

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

September 26, 2013

*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. The following members were present:
Kathy Bertelsen, RD (Manager, LUSD Child Nutrition Services); Michelle MacKinnon, RD (Supervisor/Dietitian, LUSD Child Nutrition Services; Kirsten Crswell (School Food Initiative, Orfalea Foundation); Carol Arnerich (Lompoc Federation of Teachers); and Kathie Gracyk, RN (LUSD Nurse)

- II. Minutes from the previous meeting were accepted as written

- III. Reports:
 - a. New breakfast regulations this year: Michelle gave a review of the new rules for breakfast which include: a change from nutrient based menu planning system to food based; grains, fruit and milk are the 3 components that must be offered – proteins are added to meet calorie ranges; must meet goals for weekly calorie ranges for individual grade spans and component goals; only half of juice can be counted toward fruit component

 - b. Cooking from scratch progress: Kathy reported that the Hapgood remodel is almost complete and Crestview will begin in November. Full cooking from scratch will not be implemented at these schools until the Central Kitchen remodel, scheduled for this summer. The Central Kitchen remodel will largely be funded by a generous grant from Orfalea. The Cafeteria Fund will pay for the remainder. Fillmore and Clarence Ruth are scheduled to be remodeled this summer as well funded by the Cafeteria Fund and Lompoc Valley MS will be getting a new Cafeteria next school year which will be partially funded by Orfalea.

The remaining three schools (Los Berros, La Honda and Miguelito) will be remodeled in 2015 funded by Orfalea, the Cafeteria Fund and other funding sources.

- c. Real & Fresh Grill at high schools: Kathy reported on the openings of the Real & Fresh Grill venue at Lompoc High and Cabrillo High on September 16th. The food is delicious; students are checking it out and enjoying the new food. The Lompoc Record did very nice article which was on the front page of the paper last Friday.
- d. Universal Breakfast at Hapgood: Kathy reported there was over 90% participation up from 30% last year. Students are enjoying it and teachers feel it is good for students. There are some details to work out with the lower grades. Carol mentioned that there are teacher concerns about the loss of instructional minutes and hoped that those concerns would be addressed.
- e. Recess Before Lunch at Hapgood and Los Berros: Kathy reported it was going well.
- f. Wellness Committee Report to the Board on September 10th: Kathy reviewed the report she gave to the Board which highlighted the purpose of the Wellness Committee, progress over the last two years which included: cooking from scratch at two elementary schools (Buena Vista and La Canada) and the goal to serve cook from scratch food at all schools made possible by generous grants from the Orfalea Foundation; nutrition education improvements with the addition of 4 more Orfalea School Garden Projects; physical activity endeavors with jog-a-thon fundraising events, included as part of a healthy Valentine classroom party and Bike to School events at 7 schools in town made possible by the Healthy Lompoc Coalition. And three schools (Hapgood, Miguelito and C. Ruth) recieved refrigerated/filtered water refill stations and canteens for students and staff funded by Orfalea and CEC of Santa Barbara. Data collected from the California Physical Fitness test revealed the aerobic capacity of students has improved over 8 years, but incidence of overweight/obesity has gone up 10.4% (from 34.1% to 44.5%). Data collected from The California Healthy Kids survey showed a trend of more students eating breakfast. The full reports (Wellness Committee Report

and Wellness Policy Progress Report) may be viewed on the District's web page in the Wellness section.

IV. Wellness news in the community

- a. Healthy Lompoc Coalition meeting on September 19th: With grants from Safe Routes to School the Coalition will host Walk to School events on October 9th at the elementary and middle school in town followed by walking Wednesdays on October 16th, 23rd and 30th. Bussed students at Hapgood will be taking part in the event by dropping students off at Cypress Ave. Special Ed students will participate as well by being included in educational activities and they will receive the giveaway incentive items.

V. Wellness news in the District

- a. Water filtration systems were installed at Miguelito, C. Ruth and Hapgood. Now students and staff can enjoy cold, fresh, filtered water.
- b. Kathy read the thank you letter that Diane Burton, principal of Buena Vista, wrote to Kirsten Criswell of the Orfalea School Food Initiative. In the letter she thanked them for the grant that made possible the healthy changes in the cafeteria that she claims has "revolutionized the way students think about meals". She states that this will ensure a healthy future for the students of Buena Vista.

VI. Issues or comments related to wellness:

- a. Kathie Gracyk said that sugary foods are still a problem with the many classroom parties that take place in the elementary schools. It is especially a problem for the diabetic students who are asking for extra insulin regularly so they can enjoy a cupcake at the many parties that take place. Michelle shared how in Orcutt her child's teacher gave them instructions on what her expectations were for class parties. Carol Arnerich commented how difficult it was when parents showed up with cupcakes in hand – it was hard to turn them away she said. Kathy Bertelsen said there was information about healthy classroom parties in the Parent Handbook. Kathie Gracyk countered that more needed to be done.

- b. Carol commented that one problem with students having recess before lunch was they all had to go to the bathroom when they got to class. She thought a passing period might be needed to alleviate that problem.

VII. New Business:

- a. Kathy stated that the committee needs to develop an action/plan for addressing the continuing rise in overweight rates as revealed by the data from the indicators the Wellness Committee has been tracking over the last 8 years.
- b. Goals for this year:
 - i. The BP 5030 was updated last year. This year we need to update AR 5030 which is the District's Wellness Policy. Kathy said it is 15 pages long and she thought it should be more organized and condensed much like the school wellness policies the committee developed last year. She said the indicators need to be re evaluated, dropping some but adding others such as more surveys of parents and students. Carol suggested using the guide put out by the CSBA.

VIII. Next dates – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting would be October 24th, **but since Kathy will not be here that day, the meeting will be on Wednesday, October 23rd** from 3:30 to 4:30.

IX. The meeting adjourned at 4:30 pm