



**tustin**

**Unified School District**

*A Legacy of Excellence in Education*

300 South C Street, Tustin, CA 92780-3695 • (714) 730-7301 • FAX (714) 731-5399 • [www.tustin.k12.ca.us](http://www.tustin.k12.ca.us)

August 26, 2004

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

Re: Responses to Findings and Recommendations of the Orange County Grand Jury Report, "*Childhood and Adolescent Obesity: Making the Orange County Schools Part of the Solution*"

The Honorable Frederick P. Horn:

While the Tustin Unified School District wishes to be cooperative with the Orange County Grand Jury and respond to its findings, the Tustin Unified School District believes that the Grand Jury lacks jurisdiction over the issues of obesity as indicated by the California Attorney General in a 1995 opinion. See, 78 Ops.Cal.Atty.Gen. 290 (1995). However, upon reviewing the Orange County Grand Jury report referenced above, we respectfully submit the following recommendations in compliance with *Penal Code 933* for your review:

1. We have a group in our District named the Physical Education Subject Area Council. This group is responsible for coordinating physical education programs in our District. This Council discusses physical education fitness testing and reviews grade-level standards to ensure that students are involved in the appropriate activities for their grade level. The Council meets quarterly and are willing to discuss all aspects of physical education. Child Nutrition will be a topic at these meetings.
2. Tustin Unified School District ensures that food and beverages served on our school campuses meet all Federal and State requirements. This is accomplished by following menus that were evaluated by a contracted, registered dietician to ensure they meet Federal and State requirements. A nutrition analysis of our menus has determined that our menus meet the recommended dietary allowances for calorie content, iron, calcium, vitamins D and C, and protein.

Mr. Frederick P. Horn  
Presiding Judge of the Superior Court  
August 26, 2004  
Page 2

3. Lisa Pestolesi is the Lead Physical Education Teacher and provides in-services on physical standards which address health issues. The Nutrition Services Department also provides in-services to community groups to discuss healthy eating habits and basics of nutrition.
4. Not applicable
5. Although there are very few grants that support physical education, we apply for them annually. The Nutrition Services Department applied for and was awarded a breakfast start-up grant to fund a hot breakfast program at one of our elementary schools (Veeh Elementary School). We have also applied for a State grant, *Proposition 10*, for the Pre-K Program. The goal of this grant is to ensure children come to Kindergarten healthy and ready to learn. As a readiness program, it covers early care and education, parenting/family support, health and social services, school readiness for children, and infrastructure, evaluation and administration.
6. Playgrounds are available for sports programs such as volleyball and intramural sports for K-5 students and are supervised by teachers. The middle and high schools have intramural sports, and the middle schools have a formal after-school sports program, as well. The District also has a Facility Use Policy which allows area groups to utilize our facilities.
7. We are near completion of categorizing all entrée items served in our cafeterias. We will have nutrition information for all our entrees, which will provide protein and bread counts, fat grams, carbohydrates and sodium counts. This information will be available at each Principal's office, as well as the Nutrition Services Administrative Office.
8. Tustin Unified School District has every Physical Education Teacher review nutritional guidelines, as well as body mass instruction, in relation to weight and height with their students. This subject is also covered in Life Science classes.

If I may be of further assistance, please call me at 714/730-7301, extension 343.

Sincerely,



Helen Hawkins  
Director, Nutrition Services