



August 2018

Dear Pacific School Families,

Thank you once again for the privilege and honor of teaching your students life skills, the culinary arts, and reinforcing their core curriculum. Violy and I value the time we spend in the kitchen with our students, creating beautiful food and even more beautiful memories with them. I am looking forward to creating many more of these opportunities as your Food Service Director, but more importantly as your FoodLab Coordinator!

Lunch Prices and Unpaid Lunch Bill Policy

Student lunches cost \$3.60 and all other lunches (parents, guests, and siblings) cost \$5.65 each. A full year's worth of student meals will cost \$648 (\$432 for IS), or \$72 each month (\$43.20 for IS). **Please prepay for all lunches.** We encourage you to prepay for your lunches using your bank's online bill pay system. Please speak with the school office if you want help with a payment schedule or for more information about online banking. If by chance you do fall behind on your child's lunch bill, your child will still be served a full meal.

Free and Reduced Price Applications and Medical Restrictions Forms

We are asking **EVERY FAMILY** to please fill out the [Free and Reduced Price Application](#), using this link (or ask for a paper copy in the school office). Completing the application does not cost you or the school anything and helps us determine the needs of our students. If your student is eligible for Free and Reduced Price lunches, you may also be eligible for the following assistance programs: [Online application for CalFresh benefits](#), [State health care system](#), Summer Meal Programs within the same city or school district and the [CDE Summer Meal Programs Web page](#), [Special Supplemental Nutrition Program for Women, Infants, and Children](#) with instructions on how to apply, [PG&E Assistance Program](#). Also, if your student has any dietary needs, please fill out the [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 healthcare professional. Both of these forms are also available for download on our website.

Health and Wellness Goals

Our FoodLab groups work very hard to serve each student at Pacific School a nutritious, balanced meal every school day. This idea of providing a nutritious and balanced meal for every child extends to our classroom fundraisers, our community and classroom parties, and our snack baskets. We, at Pacific School, pride ourselves on a healthy school environment where we allow our students enough time to share a meal together and where we support the mission of preparing children for life through experiential learning that addresses the needs of the **whole child**. This includes health and wellness. At our school, the norm is **not** to provide our students with "junk food," but educate them about what nutritious, balanced choices are for each individual student. We all love celebrating our beautiful children! Together, let's make sure each celebration benefits the whole child, not just their sweet tooth.

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 by the teacher 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, especially interested students. This year's focus for our committee will be a concentrated effort on reviewing and revising our Wellness Plan. It will be a wonderful opportunity to discuss health and wellness at Pacific School, 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 and Food Service Director, Pacific Elementary School