



Canby School District
Volume VI
September
2016

Welcome Back!

It's that time of the year again! The days are starting to get a little cooler, the sun is setting a little earlier each day, and the kids are back on the corners waiting for the bus. Summer vacation has come to an end and it's time to get back into the routine of the school year. Everything is shiny and new, and everyone is excited about starting a new year. Especially the nutrition services team. Over the summer the team spends time training, organizing and imagining all the ways to improve for the new year.

This year there are quite a few things to look forward to that have been in the works the past few months! As school begins keep your eyes open for new promotions, recipes and events such as:

- Whole Wheat Warm Apple Breakfast Pockets
- Pork Carnita Tacos
- Healthy High School Challenge
- A-Z Salad Bar
- Redesigned Nutrition Services webpage

As the year progresses the nutrition services staff will keep looking for new ways to improve menus, services and encourage students to lead healthy, happy lives.



Meal Prices

Our nutrition services program operates within the Healthy and Hunger Free Kids Act of 2010. The district updates meal prices annually to align with that legislation. For the 2016-17 school year the meal prices are as follows for all paid students:

	Breakfast	Lunch
K-6th	\$1.10	\$2.45
7th-8th	\$1.25	\$2.80
9th-12th	\$1.35	\$3.05
Milk	\$0.60 (all grade levels, at all meals)	

All students eligible for reduced price meals will receive their meals at no cost as the Oregon Department of Education will provide funding to cover this cost.

What's New?

Complete the annual Family Application for Free or Reduced Meals now to receive benefits for the new school year! All personal information remains confidential. If don't know if your family will qualify for benefits we encourage you to apply.

We have applications available to print online, available for pickup in the district office or at your child's school. Now we also have the option to submit your application online!

If your family qualified for benefits last year remember applications must be renewed each year. There is only a short window before last years benefits lapse, so reapply now!



Nutrition

This school year the nutrition services team will be running the A-Z Salad Bar at all of our elementary schools, read more on that later in the newsletter!

In spirit of the alphabet we'll talk about the first letter, A with a delicious and versatile vegetable, Arugula! Also known as garden rocket.

Arugula is a nutritious, green-leafy vegetable of Mediterranean origin. It is a small, low growing annual herb.

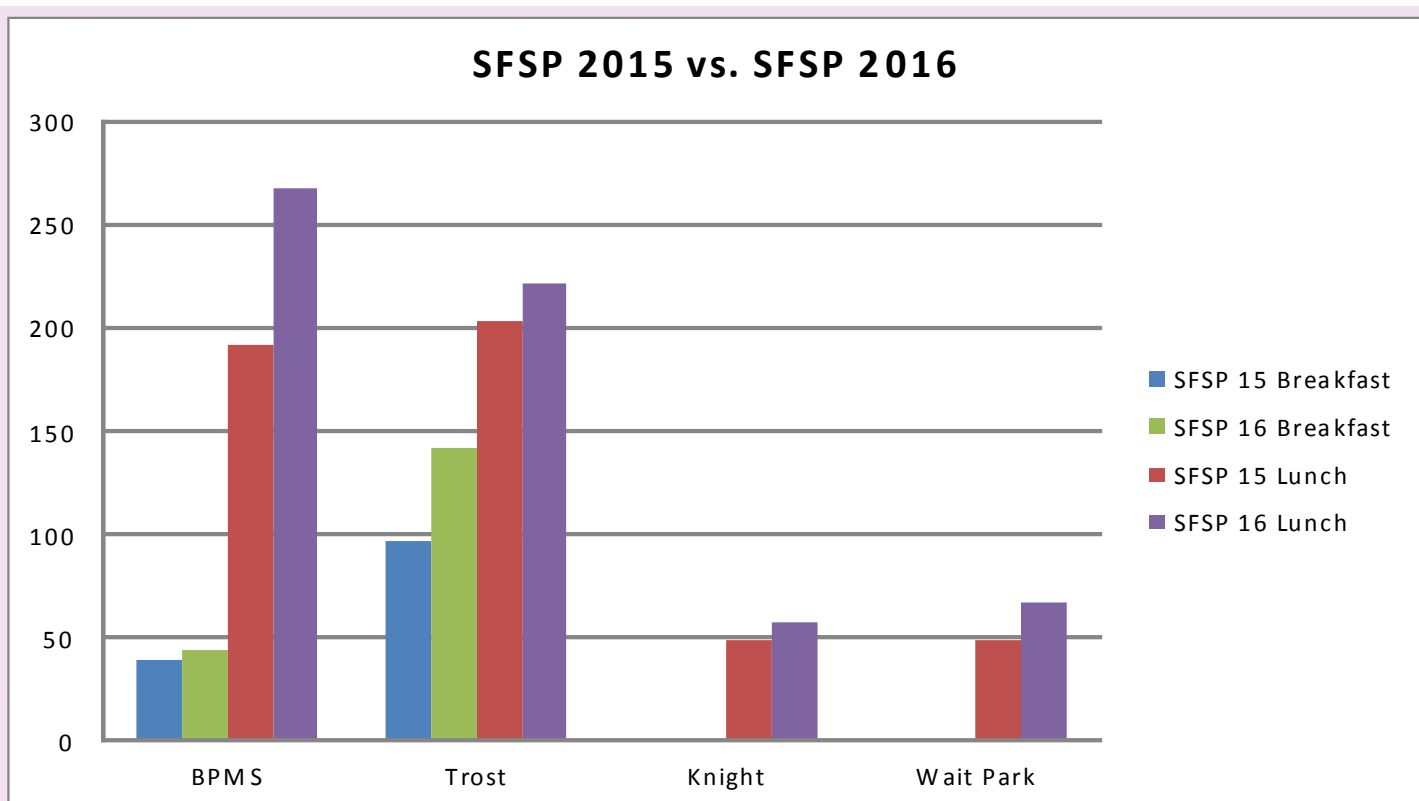
It holds many vital phytochemicals, antioxidants, vitamins and minerals that may benefit health.

