

Facts

- ❖ Healthy students learn better.
- ❖ 24% of children in Madera County suffer from food insecurity (2018).
- ❖ 45% of teens are overweight (2018).
- ❖ Parents and teachers can positively impact students when they model healthy behaviors.
- ❖ Increased physical activity and healthy eating help prevent and reduce diabetes and heart disease.
- ❖ Wellness is a full integration of physical, mental, social, and emotional well-being.
- ❖ Workplace wellness initiatives can reduce employee absenteeism and improve employee health.
- ❖ Madera Unified wellness policy aligns with state and federal requirements, the district community compact, and the WSCC Model.
- ❖ Madera Unified measures the effectiveness of policy and policy implementation via the Alliance for a Healthier Generation Thriving Schools Integrated Assessment.

Resources

Action for Healthy Kids
www.actionforhealthykids.org

Alliance for Healthier Generation
www.healthiergeneration.org

CDE Wellness Policy Website
www.cde.ca.gov/ls/nu/he/wellness.asp

CSBA Student Wellness Policy
<https://www.csba.org/GovernanceAndPolicyResources/ConditionsOfChildren/StudentPhysicalHealthWellness/StudentWellnessPolicy.aspx>

Center of PBIS
www.pbis.org

CDC Healthy Schools WSCC Model
www.cdc.gov/healthyschools/wsc

Kaiser Permanente Thriving Schools
thrivingschools.kaiserpermanente.org

Let's Move
www.letsmove.gov

Madera Unified Child Nutrition
<https://musdgofresh.com>

Madera Unified District Wellness
www.madera.k12.ca.us/Page/12856

Whole School, Whole Community, Whole Child (WSCC)

Madera Unified District Wellness Policy



WE BELIEVE
MADERA UNIFIED

Madera Unified Mission Statement
 We are committed to creating and sustaining a culture enabling Madera Unified students to experience an unparalleled educational journey that is intellectually, socially and personally transformative.

Madera Unified School District
 1902 Howard Road
 Madera CA 93637
 (559) 675-4500

Why

Funding and Requirements

The federal government has initiated laws that set standards for improved school meals and requires school districts to follow specific criteria in order to create unique wellness policies.

The implementation of the Wellness Policy promotes student wellness, proper nutrition, health education, regular physical activity, and a positive social and emotional climate as part of the total learning experience.

The Wellness Policy is the document that complies with state and federal law. The Wellness Policy incorporates all components of the Coordinated School Health Model and federal mandates.

Coordinated School Health

- ❖ Physical education and physical activity
- ❖ Nutrition environment and services
- ❖ Health education
- ❖ Social and emotional climate
- ❖ Physical environment
- ❖ Health services
- ❖ Counseling, psychological and social services
- ❖ Employee wellness
- ❖ Community involvement
- ❖ Family engagement

What

The Madera Unified Wellness Policy Sets Standards for:

Nutrition

- ❖ Food Services meeting or exceeding Federal and State nutrition standards
- ❖ Integrating nutrition education into the academic curriculum at all grades
- ❖ Promoting the use of non-food rewards, celebrations, and fundraising

Physical Education and Activity

- ❖ Minimum mandated amount of time for Physical Education
- ❖ Promoting physical activity during periods of academic learning
- ❖ Encouraging activity outside the school day

Social and Emotional Climate

- ❖ Implementing adopted curriculum
- ❖ Providing trainings for staff
- ❖ Providing resources and activities to enhance and sustain positive school culture

Action Steps

- ❖ Actively engaging parents, staff, students and the community to participate in school health councils
- ❖ Promoting opportunities for parents, students, staff, and community members to engage in activities which enhance physical, mental, and emotional health
- ❖ Completing and reporting Thriving Schools Integrated Assessments annually
- ❖ The District Wellness Committee supporting school site health councils and school health council leaders

Who

Everyone has a role in creating healthy schools!

Students: Cultivate school gardens, participate in healthy fundraisers, engage in school site health councils, and learn to be ambassadors of health to peers and family through health and physical education, positive social interactions, physical activity, and smart food choices.

Parents/Guardians: Support healthy school and classroom celebrations, Safe Routes to School, school gardens, school safety, healthy fundraising, and engage in school health councils and district wellness committee.

School Staff: Model healthy behaviors, promote social and emotional wellness, create and maintain safe school environments, offer healthy rewards for student achievement, and engage in school health councils.

School Programs: Farm to Table, Safe Routes to School, Walking Clubs, Healthy Fairs, The Daily Mile, CPR/AED Training, Employee Wellness Opportunities, Positive Behavioral Interventions and Supports.

Principals: Ensure Wellness Policy is integrated into school curriculum and school environment. The policy should be posted on school grounds.

Board of Trustees: Approves and supports Madera Unified Wellness Policy.