



GARFIELD SCHOOL DISTRICT
2200 FRESHWATER ROAD
EUREKA, CALIFORNIA 95503
707 442-5471
Staff Room

Board of Trustees Meeting
Thursday, April 9th 2026 @ 4:00 PM

AGENDA

Call to Order

1.0 Approval of Agenda Order

2.0 Consent Agenda

2.1 Approval of 3/12/26 Minutes

2.2 Approval of Warrants

3.0 Community Comment

The public may address the Board on any matter pertaining to the school district that is not on the agenda. Unless otherwise determined by the Board, each person is limited to five (5) minutes. If a large number wishes to speak on a specific item, the Board may limit total input to twenty-five (25) minutes on any item. There will be no Board discussion except to ask questions or refer the matter to staff, and no action will be taken unless an item is listed on the agenda.

4.0 Correspondence:

4.1 Garfield Bell

5.0 Information/Possible Action Item

5.1 2026-27 Health and Welfare

5.2 2026-27 Certificated Salary Schedule

5.3 Educator Effectiveness Stipens

5.4 Staff Lunch Program

5.4 Student Wellness Policy

5.5 Williams Complaint

6.0 Superintendent Report

7.0 Curricular Team Report

8.0 Board Members Report

9.0 Adjournment



GARFIELD SCHOOL DISTRICT
2200 Freshwater Road, Eureka, CA 95503
Minutes from Board of Trustees Meeting
Thursday, March 12, 2026 @ 4:00 PM

Call to Order 4:00 PM

Present: Nancy Frost, Erika Benson, Alison Talbott, Michael Quinlan, Kathy Blair, Alaina Kelley, Stephanie Brown, Marcia Brady, Jill Wernert

1.0 Approval of Agenda Order: Alison Talbot moved and Erika Benson seconded the motion to approve the agenda order. The motion carried.

2.0 Consent Agenda: Erika Benson moved and Alison Talbott seconded a motion to approve the consent agenda. The motion carried.

2.1 Approval of the 2/5/2026 Minutes: Minutes were approved with minor edits.

2.2 Approval of the 3/5/2026 Minutes were approved.

2.3 Approval of Warrants: Warrants were approved as presented.

3.0 Community Comment on other than agenda items: Jan Kraepelien, a community member, called with information regarding a local event, "Pulling Together for Freshwater Creek", that will be held on Saturday March 21, 2026, at Freshwater Park, rain or shine. It is a restoration effort event with the goal of improving the habitat conditions for salmonids. The event is open to the public, including families and children. Volunteers are encouraged to dress for weather.

4.0 Correspondence:

4.1 Garfield Bell

5.0 Information/Possible Action Items:

5.1 Certification of 2nd Interim Report: Superintendent Quinlan presented and reviewed the 2nd Interim Budget Report for Garfield School District with members of the board and others present. Discussion ensued regarding revenue, expenditures, and projections. Superintendent Quinlan recommended a positive certification. Alison Talbott moved and Erika Benson seconded the motion to certify the Garfield 2nd Interim Report as positive. The motion carried.

5.2 Local School Wellness Policy: Superintendent Quinlan presented and reviewed a new District Local School Wellness Policy that reflects the USDA Final Rule legislation. The policy was created with the use of model policies, and information from the U.S.D.A and C.D.E. It was then reviewed by a consultant with the Child Nutrition Services Division of the C.D.E. The policy was also carefully assessed for compliance by the Local Parent Advisory Committee, acting in the capacity of a Wellness Council, in a Triennial Assessment review process, completed on March 10th, 2026. Committee members in attendance, reported that the assessment process was helpful and resulted in some language and concepts being strengthened. The policy was recommended by Superintendent Quinlan for Board approval. The next steps will be education, training and implementation. Erika Benson moved and Alison Talbott seconded the motion to approve the Garfield Wellness Policy with minor edits. The motion carried.

5.3 LSWP Triennial Assessment: Superintendent Quinlan presented the completed Local School Wellness Triennial Assessment packet produced by the Local Parent Advisory Committee, acting as a Wellness Council to the board as an informational resource. Students were invited to participate on the committee along with representative members of the administrative and teaching staff, parents, community members and board members. Prior to the meeting, an email invitation to participate or comment was sent to all District families and staff members, as were copies of the new policy and the template for the review process. The process was informative and productive. Stakeholders will continue to be consulted and input welcomed. Erika Benson moved and Alison Talbott seconded the motion to approve the goals resulting from the LSWP Triennial Assessment process. The motion carried.

5.4 2027-27 School Calendar: Superintendent Quinlan presented a draft of the proposed 2026-2027 academic calendar for Garfield School District. The calendar is the same as the calendar being used by many Humboldt County schools districts, including Freshwater School District, the district which vends meals for our National School Lunch Program and School Breakfast Program. Alison Talbott moved and Erika Benson seconded the motion to approve the proposed calendar for the 2026-2027 school year.

5.5 Certificated Salary Schedule: Superintendent Quinlan presented additional information in an ongoing attempt to give the board members a comprehensive overview of options and impacts that might be expected with a recommendation for a potential certificated salary increase. There will be more information released in the next few weeks regarding a proposed increase to employee benefit costs. This information seems vital to take into consideration as part of the process. Board members concurred that a decision now, prior to that release, would be untimely. This agenda item will be revisited at the April board meeting. This was an informational item.

