



# Santa Barbara SCHOOL DISTRICTS

720 Santa Barbara Street, Santa Barbara, CA 93101  
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[www.sbsdk12.org](http://www.sbsdk12.org)

September 2009

Dear Parent/Guardian:

The Santa Barbara School Districts partner with families in supporting healthy nutrition and fitness in our children because food and fitness impact how children learn, feel, and behave. A child's success in school depends on being well nourished.

Our school districts are committed to providing an environment of healthy nutrition and physical activity for our students. Our federally-mandated wellness policies are in place and our schools are in the process of implementing these policies and goals, with the assistance of the districts' Wellness Council.

Parents can support a healthy, nutritious school environment in several ways, such as:

- School cafeteria menus are posted on line, please see our new healthy options for school lunch and breakfast: <http://www.sbsdk12.org/programs/nutrition/index.shtml>
- Plan times to eat with your student in the school cafeteria. Be an example of healthy eating and fitness.
- When sending beverages to school, send water, milk, 100 percent fruit or vegetable juices; do not send soda or other sweetened drinks.
- Fundraisers should not include candy, cookie dough, or fast food sales.
- Class parties are limited to one or fewer each month and the food served must be healthy choices such as fruits and vegetables.
- Send only healthy foods to school.

Be advised that our districts' policy prohibits food as a classroom reward. Ideas and healthy alternatives are provided on the districts' web site: <http://www.sbsdk12.org/programs/wellness/index.shtml>

Our schools support fitness and physical activity in the following ways:

- Physical education (PE) policy goals ensure that students in grades K-12 meet the state-mandated minutes for PE. All elementary schools shall have at least 20 minutes a day of supervised recess, preferably outdoors. In secondary schools, PE instruction is given by a credentialed PE teacher.
- Board policy prohibits using or withholding physical activity as discipline.
- Families promote health with regular fun physical activities outside of school.

Our goal is to create school and home environments where a healthy lifestyle is easy to practice and is modeled by the adults. As partners, we can learn about and be great examples of living healthy lives.

If you are an interested, we welcome your involvement in the Wellness Council. Four meetings are planned: October 14, January 13, March 10, and May 12, from 3:30 to 5 pm at our District Office, 720 Santa Barbara Street, Santa Barbara. If you would like to participate, please contact Debi Badger at (805) 963-4338, extension 386, or [dbadger@sbsdk12.org](mailto:dbadger@sbsdk12.org)

Sincerely,

J. Brian Sarvis, Ed.D.  
Superintendent

Adams Elementary School  
Cesar Chavez Charter School  
Cleveland Elementary School  
Franklin Elementary School  
Harding Elementary School

McKinley Elementary School  
Monroe Elementary School  
Open Alternative School  
Peabody Charter School

Roosevelt Elementary School  
Santa Barbara Charter School  
Santa Barbara Community Academy  
Washington Elementary School

Goleta Valley Junior High School  
La Colina Junior High School  
La Cumbre Junior High School  
Santa Barbara Junior High School

Dos Pueblos High School  
La Cuesta Continuation High School  
San Marcos High School  
Santa Barbara High School  
Home School Santa Barbara