTA, PTSA, School Site Council, and school staff meetings. Already scheduled are El Camino staff meeting and District PTA Council. Kathy will draft brief speaking points for use in these meetings. Miranda has created a chart showing what food and drinks are allowed for each school level which will be useful for the meetings.
- Miranda is creating newsletter articles for the schools.
- Sandi will write a brief article for inclusion in parent newsletter to go out before the holidays.

**4. Next Meeting:** Nov 29<sup>th</sup> at the Central Kitchen at 3:30 pm

Other meetings: Jan. 31<sup>st</sup>, Feb. 28<sup>th</sup>, March 28<sup>th</sup>, April 25<sup>th</sup>, May 23<sup>rd</sup>, June = TBD

**5. Adjournment:** Meeting adjourned at 4:40 pm

Minutes respectfully submitted by:

Margaret Weiss  
Member, Wellness Committee