

# Madera Unified School District **Wellness Framework**

---

District Wellness Committee Collaboration  
Spring 2024



## Table of Contents

<b>Table of Contents.....</b>	<b>1</b>
<b>Wellness Components.....</b>	<b>2</b>
<b>District Wellness Policy.....</b>	<b>3</b>
<b>Nutrition Services.....</b>	<b>4</b>
<b>Physical Education and Activity.....</b>	<b>-</b>
<b>Health Services.....</b>	<b>-</b>
<b>School Culture and Climate.....</b>	<b>-</b>

DRAFT

## Wellness Components

Madera Unified School District utilizes the Whole School Whole Community Whole Child model to help support student health outcomes and learning success.

Establishing healthy behaviors during childhood is easier and more effective than trying to change unhealthy behaviors during adulthood. Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behavior patterns. Research shows a link between the health outcomes of young people and their academic success. To have the most positive impact on the health outcomes of young people, government agencies, community organizations, schools, and other community members must work together through a collaborative and comprehensive approach.



The Whole School, Whole Community, Whole Child (WSCC) model includes 10 components. This WSCC model meets the need for greater emphasis on both the psychosocial and physical environment as well as the ever-increasing and growing roles that community agencies and families must play. This WSCC model also addresses the need to engage students as active participants in their learning and health. CDC and ASCDEExternal developed the WSCC model—in collaboration with key leaders from the fields of health, public health, education, and school health—to strengthen a unified and collaborative approach designed to improve learning and health in our nation’s schools.

Centers for Disease Control and Prevention: [www.cdc.gov/healthyschools/wsccl/](http://www.cdc.gov/healthyschools/wsccl/)

---

## District Wellness Policy

Madera Unified School District utilizes District Wellness Policy BP5030 to establish Whole School Whole Community Whole Child requirements.

[www.madera.k12.ca.us/cms/lib/CA01001210/Centricity/Domain/1378/MUSD%20WELLNESS%20POLICY.pdf](http://www.madera.k12.ca.us/cms/lib/CA01001210/Centricity/Domain/1378/MUSD%20WELLNESS%20POLICY.pdf)

The purpose of a Wellness Framework in a school is to create a nurturing environment that supports the holistic development of students, fosters a positive school culture, and ultimately contributes to their academic achievement and lifelong well-being.

DRAFT

## Nutrition Services

### FOOD AND BEVERAGES SERVED AND SOLD ON CAMPUS

(BP 5030)

Resources for Review:

[Action for Healthy Kids: Host a Taste Test](#)

[Action for Healthy Kids: Cafeteria Spruce Up](#)

Madera Unified School District will offer students the opportunity to provide input on local, cultural, and ethnic favorites.

Suggestions include:

- ❖ Lunch Assist
- ❖ Google Survey
- ❖ Student Voice Meetings (qualitative data)

Madera Unified School District will provide periodic food promotions to encourage taste testing of healthy new food being introduced on the menu for both parents and students. A report on the results of the food tasting listing the new foods that are adopted will be provided.

Suggestions include:

- ❖ District wide taste test: items are added district wide
- ❖ Assessment of food waste
- ❖ Activities Director's with student body leadership could create an easy assessment process to collect likes and dislikes from students
- ❖ Student Voice Meetings (qualitative data)
- ❖ Food exposure frequency
- ❖ School garden taste test with student vote

Madera Unified School District will 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.

Suggestions include:

- ❖ Parent Resource Centers and Pre-/Post- Surveys
- ❖ Parent surveys at health fairs
- ❖ Parent and Community Engagement Conference

Madera Unified School District will ensure that professional development in the area of food and nutrition is provided for child nutrition staff.

Suggestions include:

Madera Unified School District will provide adequate meal times to students and a minimum of 20 minutes is required.

Suggestions include:

- ❖ The goal is to include “seat-time” and not include passing and waiting in line.

Madera Unified School District shall identify and implement ways to improve cafeteria decor and atmosphere by utilizing Smarter Lunchroom strategies:

Suggestions include:

- ❖ Smarter Lunchroom Scorecard utilized to create an action plan
- ❖ Utilize links provided after Smarter Lunchroom Scorecard results are received
- ❖ How to build a better lunchroom:  
[https://www.healthyeating.org/docs/default-source/3.0-our-cause/slm-pages/slm-guide.pdf?sfvrsn=970e1ff8\\_2](https://www.healthyeating.org/docs/default-source/3.0-our-cause/slm-pages/slm-guide.pdf?sfvrsn=970e1ff8_2)
- ❖ Adding colorful nutrition posters and/or murals to all school cafeterias
- ❖ promoting fruits and vegetables
- ❖ providing appealing names
- ❖ Providing entree descriptions
- ❖ Smarter Lunchrooms of California:  
<https://www.healthyeating.org/our-cause/partners/slm-california>
- ❖ Taste Test guide: <https://api.healthiergeneration.org/resource/233>

Madera Unified School District will solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.

Suggestions include:

- ❖ MOVE UP TO 1ST ITEM

Madera Unified School District will encourage staff to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior.