5.6 TK-6 PE Local Assignment Option Waiver (EC4458.3): Superintendent Quinlan discussed Local Assignment Options with members of the board. This is a process through which a school board may assign a teacher with a multiple subject credential to teach a specific class for which they do not hold an individual subject credential. Superintendent Quinlan requested the board use this option to approve a teaching assignment for Devin Butor, to teach physical education to all grade levels in the District. Alison Talbott moved and Erika Benson seconded a motion to utilize the Local Assignment Option to approve the assignment of Devin Butor as the District's physical education teacher. The motion carried.

5.7 Integrated Pest Management Plan: Superintendent Quinlan presented the District's Integrated Pest Management Plan for board approval. Alison Talbott moved and Erika Benson seconded the motion to approve the Integrated Pest Management Plan. The motion carried.

6.0 Superintendent Report: Superintendent Quinlan mentioned the following items:

- parent conferences coming up the week of March 16th - 20th
- a variety of end of year events and fieldtrips
- A plan for steele drum sessions in preparation for an end of year performance.

7.0 Curricular Team Report: The curricular team informed board members about some of their upcoming or current projects, including the 4th grade Sacramento Trip in April, an upper elementary project in which students will be producing podcasts, and a trip to the zoo.

8.0 Board Members Report: No additional items were addressed by members of the board at this time.

9.0 Adjournment: The meeting was adjourned at 5:30 p.m.

The next regular meeting of the Garfield Board of Trustees will be held at 4:00 p.m. on April 9, 2026.

Respectfully submitted,
Michael Quinlan

Checks Dated 03/01/2026 through 03/31/2026

Check Number	Check Date	Pay to the Order of	Fund-Object	Comment	Expensed Amount	Check Amount
3000306198	03/05/2026	ADVANCED SECURITY SYSTEMS	01-5800	COMMERICAL MONITORING		112.50
3000306199	03/05/2026	COIERS PLUS	01-5637	LEASE		144.09
3000306200	03/05/2026	HAPPY FISH AQUARIUM & POND	01-5800	LABOR		73.05
3000306201	03/05/2026	JACK SCHREDER & ASSOCIATES INC	35-5800	SCHOOL FACILITY PROGRAM	563.75	
				TK FUNDING PROGRAM	666.25	1,230.00
3000306202	03/05/2026	P G & E	01-5520	UTILITIES		292.72
3000306203	03/05/2026	PITNEY BOWES INC	01-5950	POSTAGE		92.02
3000306204	03/05/2026	U.S. BANK NATIONAL ASSOC. CORPORATE PAYMENT SYSTEMS	01-4310	GROUPS/MATERIAL & SUPPLIES	10.06	
				MATERIAL & SUPPLIES	551.47	
				SPED	393.95	
			01-4341	GASP	224.58	
			01-4374	CUSTODIAL	139.71	
			01-4377	GROUPS	117.97	
				GROUPS/MATERIAL & SUPPLIES	16.29	
			01-4391	GASP	152.86	
				OTHER SUPPLIES	65.85	1,672.74
3000306205	03/05/2026	U.S. BANK NATIONAL ASSOC. CORPORATE PAYMENT SYSTEMS	01-4391	OTHER SUPPLIES		61.00
3000307713	03/19/2026	AT & T	01-5909	UTILITIES		80.66
3000307714	03/19/2026	COIERS PLUS	01-5637	LEASE		144.09
3000307715	03/19/2026	HUMBOLDT COMMUNITY SERVICE	01-5530	UTILITIES		121.87
3000307716	03/19/2026	J&G LAWN & GARDEN	01-5800	LAWN SERVICE		440.00
3000307717	03/19/2026	JACK SCHREDER & ASSOCIATES INC	35-5800	NEW SCHOOL CONSTRUCTION		1,076.25
3000307718	03/19/2026	LOST COAST COMMUNICATIONS, INC	01-5831	ADVERTISING		1,230.00
3000307719	03/19/2026	MAPService, Inc.	01-5800	MAINTENANCE		459.75
3000307720	03/19/2026	MENDES SUPPLY COMPANY	01-4374	CUSTODIAL		510.52
3000307721	03/19/2026	OPTIMUM	01-5909	INTERNET		9.31
3000307722	03/19/2026	PACIFIC PAPER CO.	01-4351	OFFICE SUPPLIES		454.17
3000307723	03/19/2026	PITNEY BOWES INC	01-5881	LATE FEE		44.07
3000307724	03/19/2026	PITNEY BOWES INC	01-5950	POSTAGE - LEASE	97.02	
				POSTAGE - SUPPLIES	93.07	190.09
3000307725	03/19/2026	RECOLOGY HUMBOLDT COUNTY	01-5560	GARBAGE SERVICE		651.10
3000307726	03/19/2026	REVOLVING CASH	01-4310	MATERIAL/SUPPLIES	52.40	
			01-4391	GASP	76.55	
				OTHER SUPPLIES	320.52	
			01-5210	PROFESSIONAL DEVELOPMENT	150.00	
			01-5886	ANALYSIS SERVICE CHARGE	1.00	600.47

The preceding Checks have been issued in accordance with the District's Policy and authorization of the Board of Trustees. It is recommended that the preceding Checks be approved.



