

# ***MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING***

***October 26, 2017***

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

Members Present: Kathy Bertelsen RD, Emily Casarez, Michelle MacKinnon RD, Sonia Sandoval, Fidel Villanueva, Kirsten Criswell, Maricela Median, Yajaira Vazquez, Susana Moreno, Carrie Larson, and Carol Arnerich

- I. The meeting was called to order at 3:30 pm
- II. Minutes from September 28th were reviewed and approved as written.
- III. Old Business:
  - a. Teacher Survey: The survey is on Survey Monkey and is ready to email to teachers. Discussion:
    - i. How long will the survey be open for?
    - ii. We discussed sending the survey out on the week of November 27<sup>th</sup> so there would be time to tell principals about it beforehand. The committee felt perhaps it would be best to wait until after Winter Break due to the busyness of the holiday season.
  - b. Parent Survey: The survey is on Survey Monkey in English and Spanish and is ready to go on the District web page. Discussion:
    - i. How long will the survey be open for?
    - ii. Consider posting on web page after Winter Break
    - iii. Tele parent message – Child Nutrition Office will arrange to announce it
    - iv. Kathi Froemming will make arrangements for hard copies (English and Spanish) to be available in school offices (office staff to print off web page)
      1. We need to discuss staffing for the inputting of the hard copies into Survey Monkey or another plan to pull that data into the Survey Monkey data. The committee asked if District staffing might be provided.
- IV. Reports:

- a. School Wellness Summit – Kirsten commented on the large number of district Superintendents and other school administrators that were present and how well Lompoc was represented. And that 3 of the 5 quick pitch grants were from Lompoc schools. Congratulation to Fillmore Principal, Colleen Million for winning one! Kathy commented on Heather Reed’s statement of the key to success in making school wellness policies come alive is district leadership with authority and funding, and implementation at the school level through some type of site council.
- b. Upcoming Heal Summit on November 2<sup>nd</sup> (<http://livewellsbc.org/heal-summit>) – Focus is on workplace wellness. Kathi Froemming is attending.

V. New Business:

- i. Changing our meeting time and location to foster more stakeholder involvement – we discussed rotating the Wellness Committee meeting to different school sites which is being done at Santa Maria Bonita. Discussion: The meetings would need to be in staff lounges or classrooms because ASES meets in the MPRs at the elementary schools. Parents from Fillmore like this idea because more parents would come and learn about the wellness policy. Focus should be on going to schools that were interested vs. trying to get to each school (see VI c. and d. below).
- ii. Update BP 5030 to be in line with CSBA Gamut – Kathy passed out the existing BP 5030 and two Gamut BP 5030 formats in English (see VI b. below) – one with comments and one without comments. She said that once the BP 5030 is updated to include the new requirements, then we will work on updating the AR 5030 which states how the goals will be met. Discussion:
  1. The committee was in agreement with using the Gamut format.
  2. On page 2 of the Gamut BP 5030 w/o notes (blue copy) there was a lot of discussion about paragraph #1 – “The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness”. It was felt that the Superintendent or School Board should make a list of goals for each area and decide how many goals should be prioritized in each of these areas for the Wellness Committee to write into the BP 5030/AR 5030 updates.
  3. Kirsten stated that the Superintendent needed to designate the individual responsible for ensuring that each school site complies with the District’s Wellness Policy. Kathy stated that Kathi Froemming has agreed to be that person.

4. Kathy suggested a representative group meet with Kathi Froemming to discuss details in November, so we could move forward with the BP 5030 update at the next meeting in January.

VI. Comments & Concerns

- a. Update on Fidel's concern about a need for the Wellness Policy to be translated in Spanish – As of this date – the AR 5030 is not available in Spanish.
- b. It was recommended that all handouts be provided in Spanish and that a translator be available at the meetings. Today 4 Spanish speaking parents (3 from Fillmore and 1 from Hapgood) came to the meeting, but they were not provided with handouts in their language (BP 5030 and Gamut recommendation of BP 5030) which were under discussion at the meeting. Fidel and one of the parents spoke on how difficult it is for them to participate at the Wellness Committee meeting if they do not have handouts in their language and also that the meeting time is a hardship as they need to be home earlier for household duties.
- c. It was also recommended that the Wellness Committee meetings be held during school hours and possibly at school sites and wondered if the District would pay subs so teachers could attend.
- d. Another solution for the Spanish speaking community could be that the schools discuss wellness goals and issues at another meeting at school, say "Site Council", so parents could be more involved with wellness efforts at their school.

VII. Next Meeting – usually the 4<sup>th</sup> Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Because of Thanksgiving and Winter breaks, our next meeting will not be until January 25, 2018. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VIII. The meeting adjourned at 4:35 pm.