

**Minutes for the  
Superintendent's Parent Advisory Committee  
Minutes  
May 6, 2014**

1. **Grad Nite/BRAVO:** Board Member, Velma Lomax shared information on Grad Nite which is on June 12, 2014. We have over a thousand students enjoy this event locally at the Ventura Fairgrounds. Bravo is an event that is held the night before Grad Nite, this year it will be on Weds., June 11. Bravo piggybacks on the grad night experience. It is an evening to appreciate the staff of VUSD with fun, food and prizes. Velma shared information (attached to these minutes) that gives a breakdown of the benefits parents receive from volunteering at either the Bravo or Grad Nite events. Credit is earned to give those volunteers priority seating at their child's graduation ceremony. We need volunteers at both the Bravo and Grad Nite events this year which includes set-up, working at the events or cleanup.  
E-mail for info and updates on Grad Nite to [vusdsobergraduation@yahoo.com](mailto:vusdsobergraduation@yahoo.com)

**Interested in volunteering at BRAVO contact:** Sabrena Rodriguez at [bravo.enthusiasts@gmail.com](mailto:bravo.enthusiasts@gmail.com)  
Questions contact: [georgiaperry@roadrunner.com](mailto:georgiaperry@roadrunner.com)

2. **Food and Nutrition Services:**

- a. **Smart Snacks in Schools** (attached presentation) – Nancy Maxson, Coordinator Health Services & Rose Wagner, Diabetic Intern
- b. Yellow Packets of information were distributed to all site reps.  
Nancy Maxson shared that Assembly Bill 626 was passed and went into effect on January 1, 2014 and it makes changes to current California competitive food rules, found in the California Education Code. It impacts all fundraising efforts at the school sites and the very strict criteria which must be met. Non-food fundraisers are better than food fundraisers. All parent groups such as booster clubs, student organizations and sports teams who participate in the exchange of food and beverage for money, vouchers or coupons need to comply. Only **compliant** food items can be "sold" from midnight to one-half hour after the school day, 2% milk is no longer allowed and no foods containing trans-fat can be sold to students. Non-compliant food items can be sold by adults or students at schools from one-half hour after the end of the school day. Please refer to the details of these guides and suggested resources within this presentation entitled "Healthy Snacks in Schools". There are no "exempt" fundraisers in California; we all have to comply with the guidelines. All organizations need to track all food items for sale through a very simple form available on the District website.

Rose Wagner presented important information regarding new legislation that goes into effect July 1, 2014 called "Smart Snacks in Schools", the new National competitive food rules found in the Code of Federal Regulations. To define a "smart snack" there is critical nutritional criteria that needs to be met. There is a very handy and easy way to use the School Snack Calculator which will calculate the information to determine if it is a smart snack to distribute/sale at the school sites. The calculator differentiates between the elementary, middle and high school aged students. There are some "exempt" snacks which would be fresh fruits and vegetables. The calculator is available on our district website and also at [http://www.californiaprojectlean.org/calculator\\_MH\\_S.asp?id=180](http://www.californiaprojectlean.org/calculator_MH_S.asp?id=180)  
It is strongly suggested and encouraged that this be considered when there are school and classroom celebrations involving food served.

- c. **Summer Feeding Program** – Katherine Martin, Assistant Director FNS  
Katherine Martin presented to PAC information on the Summer Food Program that Ventura Unified is involved in again this year. The summer food program will feed free lunch to children in Ventura County ages 1-18 every day (M-F) beginning June 16 – Aug. 1, but closed on July 4. No applications are necessary and flyers were available at this meeting and all school offices have the posters with the list of locations. The only requirement of the program is that the meal be consumed at the sites they are served at. The program is funded through the National School Lunch, Seamless Summer Feeding Program. We are reimbursed for the lunches and there are no district funds used for this program.
  - d. **Nutrition Education/Farm to School Program: (presentation attached)** Alise Echele, Dietitian Nutritionist who coordinates the Healthy Schools Project and Kay Clark, Nutrition Educator  
They serve as the education arm of the Farm to School Program. They are funded by the USDA and there are 13 schools in our District who participate in this program. Our goal is to develop life-long lovers of fruits and vegetables which involves tasting fruits and vegetables in the classroom through a special curriculum. The Harvest of the Month Program is taught and tasted in the classroom. It highlights a fruit or vegetable each month and is available in the salad bar that month and a special recipe is highlighted on the lunch menu calendar. This program is not offered in every school but if you are interested in this for your site, contact the FNS dept. and they will help you to make this available.
  - e. **The Farmers in the Classroom Program** where the local farmers come into the classroom to educate them on produce and how it is grown which encourages healthy eating habits.
  - f. **Food Corp Program** This is the first year VUSD is a Food Corp Service Site. This year we are very fortunate to have Chris Massa who is working with our District to support garden education. He works at the ESC Garden along with the Garden Club at DATA, **Harvest of the Month** tasting at the secondary schools and he is instrumental in growing food used in our District cafeterias. If you are interested in the Harvest of the Month Program at your site, contact Alise in the FNS Dept. The Harvest of the Month program runs the elementary schools about \$400 a year.
4. **Bilingual Interpreting Equipment:** Dr. Jennifer Robles, Director Bilingual Education shared with the PAC group the translation equipment available for all school sites and district meetings when a need arises for translation. If your school site needs this translation service please contact the Bilingual Education dept. and they are ready and available to help “open doors” to all families in our District. We have the nine special translation units available at various school sites including two at the Education Service Center.
  5. **Facilities Department Highlights:** Dave Marshall, Director of Facilities shared a presentation of the Facilities personnel and all that they are responsible for to make the schools and supporting offices run smoothly. The core facilities staff was at this meeting for introduction. The facilities Dept. has over 350 acres of landscape to maintain. They have 67 vehicles, custodial coverage districtwide with not only the day to day cleaning and upkeep but also the extensive projects during the summertime. The Facilities Dept. has 127 permanent employees and oversee 31 sites. We are so thankful for Facilities and all they do for the students in VUSD!

