

# *MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING*

## *September 28, 2017*

Members Present: Kathy Bertelsen RD, Emily Casarez, Michelle MacKinnon RD, Kathi Froemming, Sonia Sandoval, Yvonne Tulloch, Fidel Villanueva, Kirsten Criswell

- I. The meeting was called to order at 3:35 pm
- II. Minutes from May 25th were reviewed and approved as written.
- III. Old Business:
  - a. The final version of the Teacher Survey Monkey draft was approved. It will be emailed the first week of November.
  - b. The Parent Survey Monkey draft was reviewed and approved. Kathy Bertelsen will send it for Spanish translation. It will be posted on the web page week of November 1<sup>st</sup> and a tele parent message will go out. Kathi Froemming will arrange for hard copies of the survey to be available
- IV. Reports for parents in English and Spanish in the school offices.
  - a. Kathy Bertelsen reported on the Summer Food Service Program. Two meals a day were provided through the SFSP at two schools where Summer School and ESY was held: La Canada and Lompoc High. Two SFSP meals were also served at 5 community sites: Lompoc Library, Anderson Recreation Center, Boys & Girls Club, YMCA Camp at La Honda, and the El Camino Community Center. A total of 23,760 meals were served this summer. This compares to 17,329 meals that were served at 2 schools and 5 community sites last year.

HEAL Resolution: Community Design, Food Access, and Workplace Wellness.

Panelists will include: Workplace Wellness topics by Kaiser Permanente and City of San Pablo; Parks and Safe Routes to School by Change Lab Solutions and Public Health
  - ii. The 4<sup>th</sup> Annual School Wellness Summit on October 18<sup>th</sup> will be held at the Santa Ynez Advocates. The summit will be held on November 2<sup>nd</sup> at the Santa Ynez Valley Marriott. Featured speakers include Heather Reed from CDE who will share important information on how to support the “Final Rule” of the Healthy Hunger Free Kids Act, which includes updates required for the Local School Wellness Policy. Mike Danzilk, the guru of Smart Snacks in Schools at CDE, will share on compliance around sales outside of the school meal programs. At the Summit, two \$5,000 School Wellness Grants will be awarded. Three of the grant finalists are from Lompoc schools. Information, providing important information about how much sugar is found in soft drinks and flavored milk. Students were encouraged to drink more water and select beverages with little or no added sugar. Along with this assembly, a “Rethink Your Drink” staff development presentation was provided to teachers at each school prior to the assembly. NEOP (Nutrition Education & Obesity Prevention) training was also provided to parents at these schools.
  - c. Kirsten Criswell reported on the “Rethink Your Drink” assemblies that were held at all four and Los Berros elementary schools in September. The assemblies were interactive, fun and informational, providing important information about how much sugar is found in soft drinks and flavored milk. Students were encouraged to drink more water and select beverages with little or no added sugar. Along with this assembly, a “Rethink Your Drink” staff development presentation was provided to teachers at each school prior to the assembly. NEOP (Nutrition Education & Obesity Prevention) training was also provided to parents at these schools.
- V. New Business:
  - a. Goals for next School Year.
    - i. Complete school, and district Wellness Policy Assessment Reports and report to the Superintendent and Board
    - ii. Conduct teacher and parent school wellness surveys and report to the Superintendent and Board

- iii. Update the BP 5030 and AR 5030 (Wellness Policy) to be in line with provisions of Final Rule of the Health Hunger Free Kids Act of 2010 which was finalized in July 2016 (deadline was June 30, 2017). Kathy will check CSBA/Gamut online for new updates to bring to the next meeting. One of the new requirements for the Wellness Policy is to develop standards for all foods and beverages provided, but not sold, to students during the school day. Kathy passed out the revised "Quick Reference Cards" (CDE's summary of school snacks and beverage rules) and the "Healthy Food Guide for School Activities".
- iv. ~~Other Goals~~ "Special Occasions" from the last Wellness Policy update to review.

- 1. Each school to have their own Local School Wellness Policy. Kathy reminded Discussion:

the committee that we had attempted to do that a few years back to no avail.

- a. It was reported that Lakeside Middle School started a Health and Wellness Team which meets during school. They use subs to cover so staff can attend the meetings.
- b. It was suggested that we might use Lawndale USD as a model using LCAP funding to fund staff participation. Kathi Froemming suggested

Kathy recommending for consideration at the LCAP Committee.

VI. Comments & Concerns

- a. Fidel mentioned that there was no wellness topic on the agenda at an ELAC meeting he attended at a school. Kathy said she would follow up.
- b. Fidel requested the Wellness Policy be translated into Spanish for October parent teaching at schools. Kathy will send it to Patty Luna.

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 26, 2017. Our meeting place is the Central Kitchen, 600 E. Central

VIII. Ave, Lompoc.  
The meeting adjourned at 4:40 pm

Respectfully submitted by,

Kathy Bertelsen, RD  
Chair, LUSD Wellness Committee