

***MINUTES: LOMPOC LUSD WELLNESS COMMITTEE MEETING  
September 24, 2015***

*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 3:33. The following people were present: Kathy Bertelsen, RD (Manager Child Nutrition Services/Chair Wellness Committee; Carol Arnerich (Lompoc Federation of Teachers); Betsy Swain (teacher Buena Vista Elementary School); Kirsten Criswell (Chef Trainer, Orfalea Foundation, School Food Initiative); Ashley Costa (LVCHO), Emily Casarez (LVCHO), Jo Cavanaugh (City of Lompoc); Teresa McIntyre (YMCA), Lindsey Cossman (Josh Fit); Joshua Cossman (Josh Fit); Angela Wynne (Parent and CHS Site Council); Alice Wutzke (LUSD Cook/Chef, Child Nutrition Services); Karen Deming (Supervisor LUSD Child Nutrition Services)
- II. Minutes from the previous meeting were discussed. Kirsten noted the incorrect next meeting date, which was acknowledged. Otherwise the minutes were approved as written.
- III. Public Comments & Concerns
  - a. Kathy had a conversation with a Cabrillo High parent who raised a concern about food vendors at curbside who were selling soda to students. Kathy suggested pre-paying for meals at the school Cafeteria and invited her to come voice her concern at the Wellness Committee meeting. This parent preferred that the school district force vendors to leave instead of creating a hardship for her child as it would cause him to not be able to eat with his friends. Ashley also had a communication from this parent. She suggested parent attend the Wellness Committee too and that she go to a School Board meeting and voice her concern. Angela commented that the Cabrillo High School Site Council is working with the vendors to offer healthier chips and non-soda beverage choices. Kathy commented that the vendors would not likely make significant healthy changes to their menu because the unhealthy items sold are what is enticing the students to buy the meals. She also commented that competition with the Real & Fresh food program in the cafeteria leads to a decrease in lunch participation which could hurt the viability of the school lunch program at the school and could be detrimental to that program in the long term.
  - b. Kathy spoke to a parent who was concerned about the Child Nutrition Department taking part in the Meatless Monday national campaign this month. This parent feels the campaign is trying to do away with animal agriculture. Kathy pointed out that there are meat choices at elementary schools 4 days a week and 5 days a week at secondary schools.
  - c. Miguelito parents Lindsey and Josh Cossman spoke out on their concern about teachers offering food as rewards, such as, ice cream and candy which they believe inhibits learning. They recognize the social aspect of this practice, but they are trying to teach good food habits to their child/children at home that lead to healthy lifestyle choices and they would like to see those taught at school. They have expressed a desire to speak at a staff meeting at their child's school, and to the PTA and other parent groups. Kathy offered her support to help them with that, and she commented that the Wellness Policy is against using food as rewards. She told of a good resource to provide at the meetings which was developed by the Wellness Committee titled "Healthy Food Guide for School Activities and Other Special Occasions". It is available on the District's web page. Betsy commented that the District is working on a behavior policy that will likely address this issue. Ashley suggested these parents take their concern to the School Board meeting.

- d. Josh spoke about his local business which is a gym and fitness center in Lompoc called “Josh Fit”. He said he has been trying to offer his services to the school district to support a work wellness program.
- e. Ashley stated that Superintendent MacDonald should be informed of items that come up is the meeting, such as, parent complaints about wellness issues in the district.

IV. Old Business:

a. Marketing our Wellness Policy

- i. Kathy reported about the progress of the one page wellness marketing graphic we approved at our last meeting. As planned the document was printed in English and Spanish and placed in the First Day Packets. It was also approved to be printed and distributed to district staff. Angela asked if it could be posted on the web page. Karen said she would look into it. Kathy told of the posters that were made of the wellness graphic in English and Spanish that will be posted in the school offices and cafeterias where children and parents can see them. Carol suggested the Superintendent direct the principals to share it at their staff meetings.
- ii. Jo Cavanaugh, who is in charge of the City’s Wellness Policy, said that she would promote the District’s Wellness Policy at her City Wellness Council meetings and Speaker Bureau.
- iii. Kathy shared about the other wellness marketing tool – the “Did You Know Poster” that was made into large banners which will be displayed in front of each school. This banner will enlighten parents and students about all the Child Nutrition Department is doing to ensure we provide healthy food made with fresh and wholesome ingredients without excessive additives.

b. Healthy Lompoc Coalition/LUSD Wellness Committee Working Group

- i. Purpose – collaborate to move HEAL forward in the District and City of Lompoc Unified School District
- ii. Areas we identified that needed work
  - 1. More parent involvement on the Wellness Committee and at the schools
    - a. Kathy invited parents to the meeting (Nutrition Advocates the SB Foodbank has been working with; the Cossmans)
  - 2. Increasing physical activity levels in the District – students and staff
    - a. Kathy invited some Physical Activity experts (LHS coaches and Teresa McIntyre from the YMCA)
  - 3. Wellness Policy Implementation and enforcement
    - a. We are doing it (as reported above in section IV:i-iii)!
- iii. Discussion around setting some concrete goals
  - 1. The committee decided to work on one goal at a time.
  - 2. The first goal they want to work on is to increase parent involvement
  - 3. For the remainder of the meeting time we put together a work plan draft (see attached work plan)

V. Next dates – usually the 4<sup>th</sup> Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on October 22, 2015. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VI. The meeting adjourned at 4:35.

Respectfully submitted by

Kathy Bertelsen, RD, Wellness Committee Chair