

LOMPOC UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE MEETING
OCTOBER 26, 2005 MINUTES

Kathy Bertelsen, LUSD Food Services manager, started the meeting shortly after 3:00 p.m. She asked those present to introduce themselves. Several others joined the meeting after it was in progress. Please see the list at the end of the minutes for those present.

Kathy explained that we were meeting to develop a district Wellness Policy for the purpose of promoting student health and reducing childhood obesity. This policy will need to be in place by July 1, 2006. In order to meet this deadline, the committee will need to submit a draft of the policy to the Board of Education by March 1, 2006.

A PowerPoint presentation was given by Kathy that explained local wellness policies were needed due to Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004 that was enacted June 30, 2004. The fact that the prevalence of overweight children aged 6-11 has more than doubled in the past 20 years is one of the reasons behind this act.

The PowerPoint presentation also highlighted the need for the committee to address the nutrition guidelines for ALL foods available on each school campus. Of particular interest are the foods available during classroom parties, special events and fundraising events.

Incorporating Wellness Education into the curriculum as well as having fitness fairs and adult role models was also a part of the presentation.

The steps to developing a Wellness Policy are the creations of a committee, draft policies, report to the Board, Board adoption before July 1, 2006 and implementation.

Following the PowerPoint presentation, Kathy discussed child nutrition legislation. The district is following the laws that are already in place. There was discussion by the committee on the effects of SB19 on fundraising at the elementary and middle schools. Candy is being sold for fundraisers, which does not comply with SB19 nutrition standards but is in compliance because the sales occur off campus, however, it was brought up that this gives a "mixed message" and different fundraising ideas, e.g., magazine sales and walk-a-thons were mentioned. Kathy said she would research some different fundraising methods.

At present, there are no California laws governing the sale of snack foods at high schools. Recent legislation will change that starting July 1, 2007 when SB12 will go into effect. Under this law high schools must follow nutrition guidelines for snack foods similar to the SB19 guidelines. Under this law carbohydrates will be more restrictive than SB19 that limited a snack food to 35% added sugar by weight – SB12 limits a snack food to 35% sugar (a combination of naturally occurring and added sugar). There will also be a calorie restriction on snack foods – 175 for elementary and 250 for secondary. At secondary schools there will be a calorie restriction on entrée foods that are sold a la carte of 400 calories.

Management Bulletins put out by California Dept. of Ed., Child Nutrition were presented for the committee's reference. These bulletins are directives from Child Nutrition and often are used to clarify legislation and implementation of that legislation. For example, at present there are no California laws governing the sale of carbonated beverages at high schools, but Management Bulletin 05-110 discusses the Federal Policy and Requirements related to Foods of Minimal Nutritional Value (FMNV). At this time, the US Dept. of Agriculture prohibits the sale of FMNV to be sold on any school campus where National School Meals are sold or eaten. Dr. Lynch asked that the committee come up with a date for the schools to discontinue the sale of these items (e.g., carbonated beverages [with some exceptions], water ices, chewing gum, and candies made predominantly from sugar and corn syrup). He realizes that there will be some unhappiness over this change. Kay Eatmon mentioned that at Lompoc Valley Middle School, the snack bar has been selling nutritional snack foods and that there has been no loss of profit. The students are

also doing better. Allison Holmes, a student from Cabrillo High, brought up that not only is the soda sold at high schools in violation of this Management Bulletin, but candy is also being sold at the Student Store. There was discussion about students being upset over the loss of candy, which was met with the remark from Kay Eatmon that this generation of children has a shorter life expectancy than their parents.

There was discussion about foods competing with the Food Programs. Bree Jansen, ASB director at Lompoc High School mentioned an ASB accounting workshop where the competitive sale of foodstuffs was discussed. Kathy stated that there are some competitive sales issues in the district and that the committee should address this. The schools should partner with LUSD Food Service to be in compliance with Child Nutrition regulations. A variety of topics were discussed such as:

- Activities to promote good nutrition, health and wellness are needed at the schools, perhaps a Health Week or a Fitness Fair.
- Why the laws are geared toward elementary and middle schools and not high schools.
- Good nutrition starts at home, and there is a need for parent education.
- Lompoc Valley Healthy Kids has received a grant for three years to get the nutrition and wellness message to the community. There is a need for a community effort to promote the health and wellness of our children.
- Hapgood is piloting a program that is coordinated with Lompoc Parks and Recreation.

