



Lompoc Unified School District Wellness Committee Meeting

Minutes from Wednesday, September 27, 2006

In attendance: Miranda Burford, Judy Taggart, Sandi Jefferson, Steve McDowell, Kathy Bertelsen, Melissa Zebley, Kay Eatmon, Sue Hope

The meeting was called to order at 3:38 pm by Kathy Bertelsen. Introductions were made with Judy Taggart being the new Lompoc Valley Healthy Kids Initiative Coordinator. A packet of information was distributed and discussed.

Included in the packet were:

1. Minutes from the previous meeting on Wednesday, May 24, 2006
2. Management Bulletin from the California Department of Education defining the requirements of Senate Bill 12 and 965 as they relate to food and beverage products and K-12 students in public schools.
3. LUSD Board Policy 5030 – Student Wellness
4. LUSD Administrative Regulations 5030 – The regulations and implementation plan for following Board Policy 5030. The Wellness Committee will implement the regulations and provide evaluation and reporting their effectiveness to the district administration, staff, students and greater Lompoc community.
5. Goals and Implementation Plans for the 2006-07 school year.

LUSD Website –

presented by Sandi Jefferson

Sandi demonstrated the LUSD Website, sites for School Menus: elementary and middle school breakfast and lunch, Braves Bistro and Cabrillo High School lunches, and the location of the Health-e Living website, all on the lower left panel -- click on the logo (above) or go to www.ahigherlevel.com



It All Adds Up: Balanced Eating + Plenty of Exercise + Rest = Healthy-e Living

The plan is to get the Health-e Living website information to go out in all school newsletters. Kay will contact the Chamber of Commerce to add a link to the site on their webpage and the Lompoc Valley Healthy Kids Initiative webpage will also have a link. Teachers, parents, students and community members can also access the site for a huge variety of information, activities, lesson plans, interactive healthy games, etc.

Sandi also discussed the new California Fresh Start Breakfast Program - a new state program that provides extra reimbursement at breakfast to promote consumption of more fruits and vegetables at breakfast. Sandi also reported about the 2nd Chance Breakfast Program that is in place at Miguelito and Hapgood and they are working on implementation at La Cañada. At Miguelito, breakfast participation has doubled from 60 morning meals to and 120 “2nd Chance Breakfasts”

at first recess. Clearly this is an opportunity to ensure that more students get breakfast in the morning.

Managing Complex Change – review by Kay Eatmon

Kay presented a graphic of components necessary for change to occur. They include: Vision, Skills, Incentives, Resources and an Action Plan. If any component fails then change will not occur and confusion, anxiety, gradual change, frustration or a false start will occur, instead.

As we work to implement a successful Wellness Policy and the Healthy Kids Initiative Grant, we must continue to verify that all of the components are in place and active. We need to identify problems early and address the concern.

One example cited was school and club fund raising. Several teachers have been extremely concerned because they could not continue to sell pizza or candies; monies that were used to fund class field trips. Several years ago, due to budget cuts, field trips were limited. The suggestion must be made to the district administration that other ways to fund field trips be explored rather than having teachers and students being responsible for the monies. Melissa Zebley and Sandi suggested logo sweatshirts or other non consumables be used rather than unhealthy foods.

Reviewed the Wellness Committee Goals for the year

1. To create district and community awareness of the LUSD Wellness Policy with appropriate and regular opportunities to provide input.
2. Decide what indicators we are going to use to build a baseline of data to use to determine if the Wellness Policy is achieving its purpose – promoting student health and reducing childhood obesity.
3. Begin to develop an evaluation tool to measure if the Wellness Policy is being enforced.

Worked on Goal #1 – Implementation Plan

1. Reviewed cover letter to be emailed with Wellness Policy to staff
2. Members will read and submit suggestions to Kathy
3. Item #2 and #3 are completed
4. Discussed #4 – meeting with PTA, ELAC's, etc. to share information
5. Write article for parents to be featured in school newsletters and school newspapers. Kathy and Sandi will contact classes at each school site for articles and information.
6. Judy will be working with the Lompoc Record to create a regularly scheduled column for Lompoc Valley Health Community information
7. Kay will work on developing a quarterly Wellness Committee Newsletter

Lompoc Valley Health Kids Initiative – Judy Taggart and Steve McDowell

Judy and Steve discussed meeting with the Administrative Council and discussed the SPARK training, which is being implemented, and the search and rewards for the LVCHI Logo search. They indicated that all administrators were supportive and encouraging. Logos are due Oct. 27th and will be chosen after discussion with a select committee of volunteers.

Sue Hope has Home Economic Teacher Cookbooks for sale at \$10 each.

Soup, Salads and One Dish Meals and Tastes of Mexico are available for sale. Make checks out

to LHS, noting Sue Hope and Home Economics Department.

The next meeting is scheduled for Oct. 25th at the Kitchen at 3:30 pm.

Other meetings: Nov. 29th, Jan. 31st, Feb. 28th, March 28th, April 25th, May 23rd. June = TBD

Adjourned at 4:40 pm

Respectfully submitted by:

Kay Eatmon - LVHKI and Community Representative