Checks Dated 03/01/2026 through 03/31/2026

Check Number	Check Date	Pay to the Order of	Fund-Object	Comment	Expensed Amount	Check Amount
3000307727	03/19/2026	ROTO-ROOTER	01-5800	MAINTENANCE		1,410.00
3000308974	03/30/2026	BRANT ELECTRIC	01-5800	BUILDING MAINTENANCE		2,697.50
3000308975	03/30/2026	HAPPY FISH AQUARIUM & POND	01-5800	LABOR		60.00
3000308976	03/30/2026	JACK SCHREDER & ASSOCIATES INC	35-5800	NEW SCHOOL CONSTRUCTION		512.50
3000308977	03/30/2026	LAZEL, INC.	01-4341	SOFTWARE		149.04
3000308978	03/30/2026	P G & E	01-5520	UTILITIES		451.64
3000308979	03/30/2026	REVOLVING CASH	01-4310	MATERIAL/SUPPLIES	250.58	
			01-4391	GASP	5.56	
			01-5886	ANALYSIS SERVICE CHARGE	2.25	
3000308980	03/30/2026	U.S. BANK NATIONAL ASSOC. CORPORATE PAYMENT SYSTEMS	01-4310	MATERIAL/SUPPLIES	562.50	258.39
			01-4351	OFFICE SUPPLIES	48.59	
			01-4374	CUSTODIAL	111.52	
			01-4377	GROUPS	898.26	
			01-4391	GASP	464.16	
				OTHER SUPPLIES	273.34	2,358.37
				Total Number of Checks	30	17,587.91

Fund Summary

Fund	Description	Check Count	Expensed Amount
01	GENERAL FUND	27	14,769.16
35	COUNTY SCHOOLS FACILITI	3	2,818.75
	Total Number of Checks	30	17,587.91
	Less Unpaid Sales Tax Liability		.00
	Net (Check Amount)		17,587.91

The preceding Checks have been issued in accordance with the District's Policy and authorization of the Board of Trustees. It is recommended that the preceding Checks be approved.



Garfield Bell

April 2

Booster Club
Meeting 8:45

April 6-8

Sacramento Field Trip

April 9

School Board
Meeting 4:00

April 13- 17

Spring Break
No School

April 21

Track Championship
Mckinleyville

April 22

Earth Day

April 24

Prairie Creek Field
Trip

Garfield School Board of Trustees:

Nancy Frost
Alison Talbott
Erika Benson

Superintendent:

Michael Quinlan

2200 Freshwater
Road Eureka, CA 95503

April 2026

Superintendent's Message -

Spring is finally here! The sun is shining, the trees are blooming and we have many great things in-store.

Sincerely,

Mr. Quinlan

Track and Field

Garfield School loves to encourage young athletes! During the months of March and April Garfield's students have been participating in Track and Field practices and county track meets. Our program is led by parent volunteer Heidi Macdonald and her team of parent and family volunteers. We would like to take this opportunity to express our gratitude to Heidi for all the passion and heart that she has shared with our students who are definitely developing a love for running! Don't Miss the 5th- 6th grade Track Championship at 3:00p.m. on April 21st at Mckinleyville High School .

Sacramento Field Trip

A good time will be had by all on the 4th grade trip to Sacramento. On April 6th through April 8th the fourth grade students will travel to Sacramento for a California History Field Trip. Activities include a visit to the State Capitol Building, the California Railroad Museum, the State Indian Museum, Sutter's Fort, and the Sacramento Underground Tour. Thank you to all our parent chaperones and to the Garfield Booster Club for supporting this wonderful educational opportunity.

Godwit Days

Godwit Days is a birding celebration unique to the Arcata Marsh. For 18 years, as a part of this celebration, the organizers have invited children of Humboldt County to submit bird art and writing for a juried competition. This year Ms. Kelley's class, Mrs. Brown's class and Ms. Brady's class submitted their work for review and several students were recognized:

- Roman Zaragoza received a third place for 2nd Grade
- Sophia Torres received an Honorable Mention for 1st Grade
- Nolan Benzinger received an Honorable Mention for 1st Grade
- Sylvia Tout received a 1st Place for 4th Grade

- Emory Thoreson-Veeh received a 3rd Place for 4th Grade
- Evelyn Kauffman received an honorable mention for 4th grade
- Sage Farrell received a 2nd place for 3rd grade
- Shaina Bateman received a 2nd Place for 5th Grade
- Brynn Thrash received a 3rd Place for 5th Grade
- Margot Nims received a 3rd Place for 6th Grade
- Penn Kerhoulas received a 3rd Place for 6th Grade
- Penn Kerhoulas received a 1st Place for the Student Writing Contest in 6th Grade
- Heidi Tout received an Honorable Mention for 6th Grade

We are proud of our students' achievements and for their representation of Garfield School. We extend our congratulations to every student for putting in their best efforts and being willing to submit their work to be judged. Awards will be presented the morning of Saturday, April 18 at the ACC. Color copies of winning artwork will be shown at the Arcata Marsh Interpretive Center during May and June. Winning essays will be published in the June print issue of the RRAS *Sandpiper* publication.

Volunteers Are Welcome

Garfield welcomes and encourages parent/family volunteering. We offer a variety of ways for you or an interested family member to volunteer, including: helping in the classroom, driving on fieldtrips, presenting or teaching a skill or craft, creating activities and fundraising with the Booster Club, prepping materials, shopping for special events, supplying materials, and helping with the garden. If you are interested in volunteering in your child's classroom please reach out to schedule a time with your child's teacher. Please read Volunteer Requirements below so you can begin the process.

Volunteer Requirements: For the safety and health of our students, state law requires classroom staff and volunteers, (including drivers for field trips) to have a current negative TB test and Live Scan fingerprints on file. You can get a TB test or screening survey from your healthcare provider. TB tests are good for 4 years. If you are a returning volunteer, please check in at the office to ensure your TB clearance is still valid.

