

Ventura Unified School District
Wellness Collaborative
Minutes

December 2, 2015

Wooden Room at VUSD

3:30 pm-4:10 p.m.

Attendees: Nancy Maxson, VUSD Health and Prevention; Cathy Puccetti, VUSD VNfL; Eric Reynolds, VUSD Risk Management, Ed Summers, Community Member, and Bebe Kushner, VUSD Health Services

Nancy welcomed everyone to the meeting and introduced Ed Summers.

This year we are working on our Wellness Policy and using the year to survey the schools to see how they think they are doing. We will take this information to update our policy and turn it in to a report to submit to the school board. Over the years, we have revised the policy three times. We would like the Board and superintendent to say, “Thou shalt not...” but it currently states, “Strongly encourage you not to...”

Nancy distributed samples of surveys used by Torrance Unified School District as part of a report to their board. The director of nutrition services said we could use them as desired. We can make whatever changes we want, and then revise them with our district information and distribute to sites. There is a school site form, health services form, parent and volunteer group form, and student council and student body officer form. In reviewing the school site form, there are several sections that would require being filled out by various people. The principal would fill it out in conjunction with the cafeteria manager, the principal and a teacher or site council, the principal and a physical education teacher, etc. We could make this available as an on-line survey.

Eric asked about the reason and goal for the Wellness Policy update and how do we see the surveys fitting into that process. Nancy responded that the reason we are updating the Wellness Policy is due to an audit of Food Services last year. The auditor said in general it was a strong policy, but there were a few components missing. Identified were nutrition related components and the other was making the fundraising a stronger statement. In our Wellness Policy, it states that we will annually review the policy and present to the board. We have not done that. The surveys would be a simple tool to assist in establishing an annual review. Because this is not a mandated policy, we decided at our first meeting to use this year to gather information and update next year. The auditors are not scheduled to attend for another three years. Eric asked if there would be a monetary consequence if the policy was not immediately updated. Nancy said she did not believe so because the auditor did say it was a fairly strong policy.

Ed asked if we had measurements of success for the policy. Nancy said there are a variety of things in place to help assess success. Food Services provides healthy food and keeps a record of what they serve, what types of foods, and other activities they do at the sites. They do food surveys with students.

Physical education is evaluated every year in 5th, 7th, and 9th grades. It provides BMI which could be included in a report addressing obesity rates.

We continued on looking at the other forms. Nancy will have the nurses look at the health services form; they would fill this one out. The parent group would be filled out by a variety of groups and we would list those groups. On the parent group Torrance form, it states “may” be filled out annually. The other forms are a “must.” The student council and ASB officer form would go to middle and high schools.

It was agreed that these surveys would work for our purpose. Nancy will revise them to fit our district.

The Torrance report contained an introduction about the policy, information on the policy itself, a copy of the forms, a copy of the food regulations, the food calculator, examples of healthy fundraisers, EPA, physical activity and resources, and the timeline for implementation. Ed asked about fundraisers in our district. Cathy said she liked the questions regarding fundraisers on the survey. Nancy said Trudy was very consistent about instructing principals to follow the Wellness Policy, students groups to follow, and to the best effort, parent groups. There are ideas on our website and this information is also given to sites. In working with E.P. Foster on a grant, the principal showed Nancy what is given to their staff and parents regarding fundraisers. Nancy believes the elementary schools are really doing a good job regarding healthy fundraisers.

In discussing a timeframe, we would like to present a report to the board before the end of the school year. It was decided that we would send out the surveys March 1 and request that they be back by the end of March. We would then present this information to the board in late May or June. Nancy will have the parent survey ready to distribute for the February PAC meeting. She is attending DELAC this December but the surveys would need to be translated. She might have to move to another meeting or just ask the questions in Spanish and record the information.

No one was present to give an update on the Nutrition Education/Obesity Prevention (NEOP) grant.

We are in the final year of the TUPE grant. Straight Up is at every secondary site doing activities. We have Friday Night Live mentor programs at Buena, Ventura, Balboa and Cabrillo. Currently they are working on an outreach program involving the Lee law. This law states that store windows can have only 1/3 of the window covered with alcohol and tobacco advertising. The students map out an area and go to stores. They bring back their findings and compile it to present to parent and district meetings. Tobacco curriculum is included in the health and science classes of 6th, 7th, 8th, and 9th. We do pay Straight Up out of our grant and pay for FNLM bus transportation, snacks, and stipends.

Since there will be nothing much going on before the February meeting, Nancy will look into rescheduling the next meeting to March 16. The May meeting might need to be rescheduled as well due to summerfest.

There being no further business, the meeting was adjourned.