



About the Madera Unified School District Local Wellness Policy and Triennial Assessment

LEAs are required to have a written local wellness policy (LWP) and conduct an assessment of the policy at least once every three years. This Triennial Assessment determines compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. The MUSD Wellness Committee uses this tool as an action plan to guide the implementation and assessment of the MUSD LWP.

WELLNESS GOALS

The MUSD LWP provides procedures for goals in the areas of Nutrition Services, Physical Education and Physical Activity, Employee Wellness, Social and Emotional Climate, and other components of the Whole School Whole Child Whole Community (WSCC) Model. MUSD is required to convene a representative district wellness committee that meets quarterly to establish goals and oversee the LWP. The District Wellness Committee requires all MUSD schools to annually complete and submit a Healthy Schools Assessment created and provided by the Alliance for a Healthier Generation Healthy Schools Program; then, create and implement action plan items developed by School Health Councils in order to monitor and strategically guide the implementation of the LWP.

Policy and Environment (PO)	Year 1 (2017-2018)			Year 2 (2018-2019)			Year 3 (2019-2020)		
	# of Schools in District: 25			# of Schools in District: 25			# of Schools in District: 25		
Summary of Goals	Fully in Place	Partially in Place	Under developed	Fully in Place	Partially in Place	Under developed	Fully in Place	Partially in Place	Under developed
PO-01: Representative school health committee or team	n/a	n/a	n/a				18	5	2
PO-02: Written school health and safety policies	n/a	n/a	n/a				14	8	3
PO-03: Local school wellness policy	n/a	n/a	n/a				20	4	1
PO-04: School start times	n/a	n/a	n/a				3	5	3

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	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped
Continued...									
PO-05: Health services provided by a full-time school nurse	n/a	n/a	n/a				4	15	6
PO-06: Counseling, psychological, and social service provided by a full-time counselor, social worker, and psychologist	n/a	n/a	n/a				5	5	15
PO-07: Parenting strategies	n/a	n/a	n/a				10	10	5
PO-08: Family engagement in school decision making	n/a	n/a	n/a				10	10	5
PO-09: Community involvement in school health initiatives	n/a	n/a	n/a				15	5	5
PO-10: Out-of-school programs	n/a	n/a	n/a				11	7	7

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Nutrition Services (NS)	Year 1 (2017-2018) # of Schools in District: 25			Year 2 (2018-2019) # of Schools in District: 25			Year 3 (2019-2020) # of Schools in District: 25		
	Fully in Place	Partial ly in Place	Under develo ped	Fully in Place	Partial ly in Place	Under develo ped	Fully in Place	Partial ly in Place	Under develo ped
Summary of Goals									
NS-01: Breakfast and lunch programs	n/a	n/a	n/a				25	n/a	n/a
NS-02: School breakfast	n/a	n/a	n/a				9	3	13
NS-03: School lunch	n/a	n/a	n/a				4	1	20
NS-04: Variety of offerings in school meals	n/a	n/a	n/a				25	n/a	n/a
NS-05: Promote healthy food and beverage choices and school meals using marketing and merchandising techniques.	n/a	n/a	n/a				6	9	10
NS-06: Annual continuing education and training requirements for school nutrition services staff	n/a	n/a	n/a				24	1	n/a

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Nutrition Services (NS)	Year 1 (2017-2018) # of Schools in District: 25			Year 2 (2018-2019) # of Schools in District: 25			Year 3 (2019-2020) # of Schools in District: 25		
	Fully in Place	Partial ly in Place	Under develo ped	Fully in Place	Partial ly in Place	Under develo ped	Fully in Place	Partial ly in Place	Under develo ped
Continued...									
NS-07: Venues outside the cafeteria offer fruits and vegetables	n/a	n/a	n/a				11	14	n/a
NS-08: Collaboration between school nutrition services staff members and teachers	n/a	n/a	n/a				1	3	21
NS-09: Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.	n/a	n/a	n/a				7	11	7
NS-10: Prohibit using food as reward or punishment	n/a	n/a	n/a				13	9	3
NS-11: Adequate time to eat school meals	n/a	n/a	n/a				25	n/a	n/a
NS-12: Farm to School activities	n/a	n/a	n/a				2	7	16

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Smart Snacks (SS)	Year 1 (2017-2018) # of Schools in District: 25			Year 2 (2018-2019) # of Schools in District: 25			Year 3 (2019-2020) # of Schools in District: 25		
	Fully in Place	Partially in Place	Under developed	Fully in Place	Partially in Place	Under developed	Fully in Place	Partially in Place	Under developed
Summary of Goals									
SS-01: All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	n/a	n/a	n/a				21	4	n/a
SS-02: All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	n/a	n/a	n/a				23	2	n/a
SS-03: Food and beverage marketing	n/a	n/a	n/a				14	10	1
SS-04: All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards	n/a	n/a	n/a				14	11	n/a
SS-05: All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards	n/a	n/a	n/a				19	6	n/a
SS-06: All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards	n/a	n/a	n/a				13	12	n/a
SS-07: Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	n/a	n/a	n/a				4	12	9