Live scan fingerprinting must be on file with the Humboldt County Office of Education. The Livescan process is easy. Family members interested in volunteering can come to the office, Kathy will ask for their legal name. She will contact the human resources department at H.C.O.E and they will email her the form and a payment voucher which she will supply to you. At that point you only need to stop in at Scrapper's Edge in Eureka, have your fingerprints taken, give them the payment voucher and bring the receipt they give you to the office. For more information on fingerprinting through Humboldt County Office of Education, go to: <https://hcoe.org>, click on Personnel, then scroll down to "fingerprinting."

Coming up in May:

Art Open House

Garfield will host its Annual Art Open House **Friday, May 1st from 8:30 to 9:30 am**. The first and second grade class will open the event with Springtime Poetry Recital. Afterwards families are invited to tour the classrooms to view displays of student art and enjoy.

	H&W Current Year:		\$206,448		
6 Employees	Oak-Family		\$31,716		
1 Employee	Oak-Single		\$16,152		
	H&W 26/27 NO CAP:		\$249,348	Increase:	\$42,900
6 Employees	Oak-Family		\$38,328		
1 Employee	Oak-Single		\$19,380		
	H&W 26/27 \$30,468 CAP:		\$202,188	Savings:	\$4,260
6 Employees	Oak-Family		\$38,328		
1 Employee	Oak-Single		\$19,380		
*If your employees want to keep Oak Family their out of pocket cost is \$7,860 *					

North Coast Schools Medical Insurance Group

Plan Comparison July 1, 2025



Plan Type Medical Benefits Network	Oak & Oak PLUS* PPO Plan		Spruce & Spruce PLUS* PPO Plan		Pine & Pine PLUS* PPO HDHP (HSA Compatible)		Maple & Maple PLUS* PPO Plan	
	Network Blue Shield of California PPO	Non-Network Blue Shield of California PPO	Network Blue Shield of California PPO	Non-Network Blue Shield of California PPO	Network Blue Shield of California PPO	Non-Network Blue Shield of California PPO	Network Blue Shield of California PPO	Non-Network Blue Shield of California PPO
Lifetime Maximum	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Annual Deductible	Annual Deductible is embedded	Annual Deductible is embedded	Annual Deductible is embedded	Annual Deductible is embedded	Annual Deductible is embedded	Annual Deductible is embedded	Annual Deductible is embedded	Annual Deductible is embedded
Individual	\$350	\$500	\$500	\$1,650	\$1,650	\$5,000	\$5,000	\$5,000
Family	\$1,050	\$1,500	\$1,500	\$3,300	\$3,300	\$10,000	\$10,000	\$10,000
Out-of-Pocket Maximum (OOPM)	Allows in Network (INN) OOPM to accrue to Out of Network (OON) OOPM and visa versa. If the OON OOPM is met before the INN OOPM is met the OON OOPM can satisfy the plan's OOPM and benefits would be paid at 100% for both INN and OON services.	Allows in Network (INN) OOPM to accrue to Out of Network (OON) OOPM and visa versa. If the OON OOPM is met before the INN OOPM is met the OON OOPM can satisfy the plan's OOPM and benefits would be paid at 100% for both INN and OON services.	Allows in Network (INN) OOPM to accrue to Out of Network (OON) OOPM and visa versa. If the OON OOPM is met before the INN OOPM is met the OON OOPM can satisfy the plan's OOPM and benefits would be paid at 100% for both INN and OON services.	Allows in Network (INN) OOPM to accrue to Out of Network (OON) OOPM and visa versa. If the OON OOPM is met before the INN OOPM is met the OON OOPM can satisfy the plan's OOPM and benefits would be paid at 100% for both INN and OON services.	Allows in Network (INN) OOPM to accrue to Out of Network (OON) OOPM and visa versa. If the OON OOPM is met before the INN OOPM is met the OON OOPM can satisfy the plan's OOPM and benefits would be paid at 100% for both INN and OON services.	Individual OOPM is Embedded in the Family OOPM	Individual OOPM is Embedded in the Family OOPM	Individual OOPM is Embedded in the Family OOPM
Individual	\$2,000	\$4,350	\$3,000	\$7,000	\$7,000	\$6,350	\$6,350	\$10,000
Family	\$4,000	\$8,700	\$5,000	\$14,000	\$14,000	\$12,700	\$12,700	\$20,000
Professional Primary Care Physician (PCP)	\$20 copay; Deductible waived	30%	\$20 copay; Deductible waived	40%	\$0 copay	30%	\$60 copay, Annual Deductible applies after first 3 visits either PCP or Specialist	50%
Specialist	\$30 / PLUS \$20 copay; Deductible waived	30%	\$30 / PLUS \$20 copay; Deductible waived	40%	\$0 copay	30%	\$70 copay, Annual Deductible applies after first 3 visits either PCP or Specialist	50%
Physical Therapy	10%	30%, Limited to \$25/visit	20%	40%, Limited to \$25/visit	20%	30%	30%	50%, Limited to \$25/visit
Home Health Care	10%	Not Covered	20%	Not Covered	20%	Not Covered	30%	Not Covered
Preventive Care	120-day annual maximum	120-day annual maximum	120-day annual maximum	120-day annual maximum	120-day annual maximum	120-day annual maximum	120-day annual maximum	120-day annual maximum
Baby	\$0 copay; Deductible waived	30%	\$0 copay; Deductible waived	40%	\$0 copay; Deductible waived	30%	\$0 copay; Deductible waived	50%
Adult	\$0 copay; Deductible waived	30%	\$0 copay; Deductible waived	40%	\$0 copay; Deductible waived	30%	\$0 copay; Deductible waived	50%
Hearing Test	20%	20%	20%	20%	20%	20%	20%	20%
	\$5,000 Maximum; every 24 months	\$5,000 Maximum; every 24 months	\$5,000 Maximum; every 24 months	\$5,000 Maximum; every 24 months	\$5,000 Maximum; every 24 months	\$5,000 Maximum; every 24 months	\$5,000 Maximum; every 24 months	\$5,000 Maximum; every 24 months

