

Madera USD | BP 5030 Students

## Student Wellness

### PREAMBLE:

1. Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;
2. Whereas, good health fosters student attendance and education;
3. Whereas, the stages of childhood and adolescence are pivotal times for preventing sedentary behavior as adults and whereas, children spend most of their time in school, the type and amount of physical activity encouraged in schools is very important;
4. Whereas, 58.3% of Madera Unified School District 5th graders, and 49.7% of 7th graders, and 63.7% of 9th graders are not reaching 5 out of 6 healthy fitness zones as measured by Physical Fitness Testing results provided on the California Department of Education website for the 2017-2018 school year;
5. Whereas, 24% of Children in our County suffer from food insecurity; and 45% of teens ages 12-17 are overweight; and 26% of children ages 2-11 consume five or more servings of fruits and vegetables per day as reported in October 2018 by the California Department of Public Health - Obesity Prevention Branch on the SNAP-Ed County Profile Dashboard;
6. Whereas, heart disease, cancer, stroke, and diabetes are responsible for 53% of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity as reported in May 2017 by the Centers for Disease Control and Prevention - National Center for Health Statistics website;
7. Whereas, Madera Unified School District offers breakfast and lunch to all students at no cost under the Community Eligibility Provision (CEP) as of August 2016.
8. Whereas, community participation is essential to the development and implementation of successful school wellness policies;
9. Thus, the Madera Unified School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy environments.

Therefore, Madera Unified School District sets forth the following wellness policy goals:

### 1. SCHOOL HEALTH COUNCILS

The school district and individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing such policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

### 2. SCHOOL DISTRICT WELLNESS COMMITTEE

Madera Unified School District shall:

\* Designate one or more School District official(s), as appropriate, 1) who has the authority and responsibility to ensure that each school complies with the local school wellness policy (section 9A(b)(5)(B) of the NSLA) and 2) who will facilitate the development and updates of the local school wellness policy. The titles of these individuals are the:

\*\* Director of Child Nutrition

\*\* Director of Athletics

\*\* Director of Health and Wellness

\* Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, including parents, students, food services staff, Physical Education, school site Principal or Vice Principal, member of the school board, health professionals, and members of the public at large.

\* Convene the School District Wellness Committee at least 4 times during the school year at hours convenient for public participation. The committee will discuss implementation, monitoring, and revision of the local school wellness policy.

\* Charge the School District Wellness Committee, District Superintendent and site administrators with annually ensuring that the Local School Wellness Policy is implemented, monitored, revised, shared with the public, and/or when appropriate, modified and updated to meet newly identified district needs and/or federal requirements.

\* Ensure that each school within the District will establish an ongoing School Health Council that convenes to review school-level issues, in coordination with the School District Wellness Committee.

### 3. FOOD AND BEVERAGES SERVED AND SOLD ON CAMPUS

Madera Unified School District will:

\* Ensure that foods and beverages served and sold on campus are nutritious, appealing and attractive to students.

\* Offer students the opportunity to provide input on local, cultural, and ethnic favorites.

\* Provide periodic food promotions to encourage taste testing of healthy new food being introduced on the menu for both parents and students. Provide a report on the results of the food tasting listing the new foods that are adopted.

\* All foods and beverages served and sold on campus through the School Nutrition Program will meet, local, state and federal statutes and regulations, and whenever possible, exceed minimum standards.

\* Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe drinking water.

\* Continue to take advantage of grant programs available to support the Child Nutrition program, including adding a supper program.

\* Continue food donation system to a non-profit and establish a process to select the non-profit which is the recipient of donation.

\* Continue to work to improve the child nutrition program by seeking parents, youth and community input; being receptive to innovative strategies to improve program and health of students.

### School Meals, After School Snacks, Supper

Madera Unified School District will:

\* Participate in the National School Lunch and School Breakfast Programs, including Breakfast in the Classroom, Second Chance Breakfast, "Grab-and-Go" Breakfast, breakfast during morning break or recess, afterschool snack and supper programs, as well as during the summer months and extended school breaks, such as the Summer Food Service Program, to the extent possible.