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Health and Physical Education (HPE)	Year 1 (2017-2018) # of Schools in District: 25			Year 2 (2018-2019) # of Schools in District: 25			Year 3 (2019-2020) # of Schools in District: 25		
	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped
Summary of Goals									
HPE-01: Minutes of physical education per week	n/a	n/a	n/a				7	15	3
HPE-02: Years of physical education (secondary)	n/a	n/a	n/a				7/12	5/12	n/a
HPE-03: Sequential physical education curriculum consistent with standards	n/a	n/a	n/a				25	n/a	n/a
HPE-04: Students active at least 50% of class time	n/a	n/a	n/a				23	1	1
HPE-05: Professional development for physical education teachers	n/a	n/a	n/a				25	n/a	n/a
HPE-06: Information and materials for physical education teachers	n/a	n/a	n/a				23	1	1

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Health and Physical Education (HPE)	Year 1 (2017-2018) # of Schools in District: 25			Year 2 (2018-2019) # of Schools in District: 25			Year 3 (2019-2020) # of Schools in District: 25		
	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped
Continued...									
HPE-07: Licensed physical education teachers	n/a	n/a	n/a				25	n/a	n/a
HPE-08: Health education taught in all grades	n/a	n/a	n/a				13/18	3/18	2/18
HPE-09: Required health education course (secondary)	n/a	n/a	n/a				6/12	6/12	n/a
HPE-10: Essential topics on physical activity	n/a	n/a	n/a				15	10	n/a
HPE-11: Essential topics on healthy eating	n/a	n/a	n/a				11	13	1
HPE-12: Opportunities to practice skills	n/a	n/a	n/a				18	4	3

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Physical Activity (PA)	Year 1 (2017-2018) # of Schools in District: 25			Year 2 (2018-2019) # of Schools in District: 25			Year 3 (2019-2020) # of Schools in District: 25		
	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped
Summary of Goals									
PA-01: Recess (elementary)	n/a	n/a	n/a				16/18	2/18	n/a
PA-02: Availability of physical activity breaks in classrooms	n/a	n/a	n/a				12	6	7
PA-03: Promotion or support of walking and bicycling to and/or from school	n/a	n/a	n/a				11	7	7
PA-04: Availability of before- and after-school physical activity opportunities	n/a	n/a	n/a				13	11	1
PA-05: Professional development for classroom teachers	n/a	n/a	n/a				10	5	10
PA-06: Prohibit using physical activity as punishment	n/a	n/a	n/a				23	1	1
PA-07: Prohibit withholding recess as punishment (elementary)	n/a	n/a	n/a				3/18	3/18	12/18
PA-08: Access to physical activity facilities outside school hours	n/a	n/a	n/a				20	5	n/a

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Employee Wellness (EW)	Year 1 (2017-2018) # of Schools in District: 25			Year 2 (2018-2019) # of Schools in District: 25			Year 3 (2019-2020) # of Schools in District: 25		
	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped	Fully in Place	Partially in Place	Underdeveloped
Summary of Goals									
EW-01: Health assessments for staff members	n/a	n/a	n/a				12	2	11
EW-02: Programs for staff members on physical activity/fitness	n/a	n/a	n/a				13	2	10
EW-03: Programs for staff members on healthy eating/weight management	n/a	n/a	n/a				13	2	10
EW-04: Promote staff member participation	n/a	n/a	n/a				14	11	n/a
EW-05: Stress management programs for staff	n/a	n/a	n/a				19	n/a	6
EW-06: All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition standards	n/a	n/a	n/a				1	4	20

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District Wellness	Year 1 (2017-2018)			Year 2 (2018-2019)			Year 3 (2019-2020)		
Summary: Development, implementation, and periodic evaluation of the school wellness program	Fully in Place	Partially in Place	Under developed	Fully in Place	Partially in Place	Under developed	Fully in Place	Partially in Place	Under developed
DW-01: Superintendent, or designee, is responsible for overseeing the implementation of the Wellness Program and compliance with the Policy.	n/a	n/a	n/a	X			X		
DW-02: Wellness Committee members may include, but are not limited to: Superintendent, or designee, Local Board Member, School Nutrition Program representative, teachers, parents, community members, health care representatives or other stakeholders.	n/a	n/a	n/a	X			X		
DW-03: Wellness Committee members will be asked to serve on the committee for at least two (2) years.	n/a	n/a	n/a		X			X	
DW-04: The Wellness Committee meets no less than four (4) times per year.	n/a	n/a	n/a	X			X		
DW-05: Annually, the Wellness Committee will develop an Evaluation Plan for each Component of the Wellness Program. The Evaluation Plan will identify objectives, information to collect, responsibilities for data collection and the method of analysis (site based and district based, as needed).	n/a	n/a	n/a	X			X		

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District Wellness	Year 1 (2017-2018)			Year 2 (2018-2019)			Year 3 (2019-2020)		
Continued...	Fully in Place	Partial ly in Place	Under develo ped	Fully in Place	Partial ly in Place	Under devel oped	Fully in Place	Partial ly in Place	Under devel oped
DW-06: The Wellness Committee uses the annual Evaluation Results to create action plans for Program improvement and ongoing evaluation priorities.	n/a	n/a	n/a	X			X		
DW-07: Evaluation Results and a Triennial Assessment are made available to the public on the System's website.	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
DW-08: The public has an opportunity to provide input regarding development, implementation and periodic review of the policy to the Committee by way of survey on the System's website.	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
DW-09: The district provides a handout in English and Spanish summarizing district wellness.	n/a	n/a	n/a	X			X		

Summary of Progress and Wellness Highlights

- Community Gardens...
- Food Distribution Data...
- Grants...
- Presentations Outside of MUSD...
- Recess Activities...
- Safe Routes to School...
- Sidewalks...

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