

# Wellness Policy

MADERA UNIFIED SCHOOL DISTRICT  
 "CREATING A CULTURE OF WELLNESS"



## Why do we have a Wellness Policy?

Madera USD is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy environments.

## Where can I find the Wellness Policy?

<http://musdgofresh.com/index.php?page=wellnesspolicy&sid=2710151825311624>

## How do we cultivate wellness?

By implementing the policy in 5 key areas:

1. School Health, Safety and Environment
2. Health Education and Health Services
3. Physical Education and Physical Activity
4. Nutrition Education and Nutrition Services
5. Family, Staff and Community Involvement

<b>42%</b>	of youths age 5 - 18 in Madera USD are at a healthy weight <small>(Carol M. White PEP Grant 2017 Fall)</small>	<b>Wellness Policy in Action!</b>  <b>What we do...</b>  	<ul style="list-style-type: none"> <li>✓ Health Fairs</li> <li>✓ Walk to School Events</li> <li>✓ Nutrition Education for Students and Families</li> <li>✓ Quality Physical Education and Assessments</li> <li>✓ Teacher Trainings</li> <li>✓ District Wellness Committee</li> <li>✓ School Health Council</li> </ul>
<b>46%</b>	of youths age 5 - 18 in Madera USD meet 5 of 6 healthy fitness zone requirements <small>(Carol M. White PEP Grant 2017 Fall)</small>		
<b>31%</b>	of youths age 5 - 18 in Madera USD eat an average of 2 fruit and 3 vegetables per day <small>(Carol M. White PEP Grant 2017 Fall)</small>		

Each school ensures that foods and beverages sold and served to students on school campus starting at midnight and up to one half hour after the school day, including fundraisers and parties, must be compliant. *Each school campus must follow the Wellness Policy, at minimum.*

Each Principal has the ability to increase restrictions beyond the minimum requirements of the Wellness Policy and must ensure compliance on their campus.

Students will be provided with the tools and resources necessary to enjoy a safe and healthy campus. Health services and school policies are in place to promote a safe learning environment.

Students are provided with Physical Education and Physical Activity opportunities that encourage a healthy lifestyle. The state requires 200 Physical Education minutes per 10 school days in elementary school and 400 Physical Education minutes per 10 school days in secondary.

**Madera USD staff and the surrounding community are encouraged to support the District's strategies for promoting student wellness by...**

- ❖ Modeling healthy behavior
- ❖ Celebrating with healthy treats
- ❖ Eating plenty of fruits and vegetables
- ❖ Being active for 60 minutes every day

Please contact your school if you would like to join the District Wellness Committee or your School Health Council.

**Be Healthy! Be Fit! Be Happy!**  
**Think Positively! Exercise Daily! Dance More! Eat Healthy! Stay Strong!**

Brought to you by the Madera Unified School District