\* Increase the availability of fresh fruits and vegetables by adding a salad bar at each school as part of the school food service program.

\* Ensure the Child Nutrition Director has appropriate degree and food-safety certification.

\* Require that child nutrition staff are properly qualified according to current professional standards.

\* Ensure that professional development in the area of food and nutrition is provided for child nutrition staff.

\* Develop special menus and provide substitutions for students with dietary restrictions and special dietary needs and offer food variations for various ethnic and cultural food preferences.

\* Share and publicize information about the nutritional content of meals with students and parents.

\* Reduce access to beverages with added sugar while increasing access and promotion of water. This will continue to be a priority for the department. The Child Nutrition Department will partner with community based organizations in support of this goal and will welcome their educational and promotional materials that meet this goal.

\* Utilize the California Department of Education's Enhanced Food Menu Planning approach and serve food in quantities appropriate to the needs of students at their age level as required by the criteria for breakfast and lunch:

These standards (federal and state) can be found at the following web site: <http://www.fns.usda.gov/school-meals/child-nutrition-programs>. Current standards can also be found by contacting the Child Nutrition Department.

\* Breakfast criteria: <http://www.cde.ca.gov/ls/nu/he/nfbmpbreakfast.asp>

\* Lunch criteria: <http://www.cde.ca.gov/ls/nu/he/nfbmpbreakfast.asp>

\* Snack criteria:

A reimbursable snack must contain full servings of any two of the following four food components:

\*\* Fluid milk

\*\* Meat or meat alternate

\*\* Fruit, vegetable, or 100% juice

\*\* Grain or bread product

\* Supper criteria: <http://www.madera.k12.ca.us/Domain/9>

Madera Unified School District will provide monthly menus that are visual and attractive and include all nutritional information of foods served:

\* District website: <http://www.madera.k12.ca.us/Domain/9>

\* Student monthly packets (Elementary School)

#### Farm to School Procurement

Madera Unified School District shall buy as much organic, local, regional, and California-grown produce as possible from farms, ranches, and dairies using the following definitions:

\* Local: Grown/raised within 100 miles

\* Regional: Grown/raised within 300 miles

\* California-Grown: Grown/raised within the State of California

#### Meal Times

Madera Unified School District will:

\* Provide students a minimum of 20 minutes to eat lunch and socialize with classmates.

\* Assist all students in developing the healthy practice of washing hands before eating.

#### Elementary Schools

Madera Unified School District agrees with the State Superintendent of Public Instruction and research that supports that recess before lunch encourages students to eat their meals, waste less food, and return to class ready to learn resulting in increased instruction time.

Therefore, Madera Unified School District will:

\* Strongly encourage recess before lunch at all elementary school sites and provide principals with the research and support to implement this change.

#### Middle/Junior and High Schools

\* Ensure that students have, at a minimum, 20 minutes to eat lunch and socialize with classmates.

#### Meal Environment

Madera Unified School District shall:

\* Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.

\* Identify and implement ways to improve cafeteria decor and atmosphere by utilizing Smarter Lunchroom strategies (e.g., adding colorful nutrition posters and/or murals to all school cafeterias, promoting fruits and vegetables, providing appealing names, and descriptions to entrees, etc.).

- \* Solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.
- \* Encourage staff to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior.
- \* Develop outdoor eating areas suitable for all seasons.
- \* Eliminate social stigma attached to, and prevent overt identification of students who are eligible for Free and Reduced price school meals. The District, with input from School District Wellness Council, will identify proper strategies, such as electronic identification, for school meal purchases.