Suggestions include:

- ❖ MOVE TO SMARTER LUNCHROOM AREA

## **VENDING**

(BP 5030)

Madera Unified School District will ensure that vending machines include items which are healthy.

Suggestions include:

- ❖ Book Vending Machines
- ❖ REVIEW GUIDELINES AND REQUIRED PROCESS WITH CHILD NUTRITION

Madera Unified School District will 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.

Suggestions include:

- ❖ INCLUDE THIS SECTION WITH ABOVE SECTION

## **PARTIES AND CELEBRATIONS**

(BP 5030)

Resources for Review:

[Action for Healthy Kids: Birthday, Celebrations, and Family Events](#)

[Alliance for a Healthier Generation: Non-Food Celebrations](#)

Suggested in Chat:

"Turn on the music and let students dance for a few minutes"

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, parents, teachers, and all district staff should choose ways to celebrate birthdays so that every child is included, even those whose birthdays fall during school breaks.

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.

Suggestions include:

- ❖ Site administrators are recommended to select one day per month for site wide implementation

Madera Unified School District will 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.

Suggestions include:



Madera Unified School District will ensure that parties/celebrations involving food are held after the lunch period or performed in conjunction with the Child Nutrition Department.

Suggestions include:

- ❖ Child Nutrition led pizza party during lunch with a “celebration-table” - ORDER/IMPLEMENTATION PROCESS WITH CHILD NUTRITION NEEDED

Madera Unified School District will 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.

Process includes:

- ❖ CHILD NUTRITION SNACK LIST NEEDED - POSSIBLE REQUEST FORM (lunch assist?)

Recommended foods include:

- ❖ CHILD NUTRITION SNACK LIST NEEDED - POSSIBLE REQUEST FORM (lunch assist?)

Madera Unified School District will 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.

Process includes:

- ❖ To be discussed - sub-committee needed

Approved foods include:

- ❖ To be discussed - sub-committee needed

Madera Unified School District will 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, BP 5030).

Suggestions include:



Madera Unified School District will coordinate classroom messages with the California Nutrition Standards to encourage healthy eating.

Suggestions include:



Madera Unified School District will 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 ingredients are encouraged.

Suggestions include:



## **REWARDS**

(BP 5030)

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.

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.

Suggestions include:



## **SCHOOL EVENTS**

(BP 5030)

Resources for Review:

[Action for Healthy Kids: Back to School Events](#)

[Action for Healthy Kids: Family Fitness Night](#)

[Action for Healthy Kids: Health and Wellness Fair](#)

[Action for Healthy Kids: Host a Healthy Harvest Festival](#)

[Action for Healthy Kids: Farm to School Month](#)

[Alliance for a Healthier Generation: Product Calculator](#)

Madera Unified School District recommends any event hosted on school campuses to provide food and beverages that meet the California Nutrition Standards.

Suggestions include:

- ❖ fruits and vegetables
- ❖ dried fruits can be used.

Madera Unified School District highly encourages that food items be purchased from the Child Nutrition Department.

Suggestions include:



Madera Unified School District encourages hosting events that promote and have a connection with the healthy messages reflected in the wellness policy.

Suggestions include:

- ❖ Health fairs hosted by Parent Resource Centers and partnering organizations
- ❖ Healthy back to school night
- ❖ Mindful Mondays
- ❖ Water Wednesdays
- ❖ Thankful Thursdays

## **NUTRITION EDUCATION AND PROMOTION**

(BP 5030, cf. 6011 - Academic Standards, cf. 6142.8 - Comprehensive Health Education, cf. 6143 - Courses of Study)

Resources for Review:

[Action for Healthy Kids: School Gardens](#)

[Action for Healthy Kids: Constructing a School Garden](#)

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

Suggestions include:



Nutrition education curriculum will link with school meal programs and cafeteria nutrition promotion activities.

Suggestions include:



Nutrition education will include training for staff, teachers, and parents to promote healthy eating at home. Madera Unified School District should involve community partners and local agencies to offer training.

Suggestions include:



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, a garden-enhanced nutrition education curriculum is highly recommended.

Suggestions include:



School gardens and recommended action plan items include:



## **FUNDRAISING**

(BP 5030, References: Pursuant to 42 USC 1758b)

Madera Unified School District will ensure the Child Nutrition Department in partnership with the Wellness Committee will provide a list of approved foods and beverages. This list will be posted on the district's website as well as distributed to all schools.

Approved foods and beverages include:



Link to approved foods and beverages:

Madera Unified School District will 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.

Process includes:



Recommended foods include:



Madera Unified School District will incorporate practical and profitable healthy fundraisers that support nutrition education, physical activity, nutrition education, and other wellness related activities.

Suggestions include:

- ❖ Walk-a-thons or Jog-a-thons
- ❖ Jump Rope for Heart
- ❖ Fun Runs or Color Runs

DRAFT



---

## Physical Education and Activity

Start here.



DRAFT



---

## Health Services

Start here.



DRAFT



---

## School Culture and Climate

Start here.



DRAFT



---

## Health Education

Start here.



DRAFT



---

## School Environment

Start here.



DRAFT



---

## Employee Wellness

Start here.



DRAFT



---

## Family and Community Involvement

Start here.



DRAFT