



Dear Pacific School Families,

August 2016

I am so excited for this year's FoodLab team! Our sixth grade group will be incredible mentors, and most of the fifth grade students have grown up in the kitchen with their parents. Violy and I will be able to really take their skills to a new level. Just think of all the beautiful food we will create! Violy and I are looking forward to this school year, our fourth year together. Thank you once again for the privilege and honor of teaching your students life skills, the culinary arts, and reinforcing their core curriculum.

Free and Reduced Price Applications and Medical Restrictions Forms

We are asking everyone to please fill out the [Free and Reduced Price Application](#), using this link or ask for one in the school office. This does not cost you or the school anything and helps us determine the needs of our students. Also, if your student has any dietary needs please fill out this [Medical Statement for Special Meals Accommodations form](#) and take it to your doctor for a signature. I will accommodate those students that have this form signed by a licensed physician. Both of these forms are also available for download on our website.

Nutrition and Health Goals

This year we will be focusing on three themes in our lunchrooms. We will of course be focusing on **manners**, as well as **food safety issues** and the **history of food**. Our FoodLab groups will be preparing throughout the year for their Wawona trip by learning different methods of food preservation.

You will also see our **monthly school wide wellness challenges** again. These challenges are suggested activities and practices you as a family can work on at home as well as at school, such as creating a meal using all California grown foods or cooking everything on the grill on a warm summer's evening. Look for these posted on the monthly menus.

Snack Basket

We will continue our tradition of the Snack Basket. About once a month, your family will be asked to provide a nutritious snack for your student's entire class. We ask that these snacks follow the guidelines within our [Wellness Policy](#), found on our website, in the school office, in the kitchen, and attached to each snack basket. Beverages must be **100% juice, nonfat or 1% milk, or water**. Anything else will be sent home. When thinking about what snacks to send, try to choose **whole foods**, such as cut up veggies, fruits, cheese, nuts, and popcorn. **Foods such as cakes, cupcakes, cookies, candy, and foods with artificial food coloring will be sent home if sent for snack basket.**

Wellness Committee

Pacific School's Wellness Committee will continue to meet every other month beginning in October, dates TBD. All are invited to attend. This year's meetings will focus on developing Field Day where the entire school is involved, non-food-based fundraiser ideas for Parent's Club and others, incorporating more yoga into P.E., creating a more peaceful lunchroom environment, and creating a family nutrition education class. We have a lot to work on, so please join us in the conversation if you are available.

Please email me at emiguel@pacificesd.org or call 831-425-7002 if you have any questions or concerns. Look for more health and wellness information in Pacific School's memo and on our website!

Sincerely,

Emelia Miguel
FoodLab Coordinator
Pacific Elementary School