### Sharing of Foods and Beverages

Madera Unified School District will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### Water

Madera Unified School District will:

- \* Require that there is access to free, safe, palatable drinking water wherever beverages are served and sold on campus during meal times in food service areas. Safe tap water, rather than individual bottles of water, will be offered. If safe tap water is not available, the District will provide large bottles and/or jugs of water.
- \* Provide all students and employees with access to water free of charge at every District facility (e.g., cafeteria and eating areas, classrooms, hallways, gymnasiums, play yards, athletic fields, and faculty lounges) throughout the school day and at before-and after-school activities.
- \* Allow students to bring drinking water from home and to take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills and is not shared with others.
- \* Encourage all school administrators, teachers, and building staff to model drinking water.
- \* Set and maintain hygiene standards for drinking fountains, water jugs, water stations, water jets, and other methods for delivering drinking water by performing scheduled and as needed maintenance.
- \* Conduct periodic testing of all drinking water sources in each District facility. Assure the test results are available in an easily accessible format (e.g., post on District website), and deliver letters to affected students and parents.
- \* Promote the consumption of water as an essential nutrient that plays a role in overall health.
- \* Promote drinking water as a substitute for sugary beverages such as fruit/juice drinks with added sugar, sodas, sports drinks and flavored milk.
- \* Work towards increasing water availability to students and staff with a goal of a ratio of at least 1 fountain or other non-bathroom source per 100 students by 2020, ideally with bottle refilling capacity.

Competitive Foods and Beverages (i.e., applies to ALL foods or beverages sold to students by any entity.) (Education Code 49430, 49431, 49431.2, 49431.5, 49431.7; CCR 15500, 15501, 15575, 15576, 15577, 15578; CRF 210.10, 210.11, 220.8, 220.12)

Madera Unified School District will ensure compliance of all competitive foods and beverages per the California Nutrition Standards, located at:

- \* California Department of Education: <http://www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc>
- \* Madera Website: <http://www.madera.k12.ca.us/Domain/9>

#### Elementary Schools

The only foods that can be sold to elementary students are full meals, exempt foods, and dairy or whole grain foods that meet specific calorie, fat, saturated fat, and sugar requirements.

#### Middle/Junior and High Schools

Individually sold food items that are generally regarded as supplementing a meal.

These Standards apply from midnight to one-half hour after closing time of the regular school day.

To determine if a food or beverage meets the California Nutrition Standards, check the Nutrition Facts Label by visiting the on-line calculator at [www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org), which allows you determine if the food or beverage is compliant.

#### 4. VENDING

Madera Unified School District will:

- \* Ensure that vending machines include items which are healthy.
- \* Not renew contracts with soda companies or industry in order to eliminate sugary beverages and marketing of such companies on campus.
- \* Ensure that all food and beverage items sold in vending machines accessible to students must meet nutrition standards established in this Wellness Policy and be approved by the Director of Child Nutrition.
- \* Implement a district-wide Vending Machine Program that places exclusive authority over all vending activities under control of the Child Nutrition Department.

#### 5. PARTIES/CELEBRATIONS

Madera Unified School District seeks to provide the best possible learning environment for our students. We strive to support healthy habits in the daily lives of all children to promote academic achievement.

In order to develop traditions that support healthy behavior, the district asks that parents, teachers, and all district staff to choose ways to celebrate birthdays so that every child is included, even those whose birthdays fall during school breaks. To that end, Madera Unified School District will:

- \* Allow celebrations of any kind involving non-compliant food (e.g., birthday, holiday, reward) to only occur once a month per classroom.
- \* Encourage teachers to abide by the rules and support the use of non-food celebratory activities. The School District Wellness Committee will provide a list of suggestions to schools, principals, and parents.
- \* Ensure that parties/celebrations involving food are held after the lunch period or performed in conjunction with the Child Nutrition Department.

