

ANAHEIM CITY SCHOOL DISTRICT

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SUPERINTENDENT

Sandra Barry

BOARD OF EDUCATION

Sandy Blumberg • Don Garcia • Barbara Gonzalez • Susan Preus • Jerry Silverman



July 12, 2004

The Honorable Frederick P. Horn
Presiding Judge of the Superior Court
700 Civic Center Drive West
Santa Ana, CA 92701

Dear Judge Horn:

The following represents Anaheim City School District's (ACSD) response to the Grand Jury report, "Childhood and Adolescent Obesity: Making the Orange County Schools Part of the Solution." The District was required to respond to recommendations 1, 2, 3, and 5 through 8.

Recommendation One – *Each Orange County school district establish a Child Nutrition and Physical Activity Committee to help coordinate functions and activities that address students' obesity problems.*

ACSD works with the Latino Health Access to provide parents family-behavior counseling and parent training for dealing with their children's weight problems. Latino Health Access trains parents to promote good health practices. The success of this program is the result of cooperation between the schools, teachers, parents, and students.

Recommendation Two – *School districts in Orange County continue to ensure that food and beverages served on school campuses meet federal and state requirements.*

ACSD retains Anaheim Union High School District (AUHSD) to manage and operate the food service program of the District. The food service agreement is renewed annually with approval of the California State Department of Education, Child Nutrition Division. Article III, Section 3.2A of the agreement requires that meals served meet nutritional requirements established by the United States Department of Agriculture. Article VII of the agreement requires compliance with all laws, ordinances, rules, regulations, by federal, state, county, and local agencies. The food service director of AUHSD provides ACSD with updates in regulatory changes required for the food service program. Board policy amendments or new board policies are discussed at district scheduled administrative meetings for implementation. Meals served at each school site are evaluated for compliance by food service management throughout the school year. All food and beverage prepared by food service for ACSD comply with federal and state requirements.

Recommendation Three – *Orange County school districts appoint nutrition and physical education specialists who can train classroom teachers in the essentials of their specialties.*

ACSD contracts with a fitness consultant to demonstrate to teachers appropriate physical activities for children age 0 to 5. These activities are intentionally planned to address the intellectual, emotional, and physical developmental needs of this age group. The consultant demonstrates these techniques once weekly and teachers then continue the activities during the rest of the week. Teachers are provided with

nutrition information and suggested classroom activities via a newsletter (*Harvest of the Month*) that highlights a particular fruit or vegetable each month. Additionally, teachers are provided with instructional materials (aligned with the state standards) for their further use. Preschool teachers understand the importance of and support classroom activities that include promoting a physically active lifestyle supported by a nutritionally sound diet and healthy habits.

Recommendation Five – *Orange County school districts apply for state and federal grants available for improving physical education and nutrition programs.*

ACSD is a part of the Orange County Nutrition Network Coalition funded by the California Nutrition Network. Our initial two-year contract provides additional dollars to implement nutrition education activities and physical activity promotion. ACSD has a grant through the Orange County Children and Families Commission to provide nutrition education and physical activity promotion.

Recommendation Six – *Orange County school districts make available their playgrounds and outdoor facilities before and after school hours for their students under the supervision of interested faculty members and parents.*

ACSD supports the Anaheim Achieves after school program at 17 of its 23 school sites; this program has a strong physical education component. The City of Anaheim sponsors Kids in Action, a drop-in program with a variety of activities during the after school hours at four ACSD school sites. Little League and soccer teams also use school facilities after hours and on week-ends.

The District collaborates with the American Heart Association and participates in its “Jump for Heart” program and Walking Club. These activities encourage children and adults to include exercise as a part of their daily routine.

Recommendation Seven – *Orange County school districts ensure that either food items sold on their campuses be labeled with the caloric values and nutritional composition or that such information be posted in the food serving areas.*

Most items provided by the school food service program are not labeled with their caloric value or nutritional composition. However, students are given a wide assortment of healthy choices to choose from and all meals are planned to meet the caloric and nutritional requirements.

Foods served in ACSD’s meal program are planned by meal components. The caloric value and nutritional composition of the meal components will be posted in the food serving areas so that students can access this information. This will provide students with the average caloric content of a bread, fruit, meat/protein, vegetable, and milk serving.

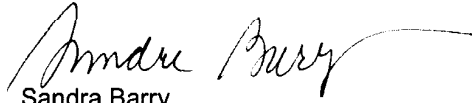
Recommendation Eight – *Orange County school districts incorporate instruction on the Body Mass Index into the nutrition and physical education programs and encourage students to share this information with their families.*

ACSD’s fitness consultant provides parent workshops that promote healthy eating and physical activity. Workshops are practical and hands-on. Didactic nutritional information (such as the use of the Body Mass Index) is presented and practical implementation strategies and return demonstrations are the teaching techniques used. Family activities are encouraged. Beginning September 2004, parents will be trained as Parent Nutrition Assistants. They will be trained to make classroom presentations to the preschool children about nutrition and physical activity. These presentations will include food tasting and physical activities.

ACSD Response
Childhood and Adolescent Obesity: Making the Orange County Schools Part of the Solution
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If you require further information regarding the above responses, please contact Ruben Barron, Deputy Superintendent, at (714) 517-7517.

Sincerely,

A handwritten signature in black ink, appearing to read "Sandra Barry", with a long horizontal flourish extending to the right.

Sandra Barry
Superintendent

SB:RB:vir 7/12/2004 C:\MYDATA\1DrBarron\0405\GrJuResponse_Horn.doc
Cc: Orange County Grand Jury