

# *AGENDA: LOMPOC USD WELLNESS COMMITTEE MEETING*

October 24, 2019

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

- I. Opening of the meeting and introductions (5 min)
- II. Minutes from the previous meeting (5 min)
- III. Reports: (10 min)
  - a. Bree Valla- LUSD Employee Wellness Program has exciting updates!
    - i. Our gym is officially open! It has received over 1500 visits already since July.
    - ii. Bree and Trevor will be finalists at the Wellness Summit next week for a \$5,000 grant.  
This grant will support the yoga program at LUSD.
  - b. Hannah Carroll- Community Eligibility Provision (CEP) includes 3 more schools this year.  
September- 10% increase in breakfast, 8% increase in lunch. Meal debt is higher than last year.
  - c. Any other reports?
- IV. New Business
  - a. How can we recruit more members to ensure representation from each school site?
  - b. January- Focus of meeting will be on our Wellness Policy Goals (p. 9, 10)
  - c. January- Review milk velocity reports and community input to determine if excluding chocolate milk is in the best interest of the students.
- V. Updates & Reminders: (15 min)
  - a. LUSD Gym is open!
  - b. Wellness Summit October 30, 2019. Registration information for this event can be found at [www.SchoolWellnessSummit.org](http://www.SchoolWellnessSummit.org). The cost is \$100. CDE will be presenting topics on Local School Wellness Policy, the Whole School, Whole Community, Whole Child model, as well as workshops to support the Whole Learner. Presentations will also be given by Susan Salcido, Fight Back Santa Maria Valley, SAFTY by Casa Pacifica, and MINDBODY by UC

Cooperative. The Wellness Summit is now taking applications for \$5,000 mini grants, which will be awarded at the event.

c. Does anyone have anything?

VI. Comments & Concerns (10 min)

a. New comments or concerns to report?

VII. Next Meeting – January 23<sup>rd</sup>, 2019

VIII. Adjournment