North Coast Schools Medical Insurance Group

Plan Comparison July 1, 2025



Plan Type	Oak & Oak PLUS* PPO Plan		Spruce & Spruce PLUS* PPO Plan		Pine & Pine PLUS* PPO HDHP (HSA Compatible)		Maple & Maple PLUS* PPO Plan	
	Network	Non-Network	Network	Non-Network	Network	Non-Network	Network	Non-Network
Medical Benefits								
Hospital Services								
Inpatient	10%	\$500/admission then 30%	20%	\$500/admission then 40%	20%	30%	30%	50%
Outpatient	10%	30%	20%	40%	20%	30%	30%	50%
Urgent Care	\$20 copay; Deductible waived	30%	\$20 copay; Deductible waived	40%	\$0 copay	30%	\$60/PCP copay for the first 3 visits, before the deductible	50%
Emergency Room	\$100 copay, then 10% Copay waived if admitted		\$100 copay, then 20% Copay waived if admitted		\$100 copay, then 20% Copay waived if admitted		\$100 copay, then 30% Copay waived if admitted	
Lab & X-Ray								
Diagnostic Lab	10%	30%	20%	40%	20%	30%	30%	50%
X-Ray	10%	30%	20%	40%	20%	30%	30%	50%
Durable Medical Equipment								
Maternity								
Office Visits	\$20 copay; Deductible waived	30%	\$20 copay; Deductible waived	40%	\$0 copay	30%	\$60/PCP or \$70/Specialist copay, Annual Deductible applies after first 3 visits	50%
Hospitalization	10%	\$500/admission then 30%	20%	\$500/admission then 40%	20%	30%	\$60/PCP or \$70/Specialist copay, Annual Deductible applies after first 3 visits	50%
Mental Health & Chemical Dependency								
Inpatient	10%	\$500/admission then 30%	20%	\$500/admission then 40%	20%	30%	\$60 copay, Annual Deductible applies after first 3 visits either PCP or Specialist	50%
Outpatient	\$20 copay; Deductible waived	30%	\$20 copay; Deductible waived	40%	\$0 copay	30%	\$60 copay, Annual Deductible applies after first 3 visits either PCP or Specialist	50%
Teladoc Telehealth Visits								
General Visits	\$10 copay; Deductible waived	N/A	\$10 copay; Deductible waived	N/A	\$0 copay	N/A	\$10 copay; Deductible waived	N/A
Behavioral Health Visits	\$10 copay; Deductible waived	N/A	\$10 copay; Deductible waived	N/A	\$0 copay	N/A	\$10 copay; Deductible waived	N/A

North Coast Schools Medical Insurance Group

Plan Comparison July 1, 2025



Plan Type Medical Benefits	Oak & Oak PLUS* PPO Plan		Spruce & Spruce PLUS* PPO Plan		Pine & Pine PLUS* PPO HDHP (HSA Compatible)		Maple & Maple PLUS* PPO Plan	
	Network	Non-Network	Network	Non-Network	Network	Non-Network	Network	Non-Network
Chiropractic Office Visits	10%	30% limited to \$25/visit	20%	40% limited to \$25/visit	20%	30% limited to \$25/visit	30%	50% limited to \$25/visit
	24 visit annual maximum	24 visit annual maximum	24 visit annual maximum	24 visit annual maximum	24 visit annual maximum	24 visit annual maximum	24 visit annual maximum	24 visit annual maximum
Prescription Drug Benefit	Carved out to CVS/Caremark Not Applicable		Carved out to CVS/Caremark Not Applicable		Carved out to CVS/Caremark Integrated; See Medical Deductible		Carved out to CVS/Caremark Not Applicable	
Annual Deductible	The individual OOPM is embedded in the family OOPM		The individual OOPM is embedded in the family OOPM		Integrated; See Medical Deductible		The individual OOPM is embedded in the family OOPM	
Out of Pocket Maximum (OOPM):	\$4,600	\$4,600 / \$9,200	\$3,600	\$3,600 / \$7,200	\$3,600	\$3,600 / \$7,200	\$250	\$250 / \$500
Individual Member	Maximum 30-day supply		Maximum 30-day supply		Maximum 30-day supply		Maximum 30-day supply	
Family Member / Family	Note: 90-day supply of maintenance prescriptions for discounted copays thru Maintenance Choice program		Note: 90-day supply of maintenance prescriptions for discounted copays thru Maintenance Choice program		Note: 90-day supply of maintenance prescriptions for discounted copays thru Maintenance Choice program		Note: 90-day supply of maintenance prescriptions for discounted copays thru Maintenance Choice program	
Retail:	\$10	Not Covered	\$10	Not Covered	\$10	Not Covered	\$19	Not Covered
Tier 1 (Normally Generic)	\$30	Not Covered	\$30	Not Covered	\$30	Not Covered	\$50	Not Covered
Tier 2 (Normally Preferred)	\$40	Not Covered	\$40	Not Covered	\$40	Not Covered	\$75	Not Covered
Tier 3 (Normally Non-Preferred)	Maximum 90-day supply		Maximum 90-day supply		Maximum 90-day supply		Maximum 90-day supply	
Mail Order:	\$15	Not Covered	\$15	Not Covered	\$15	Not Covered	\$38	Not Covered
Tier 1 (Normally Generic)	\$45	Not Covered	\$45	Not Covered	\$45	Not Covered	\$100	Not Covered
Tier 2 (Normally Preferred)	\$80	Not Covered	\$80	Not Covered	\$80	Not Covered	\$150	Not Covered
Tier 3 (Normally Non-Preferred)	Prior Authorization may be required. Must be Dispensed by a CVS/Caremark Specialty facility.		Prior Authorization may be required. Must be Dispensed by a CVS/Caremark Specialty facility.		Prior Authorization may be required. Must be Dispensed by a CVS/Caremark Specialty facility.		Prior Authorization may be required. Must be Dispensed by a CVS/Caremark Specialty facility.	
Specialty Drugs	0% if enrolled in PrudentRX, 30% otherwise	Not Covered	0% if enrolled in PrudentRX, 30% otherwise	Not Covered	0% if enrolled in PrudentRX, 30% otherwise	Not Covered	0% if enrolled in PrudentRX, 30% otherwise	Not Covered

