

Survey of SLO County School Districts' Student Wellness Policies

Emily Tristant
Intern

SLO County Health Promotion Division

Outline

- * School Districts Contacted
- * Primary Contact for Wellness Policy Information
- * Which Districts Have a Wellness Committee
- * Breakfast Programs
- * Afterschool Program Snacks
- * Salad Bars
- * School Gardens

School Districts Contacted

- * Atascadero Unified
- * Cayucos Elementary
- * Coast Unified
- * Lucia Mar Unified
- * Paso Robles Joint Unified
- * Pleasant Valley Joint Unified
- * San Luis Coastal Unified
- * San Miguel Joint Union Elementary
- * Shandon Joint Unified
- * Templeton Unified

Primary Contact for Wellness Policy Information

- * **Atascadero Unified:** Denise Razo, Coordinator for Nursing Services; 805-462-4306, deniserazo@atasusd.org
- * **Cayucos Elementary:** Nessa Garcia, RN, Head of Food Services; 805-995-3694
- * **Coast Unified:** Sally Thompson, Food Service Director; 805-927-3889, sthompson@coastusd.org
- * **Lucia Mar Unified:** Jim Empey, Director of Elementary Education; 805-474-3000, ext 1133
- * **Paso Robles Joint Unified:** Ashley Aiello, District Nurse; 805-769-1100, ext 33223, laaiello@pasoschools.org
- * **Pleasant Valley Joint Unified:** Gilbert Campos, Pleasant Valley Elementary School Superintendent; 805-467-3453
- * **San Luis Coastal Unified:** Kathleen Martin, Director of Food Services; 805-596-4064
- * **San Miguel Joint Union Elementary:** Laura Learned, Lilian Larsen 3rd grade teacher; 805-467-3216
- * **Shandon Joint Unified:** Teresa Taylor, District Superintendent/ Principal; 805-238-0286
- * **Templeton Unified:** Jackie Bobsen, Head of Wellness Committee, TUSD Food Service Director; 805-434-5843

Which districts have a wellness committee?

- * Of the 10 districts contacted:
- * 4 have a wellness committee: Atascadero Unified, Coast Unified, San Luis Coastal Unified, Templeton Unified

Wellness Committees

* **Atascadero Unified:**

- * Meets quarterly at Atascadero High School at 3:30-4:30 pm
- * Composed of parents, staff, school site representatives
- * Nursing and Food Services Department handles policy

* **Coast Unified:**

- * Meets annually
- * Composed of food service representative, student representative, school psychologist, nurse
- * Food Services Department handles policy

* **San Luis Coastal Unified:**

- * Meets quarterly at the district office; meeting lasts 1.5 hours
- * Composed of parents, school site representatives, nurse, food service lead directors, community members
- * Instructional Services Department handles policy

* **Templeton Unified:**

- * Meets quarterly at Vineyard Elementary School
- * Composed of teacher representative from each school site, school nurse, PE teacher from Templeton Middle School, one principal, one alternative education teacher, director of special education, representative from district office, and the head of the wellness committee (Jackie Bobsen)
- * Meetings open to community, different staff members invited periodically
- * Nutritional Services Department handles the policy

Breakfast Programs

- * **Atascadero Unified:** Food service serves breakfast before school at all school sites. Breakfast is served at break time at Atascadero Junior High, Fine Arts Academy, and Atascadero High school
- * **Cayucos Elementary:** No breakfast program; occasionally provide a drop-off breakfast in the classroom if a student asks for breakfast
- * **Coast Unified:** Breakfast served before school at Cambria Grammar school; breakfast served at break time at Coast Union High School and Santa Lucia Middle School
- * **Lucia Mar Unified:** Food Services serves breakfast in cafeteria
- * **Paso Robles Joint Unified:** Breakfast is served at all schools by Food Services; it is served before school at some sites and at break time at other sites
- * **Pleasant Valley Joint Unified:** Breakfast is served before school; program is funded by the food bank and prepared and delivered by Paso Robles school district
- * **San Luis Coastal Unified:** Breakfast is served at San Luis and Morro Bay High Schools, Laguna and Los Osos Middle School, and Pacheco Elementary School; provided by Food Services
- * **San Miguel Joint Union Elementary:** Breakfast served in the classroom by Food Services
- * **Shandon Joint Unified:** Breakfast prepared by Culinary Arts Program from Paso Robles
- * **Templeton Unified:** Served at the first morning break by Food Services

Afterschool Program Snacks

- * **Atascadero Unified:** Snacks served by the independent after school program Champions
- * **Cayucos Elementary:** After school program has snacks in accordance with USDA standards
- * **Coast Unified:** Snacks served at Cambria Grammar school after school program
- * **Lucia Mar Unified:** After school programs contracted out; snacks follow USDA standards
- * **Paso Robles Joint Unified:** After school program varies by site; ASES, YMCA, and the Boys and Girls Club programs all serve a healthy snack
- * **Pleasant Valley Joint Unified:** After school snacks served by the Food Bank; follow USDA standards; kids take whole snack and discard what they don't want into bucket
- * **San Luis Coastal Unified:** After school program varies by site; funded by programs such as Sun 'N Fun, YMCA
- * **San Miguel Joint Union Elementary:** Snacks provided by Food Services and are compliant with USDA standards
- * **Shandon Joint Unified:** No after school snacks
- * **Templeton Unified:** No after school snacks

Salad Bars

- * **Atascadero Unified:** All sites in district
- * **Cayucos Elementary:** Cayucos Elementary has a salad bar (one-school site district)
- * **Coast Unified:** Cambria Grammar School, Coast Union High, and Santa Lucia Middle School have salad bars
- * **Lucia Mar Unified:** All sites; Elementary students are required to take items from salad bar
- * **Paso Robles Joint Unified:** All sites in district
- * **Pleasant Valley Joint Unified:** All sites in district
- * **San Luis Coastal Unified:** All sites in district
- * **San Miguel Joint Union Elementary:** Both sites in district
- * **Shandon Joint Unified:** All sites in district
- * **Templeton Unified:** All sites in district

School Gardens

- * **Atascadero Unified:** Located at San Gabriel Elementary, San Benito Elementary, Santa Margarita Elementary, and Creston Elementary
- * **Cayucos Elementary:** Two gardens at Cayucos Elementary (student and teacher operated)
- * **Coast Unified:** Cambria Grammar School, Coast Union High, and Santa Lucia Middle School have gardens
- * **Lucia Mar Unified:** All sites
- * **Paso Robles Joint Unified:** Bauer-Speck Elementary, Virginia Peterson Elementary, Georgia Brown Elementary, Flamson Middle School; at some sites school garden produce is incorporated in school food to enhance salad bar or other menu items
- * **Pleasant Valley Joint Unified:** Pleasant Valley Elementary has a garden (one-school district); Produce grown on site incorporated into school food when in season
- * **San Luis Coastal Unified:** Pacheco Elementary, Monarch Grove Elementary, and Del Mar Elementary School have gardens
- * **San Miguel Joint Union Elementary:** Both sites in district (Cappy Culver and Lillian Larsen) have gardens
- * **Shandon Joint Unified:** No school gardens
- * **Templeton Unified:** All sites in district have gardens which students participate in maintaining