



August 2019

Dear Pacific School Families,

I hope everyone enjoyed their summer break! I know I did! One of the highlights of my summer was taking FoodLab students to the CA Foods for CA Kids conference in Oakland. It was truly amazing to hear our students tell their stories about their experiences in FoodLab. I know Violy will have many stories to tell about her trip home to the Philippines. We are both looking forward to an amazing year with our new 5th graders and our returning 6th graders. Here's to great food, amazing students, and a wonderful community!!

### **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, even if your child does not eat school lunch**, 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.

### **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 food 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 to 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. **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.** 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.

### **Wellness Committee**

Pacific School's Wellness Committee will meet every other month beginning in **October 2nd, December 4th, February 5th, & April 1st**. 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](mailto: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 weekly electronic memo and [on our website!](#)

Sincerely,

Emelia Miguel, FoodLab Coordinator and Food Service Director, Pacific Elementary School