

1400 School Road
Port Alsworth, Alaska 99653

Lake and Peninsula School District
PO Box 498
King Salmon, AK 99613

Dec 11, 2023

Dear Lake and Peninsula School Board Member:

My name is Malachi Fowler. I am a student at Tanalian School in Port Alsworth. I am a Junior and have been going to Tanalian School since I was in second grade. I am writing this letter to propose a solution to a problem. The problem I have recently noticed at Tanalian school is the students are not getting enough food during lunch.

The problem I am proposing is that we do not get enough food during lunch. This is a problem because I am hungry and it makes it hard for me to focus on my school work. There are multiple mental and physical health problems that are connected to not eating enough food. Multiple studies have proved that not eating enough food or eating food with good nutrition can cause people to become depressed and have anxiety. Students can also feel fatigued, nauseous, and even affect their growth. Not only are there many mental and physical health problems but nobody likes the feeling of being hungry.

I have been hungry a lot of the time after eating lunch. When I am hungry it makes it harder for me to focus on my school work because I am thinking about food and not on my school work. Most of the time I do not get served enough food and am hungry. Sometimes there are seconds but most of the time seconds are not served. I am not the only one with this problem. I have heard other students in my school complain about not getting enough food.

There are multiple solutions to the problem but the best one is having the school district send more food to the schools. If the district could send the schools more food then the cooks would be able to make and serve more food to the students. Seconds could also be served to those who are still hungry, but this only works if there is enough food. Another solution is kids could bring their own food from home, so they would have food that they enjoy eating and would get enough. There are multiple other ways to solve this problem but I think these are the two best ones.

There is an issue with the district sending more food. The issue is that they would have to spend more money to buy the food and ship it to the schools which can be costly. Nevertheless, I think it would be worth spending the money, so that students are well fed. Some families may not be able to afford the groceries to send lunch to school with their kids everyday. Because some families may not be able to afford sending lunch to school, it is very important and of the utmost urgency that the school does something to help kids get enough food and nutrition.

Our school district should send the schools more food because we are eligible for reimbursable meals. What are reimbursable meals? The Federal Government will reimburse school meals that reach their standards. According to the Alaska Department of Education the meal will only be reimbursed if the children are eligible and take the whole meal not just part of it. The required elements of a school lunch are, "Fluid milk, grains, meat/meat alternates, fruits, and vegetables"(Alaska Department of Education).

If the problem is not solved then students will be hungry. And more importantly it can make it more difficult for students to learn. It will also have effects on their mental health and they may become more depressed and experience higher levels of anxiety.

Their body may become weaker and they may feel nauseous or tired. This needs to be solved for the mental and physical health of our students.

Please consider fixing this problem I have observed in my school. Help schools feed the students enough food so they can do their best work. If you need to contact me to set up a meeting or any other reason you can reach me at my school email mfowler@students.lpsd.com or call the school phone (907)-781-2210. I will be available mon-fri 8:30-3:30 except from Dec 21-Jan 20.

Sincerely,



Malachi Fowler