- \* Work towards establishing a system where foods and beverages may be provided during school celebrations for purchase through the Districts' Child Nutrition Department at an affordable price for parents.
- \* Ensure donations of foods and beverages by an outside party (e.g., parents, pizza parlor, etc.) meet the California Nutrition Standards. Donations must be approved by the Director of Child Nutrition to assure compliance. The Director of Child Nutrition will provide a list of approved foods.
- \* Encourage school staff and parents/guardians or other volunteers to support the District's wellness goals by providing foods or beverages that meet the California Nutrition Standards when selecting any foods or beverages that may be donated for an occasional class party (See Competitive Foods and Beverages, Section 3).
- \* Coordinate classroom messages with the California Nutrition Standards to encourage healthy eating.
- \* Ensure, for food and allergy safety reasons, that all food brought onto school campus must be prepared in an approved commercial facility, pre-packaged, and pre-wrapped with a label listing ingredients. Foods with minimal ingredients are encouraged.

## 6. REWARDS

Madera Unified School District supports the use of non-food items and beverages as rewards for academic performance or good behavior.

Therefore:

- \* Foods or beverages as rewards for academic performance or good behavior will not be used.
- \* Food or beverages will not be withheld (including food served through school meals) as a punishment. This also includes assigning or withholding physical activity as punishment (i.e. withhold recess).
- \* Items provided in collaboration with private industry to the students as an incentive or reward for student accomplishments and performance will be consistent with the standards of the Child Nutrition Department.
- \* The School District Wellness Committee will provide teachers with ideas for non-food rewards and incentives.

## 7. SCHOOL EVENTS

Madera Unified School District will:

- \* Recommend any event hosted on school campuses including but not limited to: open house and parent meetings that provide food and beverages shall meet the California Nutrition Standards.
- \* Enforce that food and beverage items that do not meet or exceed the California Nutrition Standards cannot be utilized for demonstration purposes. Instead, fruits and vegetables as well as dried fruits can be used. Once a system is established, it is highly encouraged that these items be purchased from the Child Nutrition Department.
- \* Encourage hosting events that promote and have a connection with the healthy messages reflected in the wellness policy (i.e. health fairs, healthy back to school night, etc.).

## 8. NUTRITION EDUCATION AND PROMOTION

Nutrition education increases healthy lifestyles, provides information on the relationship between diet and

health, and lastly, it promotes desirable food behavior and nutritional practices. Making informed food choices is an integral part of a child's normal growth and development. Healthy eating habits need to be established early in life to carry through to adulthood. The food that children eat now will undoubtedly influence their state of health later in life. To be effective, successful nutrition education programs often entails the active participation and cross collaboration among different professionals (i.e., agriculture, education, health, and communication).

Nutrition education curriculum will be taught at all elementary and designated secondary classrooms, such as health education classes and/or stand-alone classes, and:

- \* Be part of not only health education classes, but also classroom instruction, when possible, in subjects such as math, science, language arts, social sciences, elective subjects, and after-school programs.
- \* Align to the USDA Dietary Guidelines and other science-based nutrition research and evidence-based instructional strategies.
- \* Promote the importance of all five food groups.
- \* Align to the Comprehensive California Health Education Standards.
- \* Assess students' acquisition of nutrition knowledge, skills, and behaviors.
- \* Engage family and community members to reinforce instruction by encouraging the home-school connection.
- \* Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities.
- \* Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- \* Promote media literacy with an emphasis on food marketing strategies to influence behavior (i.e. Smarter Lunchrooms and/or digital menu boards).
- \* Link with school meal programs and cafeteria nutrition promotion activities.
- \* Include training for staff, teachers, and parents to promote healthy eating at home. Involve community partners and local agencies to offer trainings.
- \* Programs such as school gardens and farm to school, promote nutrition, support a healthy learning environment, and equip students with the knowledge and skills needed to grow their own healthy foods. Therefore, garden-enhanced nutrition education curriculum may be incorporated into nutrition education programming.

Available materials aligned with these nutrition education requirements include but are not limited to: Dairy Council of California, The University of California Cooperative Extension, United States Department of Agriculture Food and Nutrition Service.

(cf. 6011 - Academic Standards)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6143 - Courses of Study)

## 9. MARKETING AND ADVERTISING

School-based marketing\* will be consistent with nutrition education and health promotion, therefore Madera Unified School District will:

\* Prohibit the marketing and advertising of food and beverage items that do not meet the California Nutrition Standards. This includes posters, signs, and vending machines.

