



Dear Pacific School Preschool Families,

August 2018

Welcome to Pacific School and the 2018-2019 school year! My name is Emelia Miguel, the Food Service Director here at Pacific School. This will be my sixth year teaching and cooking with our FoodLab students. Violy (our FoodLab Instructor), our 5th and 6th grade students and I have the privilege and honor of cooking a nutritious morning snack and lunch for your children each school day.

Meals and Nutrition

Your preschooler will be offered a nutritious morning snack at 8:30 in your child's classroom. *Please remember that this snack should not replace breakfast at home.* Here they are offered 4 choices of foods including whole grains, fruits and/or veggies, milk, and/or protein. Then at 10:45, preschoolers, along with the kindergarteners, are served a full lunch meal in the lower grade lunchroom. During this time, I step into the lunchroom and get to know your students for about 5 minutes. I also take informal food polls with them so we can find out about their eating habits in order to accommodate them as children develop their taste buds. Our wellness goals for the upcoming school year include a focus on smarter lunchrooms where students eat their salads, vegetables, and fruit, reduce food waste, and we encourage and educate students to try new foods.

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 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 physician. Both of these forms are also available for download on our website.

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 digital memo and on our website!

Sincerely,

Emelia Miguel
Food Service Director, Pacific Elementary School