



**WESTMINSTER
SCHOOL
DISTRICT**

Our Vision:
"High Achievement for all
Westminster School District students"

January 20, 2005

14121 Cedarwood Ave.
Westminster, CA
92683-4499
Tel: (714) 894-7311
Fax: (714) 899-2781

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

Dear Judge Horn,

Superintendent

Sheri Loewenstein

This letter is written in response to the 2003-2004 Orange County Grand Jury Report entitled "Childhood and Adolescent Obesity." As required, I have reviewed the report and would like to thank you for sharing the information. Listed below are the steps we have taken to address the issues:

Board of Trustees

Judy Ahrens
Sergio Contreras
Blossie Marquez
Jo-Ann Purcell
James Reed

Finding/Recommendation #1 — During the 2003-04 school year, Westminster School District (WSD) Food Service Department entered into a three-year agreement to collaborate with Huntington Beach Union High School District (HBUHSD) working as a partner with the California Nutrition Network (CNN) for healthy, active families. Through our partnerships we have been providing ongoing nutrition education and activities that promote healthy eating and physical activity to WSD students through the following activities:

- "Walk to School Day" (flyers distributed on safety/education, certificates and prizes)
- Harvest Festival -- Pumpkin newsletters to teachers suggesting classroom activities, carved pumpkins, a parade, etc.)
- Holiday Music Festival -- healthy cookbooks distributed to children on the ways to cook healthy vegetables and fruits and information on how breakfast is linked to learning, etc.

Working through the CNN we continue to place our priority on encouraging eating five fruits and vegetables a day, getting at least one hour of physical activity a day for children, and promoting our School Breakfast Program (SBP) and National School Lunch Program (NSLP).

Finding/Recommendation #2 — WSD complies with the USDA guidelines utilizing their Enhanced Food Based Meal Planning (EFBMP) for both our SBP and NSLP. All five required meal components are offered during breakfast and lunch.

- Self-serve salad bars are offered at all school sites offering a large variety of fresh fruits and vegetables for children to select from, which help reduce the amount of fat they are consuming to keep us within our School Meals Initiative (SMI) goal of keeping the fats limited to 30% or less of overall calories from fat.
- Only nutritious beverages are offered at all of our school sites. The children can choose from 2% low-fat milk, non-fat chocolate milk, or 100% orange and apple juices.
- No non-nutritious foods or beverages are sold à la carte.
- I am working closely with the WSD PTA Council, our school PTA presidents, and our school principals to ensure that all food sold on school sites as part of fund raising efforts meet federal and state requirements.

Finding/Recommendation #3 — Through the CNN, WSD Food Services utilizes a Nutrition Specialist to coordinate activities that promote nutrition and education.

- Our Food Service Department shares information/ideas with teachers such as ideas for non-food classroom rewards and healthy classroom party ideas.
- During lunch service our salad bar, along with encouragement from our salad bar monitor, promotes the “five-a-day” program of healthy eating choices by offering a daily variety of fresh fruits and vegetables.
- We serve reduced-fat salad dressing and low-sugar cereals to WSD students.

Finding/Recommendation #5 — Through our partnership with HBUHSD and the CNN program, in the 2003-2004 school year we introduced our Harvest of the Month (HOTM) program.

- The Harvest of the Month program gives the children the opportunity to learn, see, and taste a variety of fruits and vegetables. A nutritional information flyer and sample products are displayed along with

product samples made available for the children to try at every school site.

- During the 2005-06 school year, the HOTM will be expanded to the classrooms, which will partner Food Services with the teachers in providing nutrition education to students to use at home with their families.

Finding/Recommendation #7 — Caloric values and nutritional composition of all food and beverages served or sold is on file in the Food Service Office. A plan is in progress to post the data in the food serving areas at all sites at the beginning of the 2005-2006 school year.

In addition to the above, administrative staff members will attend a February Conference regarding quality after-school programs which will include a focus on positive social interaction in a healthy environment and related physical activities.

The Westminster School District shares the concern of the Grand Jury as to the alarming increase in the childhood- and adolescent-obesity problem. We will use the recommendations of the report within our district to try and make continuous improvement in our nutrition and physical education programs in hopes of decreasing the prevalence of obesity in the children in our district.

Sincerely,



Sheri Loewenstein
Superintendent

cdb

c: **Orange County Grand Jury**
Karen R. Prather, Deputy County Counsel
Ronald Wenkart, General Counsel, O.Co. Dept. of Education