

San Miguel Resource Connection



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Notes on TCE HEAL SLO Grant at Lillian Larsen School – 6 month progress – May through October 2009

- 1) Community/School support or lack of for Wellness Policy
 - Challenges: parent involvement on council, teacher involvement on council and supporting in the classroom
 - Support: Hearts for the Arts dinner stepped up positive nutrition with healthy dessert and beverage alternatives, cafeteria participating in Tasting Thursdays every other week and changing to whole grain bread/rolls on the menu/tray
- 2) Improved school environment supporting healthy eating and physical activity – policy change
 - One junior high physical education changed to afternoon so that period meets time needs of elementary teachers for Healthy Hornet physical education assistance and another class set to help K-2 recess in recess before lunch (still trying to achieve)
 - HH trained in Peaceful Playground activities and conflict resolution to be assistants on the playground before school and at lunch
 - HH trained in “Rethink your Drink” program
 - Administrator mentions wellness policy and nutrition guidelines in staff meetings and on morning announcements before all special events and activities
 - Athletic Department follows Wellness Policy in the operation of the snack bar for all events.
 - Playground markings improving but still need big focus on upper grade area
 - Challenges in cafeteria trying to get support for changes from staff. Routines are set , space is very limited, and not as open to student (HH) help as we would like.
 - School garden was reworked during summer months. Gratefully we had support from 12 community volunteers to tear out and rebuild planters and the entire garden area.
- 3) Efforts of council to discuss/implement successes/challenges with school board

- ASB President is a HH and communicates activities to the board in her report as agenda is “too full and we want to keep meetings short”
- Fall council heard results of COPE/STRIDE report – poor attendance; Ann wants to teach Eileen the power point report for the next meeting so save a trip to San Miguel. Next meeting scheduled for December 9.

4) Program/Progress/Challenges

- HH have recruited seventh graders to help with tastings, playground and fitness (especially BMI calculations) for balance of this year and next year.
- Equipment order to increase activities being ordered this week
- Sandra Diamond and the Farmer’s Market supporting tastings
- 3rd grade teachers making use of HH in their classes weekly
- Challenge: administrator support of PE and Recess before lunch so that there is teacher buy in and follow through
- Soils to Succulent Flavors is progressing nicely. Ways of expanding some of the benefits of this program to others in the school are being explored.

5) Sharing what we’ve been doing:

- With help and referrals thru CCAN and Kim Pascuito, Soils to Succulent Flavors program and Healthy Hornets were filmed as a project of CFJ (Center for Food and Justice). Funding was from the Network for Healthy Calif. This will be one of 5 very short videos highlighting best practices in farm to school programs across the state with a particular emphasis on the connection between farm to school nutrition education programs. Each segment focuses on a different aspect of farm to school and at Lillian Larsen they are looking at garden-based learning. The video is intended to empower and educate viewers on how to implement effective farm to school nutrition education programs of their own, and will be distributed by the Network and posted on the farm to school website. (CFJ is a part of the Urban and Environmental Policy Institute at Occidental College in LA)
- Presented at Cal Poly Hand On Health in Oct .Eileen Rogers, Christina Wilkinson and Laverne teamed with Kim Pascuito, Sandra Dimond , and Jennifer Codron to present information on our grant programs.

Notes on TCE HEAL SLO Grant-- plans for next 6 months –Nov. 1, 2009 –April 2010

1. Continue the Soils to Succulent Flavors program
 - Explore ways to expand some of benefits of this program to others at the school
2. Continue the Healthy Hornet program
 - This month begin adding seventh graders to Healthy Hornets to groom for next year
 - Incorporate some 6th graders in the programs of leadership and advocacy

- Two first grade teachers will be using HH to implement their nutrition lessons beginning Nov. 30
 - Explore ways to encourage more primary teachers to utilize Healthy Hornets to benefit their physical education and nutrition classes
 - Plan more activities for recess periods that encourage active activities and along with that get more teacher buy in so HH can be appreciated more and scrutinized less
3. Continue to push for recess before lunch schedule, have several teachers ready to do it, just need admin support
 4. Continue to pursue ideas for achieving teacher buy-in to importance of healthy eating, active living so that they will become advocates amongst the students and will be more willing to teach the nutrition and physical education segments.
 5. Continue to look for ways to encourage cafeteria so as to incorporate suggestions into cafeteria activities.
 6. Continue tastings. If adjunct grant is obtained, will be able to continue twice per month for remainder of 09 & 10 and with even more healthy eating information available to students.
 7. Begin plans for culminating activity for grant that includes community participation