6. **Ventura Education Partnership (VEP)** :Ms. Kay Giles, President shared that the VEP Grant results out soon. Summer Enrichment Academy information is available in both Spanish and English. A link is available on the VEP Website. Feel free to contact Kay at [kay@newandbeyond.com](mailto:kay@newandbeyond.com) for many opportunities to get involved with VEP or to contact her with any questions.

7. **Summerfest**: Please see the (attached information) regarding Summerfest race.

**Posters and Yard Signs were available at the meeting\*\***

**Reminder:** Summerfest is **Saturday, May 31, 2014 from 9 a.m. to 2 p.m. at the Education Service Center.** Activities include the 3K Gary Tuttle Youth run that will start at 8 a.m. The actual event begins at 9 a.m. with over 100 vendors and booths, healthy food trucks, garden demos and free sports physicals for Middle and High School students. She thanked the Tittle and Flagship sponsors: Mountains2Beach, Community Memorial Hospital and Kaiser Permanente and mentioned names of other sponsors.

- If you are interested in volunteering for the day of the event, please contact Sharon Hawkins @ [dmeagpmsr@sbcglobal.net](mailto:dmeagpmsr@sbcglobal.net)
- If you are interested in being on the planning team for the Summerfest 2015, contact Nancy Maxson @ [nancy.maxson@venturausd.org](mailto:nancy.maxson@venturausd.org)
- If you want information to online resources visit the VEP/Summerfest page at <http://www.vep4vusd.org/SummerFest.html>

Ed Wehan, parent and visionary of Summerfest provided parents registration forms for the 3,000 meter run/walk. There is no limit to the number of participants from each school. However, for the Championship award the first two boys and two girls from each school will have their names added together for a team finishing time, the lowest combined time is the winner. The winning teams will have their school name engraved on a special Superintendent's plaque and prizes awarded by Play it Again Sports. Other awards include Elementary and Middle school with the most participants.

Race Fee:	Register by May 17	May 18-30	Race Day (May 31)
Adults	\$10	\$15	\$20
Kids under 19	\$0	\$5	\$10

Contact: Nancy Maxson at 641-5000 x 1135

Resource for Race: Ed Wehan at [ewehan@aol.com](mailto:ewehan@aol.com) or <http://www.vendurance.com/summerfest3k>

8. **National PTA Reflections Results:** Lori Franco, President of the PTA Council shared a beautiful video of winner, Ms. Jessica Clay of Buena High School, who received the honorable PTA Reflections Award. Jessica gets to perform this dance in Washington, D.C. this summer. The video was played at the end of the PAC meeting for all to enjoy. It was a beautiful Ballet routine performed by Jessica along with the assistance from another student.

## INFORMATION ON GRAD NITE AND BRAVO VOLUNTEERING

Any parent can work for 24 hours up to and including a working at a grad nite PRIOR to that child graduating can earn the following:

Reserved seating at Buena, Ventura, Pacific or El Camino.

At Foothill, they can earn reserved seating or an additional 4 tickets. With the limitation on tickets at Foothill, we suggest the extra tickets. And, quite frankly, there are no bad seats at the FTHS graduation.

Now, here's how they earn the time:

- Fundraising throughout the year for grad nite, which includes catering, party set up, help with school functions for which we get paid. These opportunities are emailed out to the families and they can choose to help or not.
- Cleaning the storage shed once a year and taking an inventory of items needed for grad nite.
- Preparing paperwork, etc. for grad nite.
- Summerfest volunteer booth
- Set up and decoration for BRAVO and grad nite which starts on Monday prior to these events. This area also includes several times over the week of the events, balloons, food prep, etc.
- Working at BRAVO does count, but they MUST work at least a 2 hour shift at grad nite.

And, of course, several things will come up that we give hours for that are not on the list.

Velma L. Lomax, Technology Instructor  
Regional Occupational Program  
Ventura County Office of Education  
May 2014



# Smart Snack Guide

## Ventura Unified School District



A simple guide to help you choose healthy, nutritious snacks to sell during fundraising events at schools during the school day

### Exemptions

The following items do not have to meet the calorie, fat and sugar limits and may be sold in **elementary schools**:

- Individually packaged cheese
- Nuts
- Nut butters
- Seeds
- Eggs
- Fruit
- Non-fried vegetables
- Legumes



The following items are exempt from some of the fat and/or sugar restrictions and may be sold at **middle and high-schools**:

- Nuts, nut butters, seeds, fruit, non-fried vegetables and legumes are exempt from the total fat restriction
- Individually packaged cheese and eggs do not have to meet the Total Fat or Saturated Fat limits
- Fruit and non-fried vegetables are exempt from the sugar restriction

### Smart Snack compliant items

- Whole grain granola bars
- Low-fat corn chips with salsa
- Popcorn—low fat, low sugar
- Low-fat yogurt parfaits
- Dried fruit—no added sugar
- Trail mix
- Fruit cups
- Fruit and veggie smoothies and juices

\*To verify compliance of a specific item, use the [California Project LEAN School Snack calculator](#)

### Non-compliant items

- Candy—any kind
- Juice with added sugar
- Carbonated beverages
- Caffeinated beverages
- Fried vegetables
- Most pastries and cookies

