

MINUTES - LOMPOC USD WELLNESS COMMITTEE MEETING
September 27, 2007

1. The meeting was called to order by Kathy Bertelsen at 3:35. The following people were present: Kathy Bertelsen (Food Service Manager), Sheryl Murray (Activities Director Cabrillo High), Miranda Burford (Nurse Supervisor), Robin Madden (teacher Crestview), Melissa Zebley (PTA), Sandi Jefferson (LVCHO), and Dr. Sheila Jones (principal Los Padres)
2. Minutes of the previous meeting were distributed and there were no noted changes
3. Wellness News in the Community included:
 - a. The Lompoc Valley Health Kids Initiative (LVHKI) is having its 1st Annual Childhood Obesity Summit on Oct 11th – purpose: bring together decision makers – business partners and community leaders to find ways to make Lompoc healthier.
 - b. LVHKI sponsored the “Fun and Fit Festival” in Von’s shopping center on Sept 8th. They provided physical activities for the kids and wellness information to parents.
 - c. LVHKI submitted an Article in the Health & Fitness Section of newspaper about the “Building Bridges for Health Award” that Lompoc PTA won in May
4. Examples of wellness working in the District:
 - a. LVHKI paid for SPARKS training for 80 more elementary teachers in June. They paid for trainers for two days and stipends for teachers.
 - b. Kathy gave a report on the Cabrillo upgrade to a food court and showed before and after pictures of the serving area and dinning room. Sheryl said the students like their new cafeteria and commented on the success of the clubs and athletics working in the cafeteria to earn money.
 - c. Kathy reported about the Wellness Policy Demonstration Mini-Grant that the district was selected to take part in. It is a USDA study in three states (Iowa, Pennsylvania and California), 8 districts were selected in California (6 experimental groups and 2 control groups). Lompoc was selected to be a control group. The purpose of the study is to see how districts have responded to the wellness policy, capture successes and develop monitoring and evaluation tools that are practical for districts to use in the future. It is a 2 year \$30,000 grant in which the money will be spent on wellness activities such as evaluation expenses; survey development, compilation and analysis; and parent education activities and teaching tools.
 - d. Kathy reported that she will be a presenter at the CSBA School Wellness Conference next week. She will be leading a “table talk” discussion addressing wellness issues and what Lompoc is doing about them
5. Kathy congratulated the committee for its great work last year and shared the Wellness Committee report that was presented to the Board in June. The committee accomplished its 1st goal – the implementation of the Wellness Policy in creating

district and community awareness. Goal #2 was accomplished which was deciding what indicators to study to establish if the Wellness Policy is achieving its purpose. The committee almost accomplished goal #3 the data collection of selected indicators. The staff survey to evaluate perception of if the policy is working was not done.

6. The goals for this year are:

Goal #1 - compiling data for indicators selected for the 2005-2006 school year

Goal #2 – start collecting data for indicators selected for the 2006-2007 year

Goal #3 – Develop a staff survey to find out how staff feel about how the Wellness Policy is working

Goal #4 – Maintaining a positive approach by showcasing people who are doing a good job with wellness; offering expertise at sites; and exchange of information between the committee and the sites

7. Issues that came up:

a. PE – there was a concern that PE is only offered for 2 years in high school and if anything would be done about it. There is a concern about getting the 200 minutes of physical activity every 2 weeks at the elementary level. Some teachers are overwhelmed saying they barely have enough time to teach the required subjects. Other issues include: teachers exercising in their work clothes, time to gather SPARKS equipment to prepare for exercise, getting students outside and then back in on time. Apparently some teachers have time and are spending 45 minutes. It was suggested that the time be broken into smaller segments on a daily basis (20 minutes) and that it might be good for students to burn off some energy which could actually work to the teacher's advantage. It was brought up that there may be a misconception among the teachers about the time requirement. It was suggested to have PE tutors which would take the stress off the teachers – especially 5th grade which has the highest requirement for teaching minutes.

b. Food Issues – there was a concern about the unhealthy foods that students bring to school and if there was anything that could be done about that. Kathy said that this is something that the Wellness Committee could deal with. We could meet with principals and see if they could have a policy at their schools regarding students bringing snack foods to school and what types. We could also do some education with parents via the School Wellness Mini-Grant money at the sites and district wide.

8. Sandi Jefferson is looking for wellness articles to put in the Lompoc Record's Health & Fitness section. If anyone in the district has a wellness topic for an article please contact Sandi at 757-7706

9. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30
Next meeting is October 25th at the Central Kitchen

10. The meeting was adjourned at 4:30.