\* Promote healthy food and beverage products such as fruits, vegetables, whole grains, and low-fat dairy products, and water at all school-sponsored events.

\* Examples of school-based marketing include but are not limited to: logos through signage, vending machine fronts, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

(cf. 1325 - Advertising and Promotion)

#### 10. FUNDRAISING - References: Pursuant to 42 USC 1758b

Madera Unified School District will:

\* Encourage non-food fundraisers that promote physical activity (e.g., walk-a-thons, jump rope for heart, fun runs, etc.).

\* Ensure the Child Nutrition Department in partnership with the Wellness Council will provide a list of approved foods and beverages. This list will be posted on the districts website as well as distributed to all schools.

\* Ensure the Director of Child Nutrition will work towards establishing a system that will allow all clubs/groups to purchase fundraising foods from their department to assure it is a compliant food and to increase revenue for the Child Nutrition Department.

\* Incorporate practical and profitable healthy fundraisers that support nutrition education, physical activity, nutrition education, and other wellness related activities.

#### 11. PHYSICAL EDUCATION (PE) AND PHYSICAL ACTIVITY (PA) OPPORTUNITIES

The Physical Education (PE) program shall be an essential element of each school's instructional program. The PE program shall provide the opportunity for all students, regardless of ability (e.g. 504 and IEP), to develop skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity.

(cf. 6142.7 - Physical Education and Activity)

Madera Unified School District will:

\* Adopt the Physical Education Model Content Standards for California Public Schools K-12 and implement the contents of the Physical Education Framework for California Public Schools K-12.

\* Meet or exceed California State Physical Education standards of 200 minutes per 10 school days for Elementary School.

\* Meet or exceed California State Physical Education standards of 400 minutes per 10 school days for Middle/Junior High and High School.

\* Engage students in moderate to vigorous physical activity for at least 50% of class or session time.

- \* Ensure that Physical Education is taught by a credentialed teacher.

#### Classroom setting opportunities

- \* Schools are encouraged to create a culture of physical activity throughout the school day.
- \* Integrate brief physical activity and/or stretch breaks between lessons, classes, and assessments that require extended periods of inactivity longer than 60 minutes.
- \* PE medical exemptions forms will be made available by the district and will include alternative ideas to physical activity for medical provider to recommend so that students may still benefit from physical education.
- \* Ensure that appropriate interventions, adaptive equipment, and/or alternative activity is provided for students with a physical disability or medically diagnosed health limitations, behavior disorders, or cognitive delays that may restrict excessive physical exertion.

#### Training and other opportunities

- \* Provide annual training for all elementary school teachers (i.e., SPARK training.), and provide them with ideas/instructions manual for physical education and activities in and outside of the classroom.
- \* Incorporate Nutrition Education into the Physical Education class curriculum at all schools.
- \* Parent Resource Centers and local partners will be engaged to build parents capacity to help their children with: homework, healthy eating, and active living.
- \* Ensure students are offered expanded opportunity for physical activity and promote lifelong physical activity.

#### Opportunities for physical activity before and after school

- \* Schools are encouraged to create a culture of physical activity outside the school day.
- \* School facilities (i.e., green space) will be available for community-use after school programming hours.
- \* After school programs will provide a daily period of moderate to vigorous physical activity for all participants via adopted MUSD curriculums such as CATCH PE and USTA NET GEN.
- \* Work with the community to create safe routes for active transportation to school (e.g., walk, bike, rollerblade, or skateboard safely to and from school).

#### Physical Activity and Air Quality

District policy for air quality will be followed by all sites and accommodations will be made to physical education and athletic program and activities communicated by the district athletic policy.

## 12. OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE WELLNESS

Madera Unified School District will participate in activities that promote health such as:

- \* Complete self-assessment process to assess the extent to which components of the local school wellness policy are being implemented.

- \* Walk and bike to school days.
- \* School Health Fairs
- \* Suicide prevention month.

