

## WELLNESS COMMITTEE REPORT 2008-2009

### Accomplishments Last Two Years:

- I. We updated the District Wellness Policy AR5030 to bring it in line with BP5030
- II. Almost 200 teachers received SPARK training of which Lompoc Valley Community Health Organization, a member of our committee, contributed over \$50,000:
  - 91 – K-2<sup>nd</sup> grade
  - 74 – 3-5<sup>th</sup> grade
  - 13 – 6-8<sup>th</sup> grade
  - 11 – 9-12<sup>th</sup> grade
  - 6 – Train the Trainer’s teachers
- III. We were awarded a \$30,000 Wellness Policy Demonstration Mini Grant from USDA:
  - 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.
  - The grant money can be spent on wellness activities such as evaluation expenses, survey development, compilation and analysis, parent education and teaching tools.
  - We used the grant to:
    - Attend the October 2007 CSBA Wellness Conference
    - Provide parent workshops on wellness topics at the “Parents are Teachers Too” conference last year and this year. Topics included:
      - Healthy Families Making Healthy Choices – Michelle Mackinnon, RD
      - Healthy Cooking Demo – Sandi Jefferson, RD (last year), Michelle Mackinnon, RD (this year)
    - Develop a wellness survey, send it out to parents, and compile and analyze the information (see attachment for survey results).
    - Purchase nutrition teaching materials for district dietitians and nurses to use for teaching.
    - Michelle Mackinnon, RD and Kathy Gracyk, RN will be attending the “Childhood Obesity Conference” in Los Angeles June 9 – 12<sup>th</sup>.
- IV. Representatives on the committee wrote articles that appeared in the Health and Wellness section of the Lompoc Record
  - An article addressing the districts Wellness Policy
  - An article that addressed the childhood obesity issue and the efforts of the district to address the problem
- V. Representatives on the committee spoke in public about district wellness
  - Kathy Bertelsen was invited to speak at the CenCal Obesity Summit held in Santa Maria in January of 2008.

- Kathy Bertelsen & Michelle Mackinnon were invited to speak at a meeting of the Association of Active and Retired Federal Employees in September 2008.

VI. Began to work with the Orfalea Foundation to move toward making some foods from scratch in the district.

- Five Food Service staff attended a Culinary Boot Camp training last summer
- Applied for and received a grant for \$55, 548 to purchase hot serving counters, food warmers, and sinks at the middle schools
- As part of the grant, more culinary training was provided for our staff in March and April and a fun and interactive assembly opportunity called “FoodPlay” was held at 4 elementary schools in May (Clarence Ruth, Arthur Hapgood, La Honda and Los Berros)

In summary, the Wellness Committee would like to say that wellness is working at Lompoc Unified School District. We are seeing healthier trends in fundraising efforts such as jog-a-thons, magazine drives and jumping-for-health. There is also a trend toward healthier foods being served in the district with the food courts at the high schools and now with the Orfalea Fund grant opportunity and the move toward cooking some foods from scratch.

Respectfully submitted by,

Kathy Bertelsen, RD

