

WELLNESS COMMITTEE REPORT: 2009-2011

PURPOSE OF THE WELLNESS COMMITTEE:

1. To identify roadblocks to wellness efforts in the district and seek solutions
2. To evaluate the effectiveness of the district wellness policy and update it as needed
3. To collect data from the selected indicators and analyze the results
4. Act as a resource for the district with wellness efforts as needed, e.g., evaluate nutrition labels for snacks sold, write wellness articles for newsletters, speak on wellness topics, assist principals with school wellness policies, and develop informational tools, such as, guides for healthy parties and healthy fundraising.
5. Report to the Board on wellness progress in the district

PROGRESS MADE WITH THE WELLNESS POLICY

Healthiness of the Meals Served at School:

1. We started a "Cook from Scratch" program at the secondary schools
 - ❖ Hot serving counters were purchased with a grant from the Orfalea Foundations for the middle schools so freshly cooked foods could be served there
 - ❖ A cook position was created and in August 2009 a cook was hired
 - ❖ August 2009 freshly cooked foods were prepared at the Central Kitchen and served at both the middle and high schools
2. August 2010 - we stopped serving snacks at the middle schools; snack lines were converted to school lunch lines
3. January 2010 we reduced sugar by not serving flavored milk, sugary cereals and breakfast items
4. We administered the Summer Food Service Program, a federal program that provides free meals to children who live in areas where more than 50% of the children qualify for free and reduced meals. Free meals were served the summer of 2010 at the Boys and Girls Club, Anderson Recreation Center, Clarence Ruth Elementary School and the Central Kitchen. This summer free meals were served at La Canada, Lompoc Valley Middle School, the Boys and Girls Club, Anderson Recreation Center, Clarence Ruth Elementary School, La Purisima School and New Life Christian Center.
5. We received generous grants from the Orfalea Foundations to upgrade La Canada and Buena Vista schools so they could serve scratch cooked foods. The grants will provide for the necessary equipment and commercial grade flooring for that serving style and will also provide salad bars. The schools will operate as pilot projects to evaluate the possibility of serving fresh foods at all of the elementary schools.

Nutrition Education & Physical Activity:

1. School Garden Projects, supported by the Orfalea Foundation, were installed during the fall and winter of the 09/10 school year at La Honda, Los Berros, La Canada, Hapgood and Buena Vista. The mission of the garden project is to empower children and inspire

them to try new produce, and to support teachers who do not have the time to teach agriculture which can fit into subjects such as science, math and history.

2. Jr. Chef Days, which is an all school cooking event, were held in the spring of 2010 and 2011 at the schools above that participated in the Garden Projects.
 - ❖ Students learned about fresh produce, food safety, knife skills and the chef profession from a professional Orfalea Chef
 - ❖ The students helped make Ratatouille soup last year and marinara sauce this year, which they taste tested during lunch
3. Power Play assemblies were held at La Canada, Buena Vista and Los Berros in the spring of 2010. Power Play is a fun and interactive program that raises student awareness about healthy eating and physical activity. It is sponsored by the Orfalea Foundations.
4. Secondary teachers received SPARK (Sports, Play and Active Recreation) training during the summer of 2010 in San Diego. In March of 2011 K-2 SPARK training was held at the district. SPARK is the adopted PE program for the district. It has been largely supported by grants obtained by the Lompoc Valley Community Health Organization which paid for training and equipment.
5. Miguelito and La Honda held "Walk to School" events on October 20, 2010. These events included an educational portion where parents and students learned the health benefits of more walking and how to walk to school safely. The events were possible because of grants garnered by the Lompoc Valley Community Health Organization.

Implementation, Revision and Communication of the District's Wellness Policy:

1. A statement about the district's Wellness Policy, as well as the district's policy regarding foods served at classroom policies, was added to the First Day Packet Parent and Student Handbook for 2010-2011
2. Vandenberg Middle School dedicated a whole page of its May/June Newsletter to district classroom party guidelines and La Canada Elementary School put it in their February/March 2010 newsletter.
3. The district's Wellness Policy (BP 5030 and AR 5030) was revised in October 2010

Program Evaluation:

To determine whether the policy is being effectively implemented district wide the district is required to track certain indicators. The Wellness Committee has been tracking the following indicators:

- #1 Annual Fitness Gram Scores (California Physical Fitness Test)
- #2 California Healthy Kids Survey
- #3 Student participation rates in school meals
- #4 Changes in sales revenue
- #5 Nutritional analysis of meals
- #6 Incidence of Type II Diabetes
- #7 Feedback from parents, students and staff - perception of how the Wellness Policy is working
- #8 Description of the District's Nutrition Education, Physical Education, and Health Education curricula
- #9 Number of minutes of physical education instruction offered at each grade span

Wellness Policy Progress Report:

Following are some highlights of the report on trends that were noted from the data collected between the base year (2004-2005) through this past school year (2010-2011):

Indicator #1 - The Annual Fitness Gram scores show an improving trend in aerobic capacity for all grades tested (5th, 7th and 9th); 7th and 9th graders showed an improvement in body composition (BMI - Body Mass Index)

Indicator #2 - The Healthy Kids Survey showed that there was a 5% increase in breakfast consumption for 9th and 11th graders; the "exercise" and "fruit and vegetable consumption" questions were dropped from the survey in 2008 due to budget constraints

Indicator #3 - Student participation in school breakfast increased by 16% and school lunch participation increased by 5%, while experiencing an 8% decline in enrollment since the fall of 2004. Another factor that negatively affects elementary lunch participation is the increase in collaboration days.

Indicator #4a - Child Nutrition Services snack revenue declined a total of 99.8% for middle school grade span and 98.9% for high school grade span - a positive trend given that school lunch is a complete meal, and therefore, more nutritious than snacks

Indicator #4b - School fundraising revenue was tracked at 3 schools: Los Berros increased 87% while Lompoc Valley MS decreased 100% and Lompoc High decreased 41%

Indicator #5 - The nutritional guidelines were met for all grade spans for breakfast and lunch

Indicator #6 - The number of Type II Diabetic students went down to 7 from 18

Indicator #7 - Key findings from the 2008/2009 Parent Survey:

- ❖ 96% answered that they felt physical education was important
- ❖ 75% answered that their family engaged in activity recreation outside of school
- ❖ 75% considered foods served at school to be healthy
- ❖ 60% believed there were more healthy food choices than the previous year

Refer to the "Wellness Policy Progress Report" for the entire report on all 9 indicators

EMPLOYEE WELLNESS EFFORTS

1. The district's insurance provider SISC provides a preventative employee health program for its members. A cash incentive is provided for members who take part in a yearly assessment. The assessment looks at health parameters such as BMI, percentage of body fat, waist circumference, blood pressure, and blood cholesterol and glucose levels. Members can also take part in an on line health coaching program.
2. January 2009 there was a wellness topic offered to employees for the Staff Development Day. Forty people attended.

Respectfully submitted by
Kathy Bertelsen, RD
Chair, Wellness Committee