### 13. IMPLEMENTATION, ASSESSMENT, UPDATES, AND COMMUNICATION

#### Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

Child Nutrition staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

#### Assessments and Annual Progress Reports

The Superintendent shall designate one or more staff to produce an annual assessment and progress report that should be discussed and approved by the wellness committee, that will be made readily available to the public, and that will include:

- \* Progress made in implementing the Wellness Policy goals
- \* A summary of each school's local school wellness actions, events or activities
- \* Compliance with the Policy
- \* Barriers encountered
- \* A report to the School Board on these findings and recommendations, including any recommendations for inclusion in the LCAP
- \* The web site address for the Policy and/or information on how the public can access a copy at; [www.madera.k12.ca.us](http://www.madera.k12.ca.us)
- \* Contact information for the leader(s) of the wellness policy team; and
- \* Information on how individuals and the public can get involved.

Assessments will review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the district will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

Designated staff shall establish indicators that will be used to measure the implementation and effectiveness of the policy. Such indicators might include: student participation rates in all school meal and/or snack programs; the extent to which foods sold on campus outside school meal programs (e.g., classroom parties, events, fundraisers, student stores, vending machines, etc.) comply with nutrition guidelines; results of the state's physical fitness test and monitoring of body mass index, at applicable grade levels; number of minutes of PE offered at each grade span; a description of other district wide or school-based wellness activities offered; student health behaviors assessed using student surveys (e.g., the California Healthy Kids Survey, and/or the Youth Risk Behavior Survey); percent of students who walk or bike to and from school.

### Revisions and Updating the Policy

At least every three years, the School District Wellness Committee will recommend updates or modifications of the wellness policy based on the results of the annual progress reports and triennial review, 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.

### Public Notifications

To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information and/or the District's student wellness policy to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, District and school web sites, and other communications.

To the extent possible and in partnership with community based organizations, the District will provide parent seminars, workshops, and trainings related the components of Coordinated School Health.

Madera Unified School District shall inform parents and the public each school year of basic information about the local school wellness policy made available in multiple languages, the progress of each school towards meeting the goals of the policy, and any activity related to the policy the school conducts. Information to be shared include:

- \* Website address for LSWP;
- \* Description of each school's progress in meeting LSWP goals;
- \* Summary of each school's events/activities related to LSWP implementation;
- \* Any proposed updates or modifications to the Policy;
- \* Information on how individuals and the public can get involved with the School District Wellness Committee.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

## 14. HEALTH EDUCATION

Health Education aims to teach, encourage, and support healthy lifestyles in students and the school community. Information about health education will be available to parents at each school's resource center, or at the district office. Health education will, at a minimum, cover all six health content areas in all grades as designated in the California Health Education Standards. The health education program will include nutrition

and physical activity; growth, development and sexual health; injury prevention and safety; alcohol, tobacco, and other drugs; mental, emotional and social health; personal and community health.

#### Other School-Based Activities

\* Encourage schools to hold a local health fair in which, among other health related issues, nutrition and physical activity information will be given. Community organizations that can support these activities include, but are not limited to, First5 Madera, Madera Parks and Rec, Madera County Public Health Department, The University of California Cooperative Extension, California Project LEAN, and Dairy Council of California.

\* Each school will offer staff wellness activities and professional development opportunities related to health and nutrition that inspire schools staff to serve as role models and practice healthy eating, physical activity, and other activities that support staff and student wellness.

### 15. HEALTH SERVICES

The goal of Health Services is to ensure that students are healthy, in school, and ready to learn. This is done by:

- \* Providing nursing care with professional assessment and interventions.
- \* Offering culturally sensitive and accessible care.
- \* Mandated health screenings with referral and follow-up.
- \* Health care case management.
- \* Health education for students, staff, and parents.
- \* Collaboration with community resources; such as physicians, behavioral/mental health-professionals, and community based organizations.