Reach for Arugula the next time you create a salad, pizza or pasta and get lots of folates, vitamin A, B-complex vitamins, Vitamin C, Vitamin K and more along with great flavor. Try pairing it alone with some olive oil, vinegar, salt and pepper for a fresh new salad!



Fresh "Rocket" Salad!

Performance: Summer Program Average Daily Participation



The 2016 Summer Food Service Program average daily participation is noted above. This encapsulates the average daily participation for the programs three month duration at the four sites. As shown, ADP increased at every site, for every meal served! The 2016 program saw a 6% total increase over the previous year.

The members of the nutrition services team who opted to work during this program dedicated themselves to truly nourishing our youth. They were striving for excellence and encouraging kids to give healthy, nutritious options a try. Thank you to all who helped bridge the summer meal gap! A special thanks to the Canby Library Volunteers who dedicated their time each day throughout the summer to helping serve meals to the community youth!

Wellness

Back to school can be a stressful time not only for school staff and parents but also for kids according to MedStar Washington Hospital Center psychologist Dr. Karen Johnson. This is an exciting time of transition and amongst it all, students can feel varying levels of stress—but Johnson provides tips on alleviating any potential anxiety.

Johnson suggests organization as a key to a non-stressful start to the school year. “The night before school, (ensure) the bags are packed, the clothing is selected... Make sure they’re sleeping well,” she said. These



small tips can resolve many issues before they truly arise, as many children who feel stressed exhibit no telltale signs.

Some warning signs for parents to be watchful for include: difficulty sleeping, irritability, changes in appetite or behavior. Even if

nothing seems wrong, Johnson recommends having conversations.

“You can ask your kid, ‘Hey, Monday is the first day of school — how are you feeling about that,’” Johnson offers as an example. She asks that parents listen to their child’s response free of bias while assuring them that what they’re experiencing isn’t new.

Some students feel anxious about lunch or breakfast time in a new environment. The many resources that the nutrition services department offers can help relieve that anxiety. Share the menu offerings for breakfast and lunch with your students, prepay for meals or turn in a free and reduced meal application and your student can have one less worry while finding their routine in a new grade.

The new school year should be a time full of excitement and the nutrition services team is here to help that transition.



My name is Galina Dobson and I am the Director of Nutrition Services for the Canby School District. I am a proud Washington State Cougar Alumni with a degree in Hospitality Business Management. I love working for Sodexo and supporting their values as I also work alongside the Canby Nutrition Services Team and enrich the lives of our student body, staff and community.