Kathy discussed the ways that the Food Service department was following the guidelines. She has changed the program from a food component program, which she felt was overfeeding the students, to nutrient standard menu planning. With the nutrient standard menu-planning program, the students have to take an entrée at lunch. Calorie goals are broken down by grade level, so menus are planned accordingly.

A question was asked about saturated fat and partially hydrogenated fats as they relate to heart disease. The saturated fat guideline was pointed out on one of the handouts.

Lori Hansford-Anderson asked to see the nutrient analysis of the foods being served to our students. She voiced a concern that at breakfast we are meeting the nutritional guidelines with mainly carbohydrates. Kathy pointed out that 180% of the recommended protein needs were being met and explained that cereal is being offered every day in addition to another item and that the cereal this year is low or reduced sugar only.

Kathy noted that there is a need to spruce up the cafeterias at the middle and high schools. She would like to have salad bars and food bars and another cashier so the line would move more quickly.

Some other comments made:

- To utilize the resources of our local farmers
- That the breakfast at Lompoc High School is excellent
- Students have the option of choosing fresh fruit instead of juice at breakfast
- The presentation of the food will affect the students use of the food service facilities at the schools
- That small red apples have been replaced with larger apples and different varieties are being offered
- Snack bars at the high schools are offering healthier choices, such as baked chips, and that students are buying the healthier offerings
- Students are addicted to highly refined carbohydrates
- Pricing of some of the healthier snacks prevents students from buying them and that to aid student cashiers - prices are kept at quarter increments.
- The public's lack of knowledge about good nutrition and how to address what parents pack in their students' lunches. There is a need to educate parents on the statistics about obesity and the ill effects of poor nutrition.

- Nutrition and activity need to be balanced
- Concerns over fundraising brought up the need to find fundraising ideas that are more healthful.
- Unfortunately, due to the current budget situation, fundraisers provide the money necessary for school activities that the district does not provide.
 - o Lower priced items for fundraisers that students and teachers will not mind buying was mentioned. Candy bars are inexpensive and an adult will not mind buying from several students whereas a magazine subscription is more expensive and might prohibit an adult from buying from more than one student.
 - o Walkathons and jogathons would involve parents and would promote activity.
- How to make classroom parties healthier? End of the year classroom parties at the middle and secondary level result in students eating all day long.
- Need to combat marketing strategies

Following this discussion, a timeline was established to enable the committee to have a policy in place for the July 1, 2006 deadline. A draft of the Board policy would need to be completed by March 1, 2006.

It was decided to have meetings every three weeks with subcommittees set up to work on major topics. Meetings will be held on the following Wednesdays, November 16, 2005; December 7, 2005; January 18, 2006 and February 8, 2006. The time of the meetings was changed to 3:30 p.m. to 5:00 p.m. to allow school site personnel travel time. Kathy asked that we consider using parliamentary procedures since we are dealing with controversial topics.

Committee members were asked to review the sample Board policies in the packets that were handed out before the next meeting. They were also asked to think about a mission statement.

It was asked that the minutes of the meeting be emailed to committee members.

The meeting was adjourned at 4:30 p.m.

Respectfully submitted,

Kathi Downey
Administrative Assistant

Present at Committee Meeting: Bob Altavilla, Kathy Bertelsen, Stephanie Brownell, Miranda Burford, Lynne Dixon, Kathi Downey, Kay Eatmon, Kathie Grayck, Lori Hansford-Anderson, Allison Holmes, Harriet Hughes, Bree Jansen, Emily Kang, Cathy Loughnane, Eva Luna, Frank Lynch, Robin Madden, Maria Magana, Betty McCallum, Deanna Osborne, Celeste Pico, Alana Pitts, Lisa Price, Krystal Sell, Lorrie Tovias (I apologize for any misspelled names or for leaving you off the list if you were present. I took the names off of the sign-in sheet. Thank you.)