

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
September 22, 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 3:37 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)
- II. The minutes from May 26th were reviewed and approved as written.
- III. Reports:
 1. Kathy presented the Wellness Committee Report that she will present to the Board on September 27th. The report reflects progress that the district has made over the last two years to fulfill the mission of the district's Wellness Policy. The district has made significant progress in the four areas it is required to have goals for: nutrition education and physical activity, nutritional guidelines for food available at school, program implementation and evaluation. The report also reflects the key findings of the Wellness Policy Progress Report - a compilation of data collected for the 9 indicators that the Wellness Committee has been tracking to determine if the district's wellness policy is working. The data shows an improving trend for many of the indicators that have been tracked over the last 5 years. Kathy noted that the district would not have come this far with progress in the areas of healthiness of the meals served at school and nutrition education and physical activity had it not been for the wonderful support received by two community partners: Orfalea Foundations and Lompoc Valley Community Health Organization (LVCHO). The Orfalea Foundations through its "s'Cool Food Initiative" opened our minds to the possibility of serving foods that are cooked from scratch in our district. Over the last 3 years over half of the Child Nutrition staff has attended their Culinary Boot Camp and we have received chef support and generous grants to equip our kitchens to cook and serve freshly cooked foods, which we have been doing at our secondary schools for two years. The district has also received support on the curriculum side by Orfalea who has put a school garden in 5 elementary schools and provided for a Garden Education Manager (GEM) at each one. The mission of the gardens is to grow food, inspire children to eat vegetables and find ways to use the garden to assist teachers with their math, science, health and geography curriculum. In addition to assisting teachers, the GEMs also maintain the gardens and give garden tours to the students. Other educational programs that Orfalea provided at the garden schools were: Jr. Chef Days - an all day cooking event where students made ratatouille the first year and healthy marinara sauce the second year; and they had a Power Play assembly, a fun and interactive program that raises student awareness about healthy eating and physical activity. The other community partner LVCHO, through its "Lompoc Valley Healthy Kids Initiative", provided grant money to support teacher training and purchase equipment for the "Sport, Play, and Active Recreation for Kids (SPARK) program, which has helped to support the PE curriculum in the district. Over the last two years LVCHO has assisted the district train its secondary teachers and more elementary teachers. Almost 200 K-12 teachers have been trained so far. LVCHO also garnered grant money to hold "Walk to School" events at Miguelito and La Honda elementary schools last October. This event included an educational program for children and their families the evening before the event. And progress has been made in the area of implementation. Parents are being made aware of the district's wellness policy - principals are including information about the Wellness Policy on newsletters and a full page was dedicated to the Wellness Policy in the "First Day Packet" handbook. Lastly - efforts have been made to provide health information for the district's employees in the form of a preventative employee health program through the district's insurance carrier and wellness topics offered to employees on staff development days.
 2. Pilot Projects at Buena Vista and La Canada update - unfortunately the kitchen remodels were held up because of an issue with the installation of one of the hoods. The problem has been identified and work will start again the week of September 26th. The project is expected to be completed by the end of October, and the new "cooked from scratch" food menu is expected to be served in November.

3. An Orfalea Culinary Boot Camp was held this summer at the Central Kitchen: 15 of LUSD Child Nutrition staff members attended (a total of 27 Child Nutrition staff have participated in Culinary Boot Camp over the past 3 years) and there were 4 attendees from other area districts.
 4. KCOY is doing a news series around changes, made possible by the Orfalea Foundations, in school food in Santa Barbara County. The series airs every Wednesday.
- IV. Wellness News in the Community: LVCHO will hold its “Lompoc Community Health Summit” at the Anderson Recreation Center on October 5th between 1:00 - 4:45. You may register on line at: <http://2011healthylompocsummit.eventbrite.com>)
- V. Examples of “wellness” working in the District:
1. Healthy food promoted at Lompoc High by ASB Director, Claudia Terrones for upcoming Food Fest
 2. Our Pilot programs - effort to evaluate if cooking from scratch is possible at even our elementary schools
 3. New items on our middle school menu and Maple High - pasta with meat sauce this month and turkey gravy and mashed potatoes next month
 4. Pam commented on how good the brown rice and vegetables tasted in the Asian Chicken she tasted at Lompoc Valley MS during her visit there
- VI. Committee Comments: Pam Lee asked if we served a 2nd breakfast at any of our secondary schools. She said they were doing that at Orcutt and Santa Barbara school districts. Kathy said she used to do that from carts at high schools in Santa Maria. Kathy will look into this possibility.
- VII. Goals for this year
- Develop a sample school wellness policy that principals might use
 - Work with principals to get wellness articles in their newsletters
 - More employee health efforts
 - Explore the possibility of a mini health fair at one or more schools. Pam Lee shared what Santa Maria Bonita School District had done last year which was a mini health fair that they called “Feeling Good in the Neighborhood”. The event was at a middle school in the evening and over 200 parents attended. There were informational booths that the parents and students rotated through. Following are some of them: a salad bar with smoothie samples; Marian Hospital presented “rethink your drink”; and a local farmer.
- VIII. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30.
Our next meeting for the year is October 27th from 3:30 to 4:30 at the Central Kitchen.
- IX. The meeting adjourned at 4:30