NOTE: If a Specialty Drug is not on the PrudentRX Specialty Drug list, see Caremark.com, and the normal Tier copay applies.

NOTE: If a Specialty Drug is not on the PrudentRX Specialty Drug list, see Caremark.com, and the normal Tier copay applies.

NOTE: If a Specialty Drug is not on the PrudentRX Specialty Drug list, see Caremark.com, and the normal Tier copay applies.

NOTE: If a Specialty Drug is not on the PrudentRX Specialty Drug list, see Caremark.com, and the normal Tier copay applies.

Notes & Assumptions
 Deductible Definitions:
 • Embedded: In a health plan with an embedded deductible no individual on a family plan will pay higher than the individual deductible amount.
 • Aggregate: In a health plan with an aggregate deductible, benefits are not covered for any individual on a family plan until the family deductible amount has been met.

Disclaimer: This information is intended as a summary only; benefits may contain limitations and exclusions. Refer to your Summary Plan Description for detailed information.

Garfield Certificated Increase

Cost of Increase	Salary	District Total
1%	\$ 2,892.54	\$ 3,555.54
2%	\$ 5,785.09	\$ 7,111.00
3%	\$ 8,677.64	\$ 10,666.45
4%	\$11,570.18	\$ 14,221.89

California's inflation rate for 2025 was projected to moderate, with estimates around 2.3% to 3.8%, depending on the forecast's date and factors like tariffs; later in the year, figures showed continued price increases, with the San Francisco area at 3.3% and some metro areas like San Diego nearing 4%, driven by rising costs in food, housing, and energy, though some projections suggested moderation back toward historical norms by early 2025

Educator Effectiveness Allowable Uses

2 messages

Patrick, Victoria <vpatrick@nohum.k12.ca.us>
To: Michael Quinlan <mquinlan@garfieldschool.org>

Tue, Mar 10, 2026 at 11:18 AM

Here you go!

Allowable Uses of Funds

A school district, county office of education, charter school, or state special school shall expend EEF to provide professional learning for teachers, administrators, paraprofessionals who work with pupils, and classified staff that interact with pupils, with a focus on any of the following areas:

1. Coaching and mentoring of staff serving in an instructional setting and beginning teacher or administrator induction, including, but not limited to, coaching and mentoring solutions that address a local need for teachers that can serve all pupil populations with a focus on retaining teachers, and offering structured feedback and coaching systems organized around social-emotional learning, including, but not limited to, promoting teacher self-awareness, self-management, social awareness, relationships, and responsible decision making skills, improving teacher attitudes and beliefs about one's self and others, and supporting learning communities for educators to engage in a meaningful classroom teaching experience.
2. Programs that lead to effective, standards-aligned instruction and improve instruction in literacy across all subject areas, including English language arts, history-social science, science, technology, engineering, mathematics, and computer science.
 - Assembly Bill (AB) 181 (2022) added the preschool learning foundations to the list of subject areas. Additionally, AB 181 added language that allowed the EEF to be utilized for coursework that would allow existing staff to become credentialed, fully credentialed for their assignment, or meet the requirements of subdivision (g) of Section 48000.
3. Practices and strategies that reengage pupils and lead to accelerated learning.
4. Strategies to implement social-emotional learning, trauma-informed practices, suicide prevention, access to mental health services, and other approaches that improve pupil well-being.

5. Practices to create a positive school climate, including, but not limited to, restorative justice, training around implicit bias, providing positive behavioral supports, multitiered systems of support, transforming a schoolsite's culture to one that values diverse cultural and ethnic backgrounds, and preventing discrimination, harassment, bullying, and intimidation based on actual or perceived characteristics, including disability, gender, gender identity, gender expression, language, nationality, race or ethnicity, religion, or sexual orientation.
6. Strategies to improve inclusive practices, including, but not limited to, universal design for learning, best practices for early identification, and development of individualized education programs for individuals with exceptional needs.
7. Instruction and education to support implementing effective language acquisition programs for English learners, which may include integrated language development within and across content areas, and building and strengthening capacity to increase bilingual and biliterate proficiency.
8. New professional learning networks for educators not already engaged in an education-related professional learning network to support the requirements of subdivision (c).
9. Instruction, education, and strategies to incorporate ethnic studies curricula adopted pursuant to *EC* Section 51226.7 into pupil instruction for grades 7 to 12, inclusive.
10. Instruction, education, and strategies for certificated and classified educators in early childhood education, or childhood development.
11. Strategies to improve beginning teacher retention and support through teacher induction programs, including mentor training, stipends for mentor teachers, beginning teacher induction program costs following initial preparation, the examination or assessment fee for one administration of the reading instruction competence assessment or a teaching performance assessment, training mentors to support candidates in completing a performance assessment or reading instruction competence assessment, or contracting with commission-approved preliminary teacher preparation programs to provide mentoring support for the completion of required assessments.