Feel free to reach out to me with any questions! My phone number is 503-263-7140 ext. 3480 and my email is dobsong@canby.k12.or.us

Meal Charging Policy

The quickly approaching school year brings some minor changes to the meal charge policy within our district.

Charging means that there is not enough funds in a meal account and therefore the account will go into the negative in order to cover the purchase.

Below the charge policy is listed by grade level. This board policy is in place to help create increasing responsibility as students develop and grow.

K-6th	3 meals or no more than \$7.35
-------	--------------------------------

7th-8th	2 meals or no more than \$5.40
---------	--------------------------------

9th-12th & Adults	No charging allowed
-------------------	---------------------

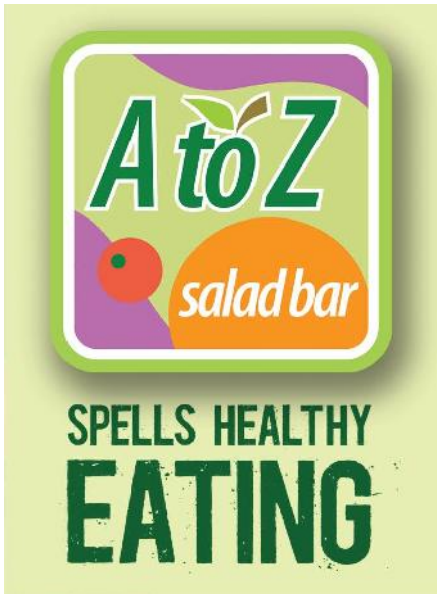
This policy **does not** mean that a student will not receive a meal if their charge limit is reached. If this occurs then the student will be offered an alternative meal. These meal options include PB& or Cheese Sandwich on Whole Wheat Bread, full selection of fruits and vegetables from the salad bar and choice of milk in place of a hot entrée option

The nutrition services staff at each school will work discreetly and professionally with students’ to remind them to bring money for their meal accounts before they reach their charge limit.

If you have any questions or comments please reach out to Galina Dobson.



Promotions: What's Coming Up Next?



The A to Z Salad bar is a fun and innovative way to teach kids about good nutrition. Starting in September, all elementary school sites will highlight the first letter of the alphabet by offering a produce item that begins with A in the salad bar. We will then progress through the entire alphabet, highlighting a new letter each full week until March!

From apples to zucchini—and everything in between—the A to Z Salad Bar focuses on nutrition awareness by offering a variety of fruits and vegetables that kids might not otherwise have the opportunity to experience. It is a participatory event that sparks the student's interest by allowing them to see, touch, smell and taste foods that are good for them.

Offering this promotion during full school weeks allows us to offer a “taste it Tuesday” and a “try it Thursday” so the featured fruit or vegetable will be available twice helping students to solidify their new knowledge about the produce.

During this event we will encourage students to sample a variety of healthy foods and to include more fruits and vegetables in their meals and snacks. We'll distribute fun activity sheets focusing on our featured produce, as well as informational flyers for children to take home and share with their family. We encourage parents to review the informational flyers they receive and to reinforce the learning by including the featured produce in home meals too! We'll also distribute some prizes and rewards during the event for some added fun and excitement.

Focusing on our students health is something we do throughout the school year and we are excited to for another opportunity to encourage the student consumption of healthier foods and promote active lifestyles.



Examples of the A-Z Salad Bar

USDA Updates

As required by the Healthy, Hunger-Free Kids Act, the United States Department of Agriculture (USDA) issued the final rule, Professional Standards for State and Local School Nutrition Programs Personnel. This outlines new national professional standards for annual training to be attended by all General Managers, Managers and Frontline Staff. Training hour standards will be phased in over two years. This started in July 2015 and July 2016 introduced phase two.

Therefore, starting this school year required training hours are as follows:

- Program directors - 12 hours
- Program managers - 10 hours
- All program staff (frontline) - 6 hours

Training topics include nutrition, operations, administration, communications and marketing. This school year we are excited to incorporate new trainings to meet this requirement and help our staff stay ahead in the child nutrition world.