### 16. COUNSELING, PSYCHOLOGICAL, AND SOCIAL SERVICES

The goal of Counseling, Psychological, and Social Services is to improve students' mental, emotional and social health so they may succeed to the best of their abilities by offering:

- \* A safe and effective school environment;
- \* Counseling and guidance services;
- \* Consultation;
- \* Interventions, linkages, and referrals as needed;
- \* MUSD Behavioral Health Clinicians that provide individual and family therapy to students who would benefit from therapeutic services. Services are typically limited to 12 sessions. If a student needs more intensive services, then student and family will be connected to the appropriate level of care before termination of services.
- \* Behavior Analysts that support young students with severe emotional and behavioral impairments with a goal of maintenance and stabilization while teaching school staff techniques for long-term results.

- \* An updated community resource list that supports student health and is accessible to community members. The resource list will be available in front offices of schools, district website, and in parent resource centers.

## 17. HEALTHY AND SAFE SCHOOL ENVIRONMENT

A healthy and safe school environment includes the physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school buildings and the areas surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychosocial environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

### Indoor Air Quality/Asthma

The Madera Unified School District recognizes that asthma is a manageable condition that if poorly controlled can be dangerous, impacting the student's health and ability to learn, and is a major cause of school absenteeism. The district also recognizes that poor indoor and outdoor air quality at school negatively impacts students with asthma and that such environmental triggers can be reduced or eliminated with collaborative efforts between students, teachers, and staff. Therefore, Madera Unified School District will:

- \* Educate staff, students, and parents/guardians about asthma;
- \* Encourage the establishment of individualized asthma action plans for all students with asthma by their medical providers;
- \* Establish management and support systems for students with asthma, including approaches to insure access to prescribed medications while at school when needed; and
- \* Ensure that school buildings, grounds, structures, equipment and vehicles at a minimum meet all current health and safety standards, including environmental air quality, be kept clean and in good repair, not allowed to idle diesel engines, and where feasible adhere to best practices to reduce indoor and outdoor environmental asthma triggers.

### Reducing Environmental Hazards and Waste

Madera Unified School District will:

- \* Establish policies and practices to prevent and/or reduce environmental hazards. Areas of concern shall include but not be limited to heating, ventilation, building materials, cleaning materials, equipment, vehicles, and outdoor pollutants.
- \* Madera Unified School District will encourage recycling district-wide by providing recycling points through-out facilities and will explore ways to reduce waste and recycle as often as possible.

### \* Chronic Disease

- \* Madera Unified School District recognizes that education requires healthy students and a healthy environment, and strives to address chronic diseases by:
  - \* Providing educational resources about chronic diseases for staff, students, and parents/guardians;
  - \* Establishing management and support systems for students with chronic diseases; and
  - \* Coordinating school, family, and community efforts to better manage chronic disease symptoms and reduce

related school absences.

### Immunization

Madera Unified School District will work with community partners, providers, and parents to educate families and encourage full vaccination of all students, in particular minimizing the use of non-medical vaccination exemptions that place the student body at risk of transmission of preventable infectious disease.

### Positive School Climate

Madera Unified School District recognizes that students and staff have the right to a safe and supportive school environment free from physical and psychological harm. Therefore, the district shall identify and address potential risks to social, emotional, and mental well-being of its students and staff and shall provide resources as available to foster a positive school climate at every school. In addition, Madera Unified School District is fully committed to creating a positive learning environment that teaches strategies for violence and bullying prevention, utilizes consistent district-wide alternative discipline models (e.g. Restorative Justice, PBIS, RTI) and emphasizes high expectations for student and employee conduct, responsible behavior, and mutual respect for others.

### Street Peddlers/Vendors

Madera Unified School District will work, in partnership with City of Madera, to prohibit street vendors that sell unhealthy foods to be near school entry and exit points. This is a strategy to both decrease access to unhealthy foods and to reduce traffic and to address safety concerns around school campuses.

