

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING  
September 24, 2009

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

- I. The meeting began at 3:32 pm. The following members were present: Kathy Bertelsen, RD (Food Service Manager/Chair Wellness Committee); Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist); Tim Moncier (LUSD School Board Member); Steve McDowell (Lompoc Valley Community Health Organization)
- II. No Changes were noted in the minutes of the previous meeting
- III. Tim Moncier brought a new wellness poster that he and a group of LUSD students made. The title of the poster is “Wellness is Stardom” and he will be having one made for all the schools to be displayed in the MPRs or school office, which is the case at Lompoc Valley Middle School.
- IV. Kathy reported on the Wellness Committee Report to the Board that she presented in June 2009. The report outlined all the accomplishments, of which there were many, of the Wellness Committee in the past two year. This report can be viewed on the district web page under the Wellness Committee section.
- V. Michelle Mackinnon reported on the Childhood Obesity Conference that she and Kathie Gracyk attended in Los Angeles on June 9-12. Michelle reported that it was a good conference and well attended. One thing of particular interest to her was a session she attended on childhood diabetes. There had been a trend with more cases of children having type II diabetes (used to be known as “adult onset” diabetes), but now there is a third type of diabetes that children are getting which has not been classified as yet. These children have a combination of both type I and type II diabetes.
- VI. Kathy Bertelsen reported that in July she submitted an entry for a “Golden Bell” award which highlighted the district’s Wellness Committee collaborative work with the Lompoc Valley Community Health Organization. The Golden Bell Award is an award given by the California School Board Association that recognizes school districts that have outstanding programs that promote excellence. Although Lompoc USD has done wonderful things with wellness, the district did not receive the award.
- VII. Wellness News in the Community:
  1. Steve McDowell reported what his community group - which used to be called “The Healthy Kids Initiative” now called “Community Health Improvement Project” - is working on this year. The committee now has an emphasis on the health of the entire community vs. just the children. Efforts focused on children in the past, but they learned that the message must also get to the parents for change to be realized. Steve said there is a need to educate more of the parents, especially Spanish speaking parents. He said that they need a “train the trainer” program to develop people who can do

some training with the parents. This year the committee will also focus on “walkability” in the community and safe routes to school. The city has resources for assessments and the work that needs to be done, such as new sidewalks.

2. The Community Action Commission has been holding monthly meetings in the community to teach parents about nutrition. The program has been aimed at the Hispanic population. These meetings are advertised at various locations in the community such as the Boys and Girls Club and the Police Activities League.

VIII. Examples of “wellness” working in the District

1. Orfalea Fund Grant – Food Services has taken advantage of a grant (about \$55,000) where hot serving counters and other equipment were purchased at the middle schools and chef training was provided to train a cook to make some foods from scratch to serve at the secondary schools. Freshly made foods such as BBQ chicken w/ oven roasted potatoes, taco meat for nachos, tacos, and taco bars; chile for baked potato bars; and oven roasted turkeys for BBQ turkey sandwiches made with freshly made BBQ sauce and a roast turkey with potato and vegetable bar are just some of the items now being made fresh at the Central Kitchen and served at the secondary schools.
2. Orfalea Foundation School Garden Project
  - elementary schools that will have gardens installed with the help of the Orfalea Foundation are: La Honda, Los Berros, La Canada, Hapgood and Buena Vista
  - Jr. Chef Day – an all school cooking event in October for schools that will have school gardens. The students will be led by Chef Andrea to make a ratatouille recipe which they will eat with lunch.

IX. Committee comments or issues that need to be addressed regarding wellness in the district: Tim Moncier commented that there is a need for flu shots to be given in the district to students and staff. Kathy Bertelsen will discuss the issue with Greg Kampf.

X. Kathy Bertelsen distributed the Wellness Committee Progress Report which is a comparison of data from the wellness indicators we have been monitoring to determine if the Wellness Policy is working. The report includes data that has been collected between the base line year (05/06) through last year (08/09). The report will be reviewed at the next meeting.

XI. The next meeting will be Oct 22<sup>nd</sup> from 3:30 to 4:30 at the Central Kitchen.

XII. The meeting adjourned at 4:35.