Victoria Patrick
Senior Account Clerk
Northern Humboldt Union High School District
PH: (707) 839-6232
FAX: (707) 839-6477

Patrick, Victoria <vpatrick@nohum.k12.ca.us>
To: Michael Quinlan <mquinlan@garfieldschool.org>

Fri, Mar 27, 2026 at 11:14 AM

Here are the allowable uses.

For four teachers they would each receive a stipend of \$1,585.

Thanks!
Victoria Patrick
Senior Account Clerk
Northern Humboldt Union High School District
PH: (707) 839-6232
FAX: (707) 839-6477

[Quoted text hidden]

Garfield School Wellness Policy

Board Policy Adopted March 12, 2026

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Garfield School Wellness Policy

Preamble

The **Garfield School District** (hereto referred to as the District) has one school, Garfield Elementary School. The District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success. Therefore, the District needs to create a positive, safe and health-promoting learning environment at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day through reimbursable school meals in accordance with Federal and State of California nutrition standards;
- Students receive quality nutrition information that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- The District engages in good nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, and staff in the District. Specific measureable goals and outcomes are identified within each section below.

GARFIELD WELLNESS POLICY
Updated 3/2026 to Reflect the USDA Final Rule

I. School Wellness Committee

Committee Role and Membership

The District’s Parent Advisory Committee (hereto referred to as the DPAC) will serve as the District’s Wellness Committee and will meet at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district wellness policy (heretofore referred as “wellness policy”).

The DPAC membership will represent all District grade levels and include (to the extent possible), but not be limited to: parents and caregivers; students; the school nutrition director, teachers; school administrators, school board members; and community members. To the extent possible, the DPAC will represent the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DPAC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Michael Quinlan, District Superintendent, mquinlan@garfieldschool.org

Name	Title / Relationship to the School or District	Email address	Role on Committee
Heidi Macdonald	Community Member	hd7mac@gmail.com	Assists in the evaluation of the wellness policy
Kathy Blair	Lunch Program Director	kblair@garfieldschool.org	Assists in the evaluation of the wellness policy
Jill Wernert	Classroom Teacher	jwernert@garfieldschool.org	Assists in the evaluation of the wellness policy
Amanda Moxon	Parent	amandaln88@yahoo.com	Assists in the evaluation of the wellness policy
Jose Zaragoza	Parent	josezaragoza952@gmail.com	Assists in the evaluation of the wellness policy
Margot Nims	Student 5 th – 6 th grade classroom	N/A	Assists in the evaluation of the wellness policy

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Sylvie Davis	Student 3 rd – 4 th grade classroom	N/A	Assists in the evaluation of the wellness policy
Erika Benson	School Board Member		Assists in the evaluation of the wellness policy

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for the implementation of the Wellness Policy to manage and coordinate its execution. The plan delineates roles, responsibilities, actions and timelines specific to the policy; and includes information about who will be responsible to make changes, including how, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus. There is no food and beverage marketing taking place in the District and no food or beverage marketing promotion. The District encourages nutrition education, physical activity, physical education and other school-based activities that promote student wellness. The District may use the [Healthy Schools Program online tools](#) or [The Triennial Assessment Template for Local Educational Agencies](#), presented by the California Local School Wellness Policy Collaborative, to complete a District assessment. Assessment based on the Centers for Disease Control and Prevention’s School Health Index, and create an action plan that fosters implementation and aids in generating an annual progress report.

The District’s Wellness Policy and the progress reports can be found at:
<https://www.garfieldschool.org/>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at Garfield School’s District Office, 2200 Freshwater Road, Eureka, CA 95503 and/or on Garfield School District’s central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DPAC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating that the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

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Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment to all stakeholders. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which Garfield School District is in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is

Michael Quinlan, District Superintendent, mquinlan@garfieldschool.org

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DPAC will update or modify the wellness policy based on the results of the annual review and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with stakeholders being made aware of the wellness policy. The District will actively communicate ways in which representatives of DPAC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the District. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to participate. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district is communicating important school information with parents.

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The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification) and cannot be classified as ultra-processed foods; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). The District also participates in additional nutrition-related programs such as the Humboldt County Office of Education's Nutrition and Services Program, Harvest of the Month. The District is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)

In addition:

- Menus will be posted on the District website or individual school website and emailed to families.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The District will participate in the four of the following Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program;
 - School hosts a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

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Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* ("school day" is defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.
- Students will be allowed to bring and carry (approved) water bottles, filled with water only, with them throughout the day.

Celebrations and Rewards

Foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will ask parents who participate in supplying edible treats for activities to adhere to the USDA Smart Snacks in School nutrition standards. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards and information about what constitutes ultra-processed food.
3. Rewards and incentives. The District will provide teachers and other relevant school staff members with a [list of alternative ways to reward children](#). When class parties or whole school events celebrate collective achievement, if food is involved, the food will meet the USDA Smart Snacks in School nutrition standards. There may be one exception to this rule at an event.
4. Foods and beverages will not be used as a reward for individual students for performance or behavior. Participation in class activities or whole school events involving food will not be withheld for individual students as punishment for any reason, such as for performance or behavior.
5. After school activities, aftercare snacks and cooking club. The District will adhere to the USDA Smart Snacks in School nutrition standards. The District will provide staff members with a [list of foods and beverages that meet Smart Snacks](#) nutrition standards and information about what constitutes ultra-processed food.
6. Testing: When students are taking standardized tests they will receive intermittent snacks throughout the testing periods. The District will give teachers a [list of foods and beverages that meet Smart Snacks](#). Teachers will be allowed to offer students gum during testing.