## 18. HEALTH PROMOTION FOR STAFF

Madera Unified School District appreciates and values all staff and teachers and supports their well-being. To support employee wellness Madera Unified School District will:

- \* Host ongoing health assessments/screenings for all staff, which includes TB testing and Flu vaccines.
- \* Host annual health fairs and health expos to inform and share resources.
- \* Provide foods that are compliant with California Nutrition Standards in vending machines in staff rooms.
- \* Seek to develop programs to encourage physical activity amongst staff, support tobacco cessation, and encourage healthy eating.
- \* Partner with local gyms, exercise classes, and healthy restaurants to offer promotions/discounts for staff.
- \* Invite staff to have lunch with students to serve as role models for healthy eating.
- \* Establish a wellness program for staff that constantly promotes wellness activities through fliers, brochures, yearly calendar of wellness activities, and incentives for participation.
- \* Provide health education that focuses on healthy habits.
- \* Encourage staff to be active participants during recess and PE time.
- \* Encourage and support the use of school facilities for staff use of physical activity opportunities such as Zumba classes, running clubs, etc.
- \* Continue to keep staff updated via a communication newsletter such as Central Valley Trust.

- \* Assure safety is a top priority.

### Lactation Accommodation

In recognition of the well-documented health advantages of breastfeeding for infants and mothers, Madera Unified School District will provide a supportive environment for breastfeeding mothers. The district will follow state and federal lactation accommodation laws. Employees and students who are breastfeeding will be assured access to a private space where they can pump or breastfeed as needed. All supervisory, management, and human resource staff will be made aware of this policy. The District will work towards adopting BP 4033, establishing a system at all schools that supports employee and student needs to breastfeed and/or pump and all employees will be:

- \* Provided with reasonable amount of break time to accommodate an employee each time she has a need to express breast milk for her infant child (Labor Code 1030).
- \* Provided with a private location, other than a restroom, which is in close proximity to her work area and meets the requirement of Labor Law 1031 and 29 USC 207, if applicable.

## 19. FAMILY/COMMUNITY INVOLVEMENT

Madera Unified School District will:

### Parenting Support

- \* Offer parent education classes in collaboration with community organizations.
- \* Provide workshops and trainings that relate to the components of coordinated school health and found in the wellness policy (i.e., nutrition, physical activity, counseling, etc.).
- \* Share information through parent resource centers and/or the district website via multiple home languages (i.e. English and Spanish).

### Communicating with Parents

- \* Establish regular verbal and print communication methods in the appropriate languages to encourage parent, student, and community member participation.
- \* Provide information that pertains to the components of coordinated school health found in the district wellness policy.
- \* Have a school staff member to be the point of contact such as a family liaison.
- \* Have a yearly local health fair where information will be provided to parents about local resources.
- \* Communicate the results of the food taste testing fairs for school lunches.
- \* Volunteer Opportunities
  - \* District volunteers are required to be fingerprinted. Information regarding fingerprinting is available on the Districts' website.
  - \* Invite parents to lead school-related physical activities (e.g., lunch-time walks, and after school exercise programs).

- \* Engage parents to participate in Student Advisory Councils, School site council meetings, School District Wellness Committee, School Health Councils, Parent-Teacher Associations, and other group gatherings.
- \* Enlist parent volunteers to support school staff after school hours to allow community access in school facilities.
- \* Involve parents, community members, and local organizations in the decision making when making policies and programs in order to be able to prioritize issues, institutionalize parent representation, and choose curricula for students.
- \* Support Learning at Home
- \* Provide trainings to staff to develop family-based education strategies.
- \* Host discussions about how parents can support healthy behaviors at home and how they can engage their students in-at home learning experiences.
- \* Community
- \* Encourage community partners to collaborate by offering their services and create agreements to develop and support school activities programs.
- \* Develop a system that links families to community services, resources, and events.
- \* School facilities will be available for use by community organizations that host school related activities for students and community; applicable fees may apply. See BP 1330 for more information.

Wellness Policy Template and Policy Support developed and provided by California Project LEAN, a program of the Public Health Institute. <http://www.CaliforniaProjectLEAN.org>

Policy MADERA UNIFIED SCHOOL DISTRICT

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