

# *MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING*

*September 27, 2018*

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

Members Present: Kathy Bertelsen, Kathi Froemming, Michelle MacKinnon, Emily Casarez, Sonia Sandoval, Travis Caldeira, Therese Sager, and Shelby Wild

- I. The meeting was called to order at 3:35 pm
- II. Minutes from August 23<sup>rd</sup> were reviewed: Emily motioned to accept minutes, seconded by Kathi Froemming. Minutes were accepted by all and approved as written.
- III. Reports:
  - a. Kathy Bertelsen reported on the Admin Council Meeting she attended on September 6<sup>th</sup> where she was invited to share about the new District Classroom Party Policy. Principals were provided with a copy of the Classroom Party Policy handout which includes a condensed summary of the USDA Smart Snacks in Schools guidelines and a link for the Project Lean Smart Snacks Calculator to determine compliance. Principals also received a copy of the “Healthy Snacks Ordering Form” which teachers and parents can either order compliant party foods and beverages from the Central Kitchen or use as a guide to purchase them locally. Principals agreed to share the information with their staff and parents. Kathy emailed the documents in both English and Spanish to the principals.  
Discussion: Questions asked were: “If parents have a question about the policy, was a contact provided” and “Is the policy posted on the District’s web page”? Michelle MacKinnon agreed to post the policy on the web page and provide contact information for questions.
  - b. Kathy Bertelsen reported on the District’s decision to continue to serve chocolate milk as a choice with meals. She stated:  
*We had been getting a lot of requests for the chocolate milk from students, and district staff. We observed very poor milk consumption at all schools and a lot of wasted milk – students were taking it but not drinking it.*  
  
*The dairy that provides milk for our schools made positive changes in the type of sweetener and how much was added to chocolate milk – no more high-fructose corn syrup, only 4 grams of added sucrose vs. 10 grams when we served it 6 or 7 years ago.*  
  
*But the clincher was that the chocolate milk we serve with meals over-exceeds the requirements for Smart Snacks in Schools criteria. We just updated our Classroom Party Policy which states that Smart Snacks guidelines must be followed for classroom parties except for 4 times a year when more latitude is given. According to Smart Snacks, flavored milk must have no more than 28 grams of sugar per 8 oz. (note: chocolate milk is a combination of naturally occurring sugar “Lactose” and added sugar “sucrose”). The chocolate milk we serve contains 19 grams of sugar, of which only 4 grams is added sugar (sucrose). Our administration felt that if chocolate milk is OK according to USDA Smart Snacks in Schools criteria, and it is compliant for the District’s Classroom Party Policy, than it should be OK to serve with meals as well.*

Kathy also provided a handout that compared the Producer's Dairy fat free chocolate milk being served at school with Lucerne Dairy's chocolate milk that can be purchased at the grocery store. The one served at school contained 12 less grams of added sugar. And she provided a USDA memo (code: SP 18-2018, CACFP 13-2018) which states that schools have the option to offer flavored, low fat (1 percent fat) milk. Fat free chocolate milk has been allowed for many years. Discussion:

Emily Casarez's concerns are that children will perceive that if chocolate milk is offered at school it is a good choice for home, yet the store-bought product is a lot higher in added sugar; and some parents are saying that their children are refusing to drink white milk at home now.

Solution: Michelle MacKinnon stated that parents can let us know they do not want their children to drink chocolate milk and that directive can be added into the student's account which will be displayed on the computer screen on the serving line. She asks that parents tell their children as well, which will avoid lengthy discussions and slow down the serving line. Kathi Froemming said she would let principals know about this option so they can share it with concerned parents.

Kathi Froemming pointed out that disallowing chocolate milk with meals would be at odds with our new Classroom Party Policy which allows chocolate milk, as does the Smart Snacks guidelines.

Theresa Sager stated that the PTA was glad to see the chocolate milk come back. They feel it is up to parents to educate students about food and beverage choices at school and at home.

Sonia Sandoval commented on how she is handling the chocolate milk being served at school with her children – she is giving them the choice to drink white or chocolate milk at school. If they drink chocolate milk at school, they will not get something sweet at home.

Kathy Bertelsen was concerned that students were not getting enough nutrition with meals at school because so many would not take the white milk. Meals are planned to meet nutrient and calorie goals for each grade span – the milk contributes 120 – 130 calories and other nutrients that are needed to meet planned goals that are missing when students declined the white milk.

#### IV. Old Business

- a. The updated BP/AR 5030 (Wellness Policy) is scheduled for agenda review on October 1<sup>st</sup> on the Board Agenda for October 9<sup>th</sup>.

#### V. New Business

- a. Goals for this school year
  - Achieve Board approval of updated BP/AR 5030
  - Complete school, and District Wellness Policy Assessment Report (which includes parent and teacher survey results) and report to Superintendent and Board
    1. Kathy Bertelsen reviewed with the committee the draft she is working on of the School & District Wellness Policy Assessment Report. Suggestions from the committee include: Keep the report short, only one or two slides for the Board presentation; include a “conclusions”, “lessons learned” and “next steps” sections. Suggestions to increase parent survey participation include: have survey available on Parent Link, use parent meetings to fill out surveys: ELAC, Site Council and PTA. And complete the teacher survey at a staff meeting.

- In our efforts to continue to improve wellness policy communications with stakeholders at sites, we will send the principals an October/November Wellness Topic/Communication guide for the purpose of sharing the District's new classroom party policy at their parent and staff meetings.

VI. Comments & Concerns

- a. Theresa Sager inquired about the need for water refill stations at schools and if the District was going to provide them.
  - Kathy Bertelsen shared that the District is providing them where they are needed and she should discuss any needs at schools with the principals.
- b. Theresa Sager also inquired about the District's goals regarding the Outdoor Learning Centers (school gardens). She said there was no district funding for a gardener at Los Berros.

Discussion:

- Kathi Froemming commented that Doug Sorum, Director of Maintenance and Operations, stated that funding for schools goes up and down and a robust garden goes to weed without funding. Kathi said it needs to be a site decision and they could earmark funding for science projects for the garden. She said the LCAP funding is a matter of priorities and this year PE teachers and music programs were higher priorities. She said the Wellness Committee needs to advocate for the school gardens at the LCAP meetings.
- Shelby Wild commented that Hapgood and Fillmore gardens are supported by parent volunteers and that La Honda and La Canada are the only schools with a paid Garden Educator, which is funded by Audacious. Shelby – who had worked as a Garden Educator funded by NEOP, which was cut last year – said she is not currently being paid by any school. She had been offered a few hours at Los Berros this year, but was not offered a contract or a solution to pay for liability insurance, which did not make it financially viable for her.
- Theresa commented that the Outdoor Learning Centers could be run through the PTA who has their own liability insurance policy. She said they need to re-strategize the garden efforts and have them be run by the PTA. And that there are matched funds available from the PTA for Outdoor Learning Centers.

VII. Next Meeting – 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 25<sup>th</sup>, 2018. Our meeting place is the Central Kitchen, 600 E. Central Ave, Lompoc.

VIII. The meeting adjourned at 4:35.

Respectfully submitted by,  
Kathy Bertelsen, RD  
Chair, LUSD Wellness Committee