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Fundraising

The District does not allow any sale of foods and/or beverages on the school campus for fundraising purposes.

- The District will encourage fundraising activities that promoting physical activity (such as walk-a-thons, dances, fun runs, etc.). When food is involved in an activity, the food will meet the USDA Smart Snacks in School nutrition standards.

Nutrition Promotion

The District adheres to the philosophy that nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent messages that promote good nutrition and healthy life style choices throughout the District. The District does not sell food products or beverages to students or staff on campus and does not promote or advertise any specific food or beverage products other than those served as part of the NSLP and SBP.

The District encourages families to send healthy snacks and lunches that match or exceed the nutrition standards of the NSLP and the SBP.

The District will promote healthy food and beverage choices for all students throughout the District, as well as encourage participation in school meal programs.

Nutrition Education

Whenever feasible the District will teach, model, encourage and support healthy eating by all students. When the District provides nutrition education it will:

- Be designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Identify connections with school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District acknowledges the importance of encouraging discussion on the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products

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- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating calcium-rich foods
- Preparing healthy meals and snacks
- Practicing food safety protocols
- Importance of water consumption
- Importance of eating breakfast
- Importance of reducing sodium intake
- Importance of good dental hygiene

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day by eliminating commercial distractions. It is the intent of the District to protect and promote student's health by prohibiting advertising and/or marketing on the school campus.

By definition food and beverage marketing is defined as advertising and other promotions encouraging consumption of specific foods in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

The District does not engage in any food or beverage advertising and/or marketing on the school campus.

IV. Physical Activity

Children and adolescents will participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity may be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the District is committed to providing these opportunities. The District will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

The District will work to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-90 minutes per week throughout the school year.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Physical Education

Physical education will be required in all grades. The District will include in the physical education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity

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Updated 3/2026 to Reflect the USDA Final Rule

- How physical activity can contribute to the academic learning process
- How an active lifestyle contributes to less chronic disease
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan

Recess

The District will offer at least **20 minutes of recess** on all days during the school year. The District will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located near the serving and eating areas and in classrooms, to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. District personnel will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing professional development opportunities and resources, when feasible, including information on leading activities, activity options, and background material on the connections between learning and movement.

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Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity before and after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by providing physical activity in aftercare and supporting physical activity clubs.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will support making this option viable by:

- Designate safe or preferred routes to school
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Advising the use of crosswalks and bike lanes on streets leading to schools
- Securing speed humps in both directions adjacent to the school.
- Teaching safe walking protocols while on walking fieldtrips in the community.
- Create and potentially distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

The District encourages staff to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the District's curriculum experts or the Humboldt County Office of Education.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will coordinate with and be complementary to the wellness policy, including but not limited to ensuring the involvement of the DPAC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The District will continue and develop relationships with community partners (e.g., H.C.O.E. nurses, Health educators, and nutrition services, hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

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Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DPAC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The current subcommittee leader’s name is Jill Wernert.

The District will encourage strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District will support programs for staff members on healthy eating and healthy lifestyle management that are accessible and free or low-cost.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Civil Rights

USDA Nondiscrimination Statement

U.S. Department of Agriculture (USDA) nondiscrimination statement for child nutrition program participants.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

This institution is an equal opportunity provider.

Questions: [Child Nutrition Programs \(CNP\) Complaints](#) | cnpcomplaints@cde.ca.gov

Last Reviewed: Thursday, April 17, 2025

GARFIELD WELLNESS POLICY
Updated 3/2026 to Reflect the USDA Final Rule

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

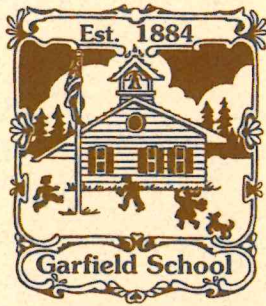
School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

GARFIELD WELLNESS POLICY
Updated 3/2026 to Reflect the USDA Final Rule

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- ² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.
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- ⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.
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- ¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
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Garfield School

2200 Freshwater Road
 Eureka, California 95503
 (707) 442-5471

Quarterly Report on Williams Uniform Complaints (Education Code §35186)

Quarterly Reporting Period (please check one)

- 1st Quarter 2026 January 1 through March 31, 2026
- 2nd Quarter 2026 April 1 through June 30, 2026
- 3rd Quarter 2026 July 1 through September 30, 2026
- 4th Quarter 2026 October 1 through December 31, 2026

PLEASE CHECK THE BOX THAT APPLIES:

- No complaints were filed** with any school in the district during the quarter indicated above.
- Yes, complaints were filed** with schools in the district during the quarter indicated above. The following chart summarizes the nature and resolution of these complaints.

Area	Total # of Complaints	# Resolved	# Unresolved
Textbooks and Instructional Materials			
Teacher Vacancy or Misassignment			
Facilities Conditions			
TOTALS			

 (Print Name of District Superintendent)

 (Signature of District Superintendent)

Please return completed form to:
 Cassidy McCrane, School Support
 Humboldt County Office of Education
cmccrane@hcoe.org

by: Quarter 1 due: 04/30/2026
 Quarter 2 due: 08/31/2026
 Quarter 3 due: 10/31/2026
 Quarter 4 due: 01/31/2027