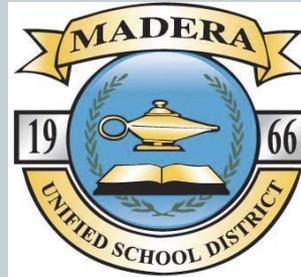


Madera Unified School District



Wellness Policy Update



Introduction

- A local school wellness policy is a written document of official policies that guide a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.
- The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.

Coordinated School Health Effort

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Coordinated School Health (CSH) is a systematic approach to improving the health and well-being of all students so they can fully participate and be successful in school. The process involves bringing together school administrators, teachers, other staff, students, families, and community members to assess health needs; set priorities; and plan, implement, and evaluate all health-related activities. CSH typically integrates health promotion efforts across eight interrelated components that already exist to some extent in most schools. These components include health education, physical education, health services, nutrition services, counseling, psychological and social services, healthy and safe school environments, staff wellness, and family and community involvement.

Coordinated School Health Effort

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Wellness Policy Development

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Committee Representatives

Board Trustees

District Office Administrators/Directors/Coordinators

Site Administrators

Nurses

Family Liaison/Family Support Specialist

Camarena Health – Promotoras

Dairy Council

Madera Parks and Recreation

Madera County Health Department

Valley Children's Hospital

California Project Lean

Local Health Care Providers

Wellness Policy Development

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Sample Wellness Policies of other districts were reviewed and analyzed

Promotoras provided side by side comparisons of MUSD policy with other model policies
-suggested areas for needed language revision

Sub Committees

- Health Education
- Health Promotion for Staff
- Health Services
- Healthy School Environment
- Counseling, Psychological & Social Services
- Family/Community Involvement
- Nutrition Services
- Physical Education

Sub Committees are currently developing proposed policy language

Wellness Policy Development

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Next Steps:

Gather feedback on proposed language from stakeholders

- Board of Trustees
- School Sites
- Parent groups

Incorporate feedback into final draft

Bring updated Wellness Policy to the board for adoption (Summer of 2015)

Review Wellness Policy annually (modify and update language as necessary)

Physical Education Policy Sample Notes

PE WELLNESS POLICY NOTES BULLETED ITEMS TO INSERT

- Elementary schools must meet or exceed California State Physical Education standards of 200 minutes per 10 school days.
- Middle and high schools must meet or exceed California State Physical Education standards of 400 minutes per 10 school days.
- Green space for community use after 3:30pm to dusk as pilot project.
- Providing students with adequate amounts of moderate to vigorous physical activity (minimum 50% of allotted class time.)
 - As part of the district's quality physical education programming, all school principals or site designees are encouraged to collect and file.
 - Evidence from their physical education teachers that highlight adherence to the district's physical education and physical activity procedures. (ie. observations and lesson plans).

CLASSROOM SETTING OPPORTUNITIES:

- Give students breaks and encourage activity when in mandatory extended periods of inactivity (ie. testing)
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Physical activity shall be integrated into the classroom by allowing students supervised 'stretch' breaks at least every hour.

RECESS AND LUNCH OPPORTUNITIES:

- Reverse lunch where the kids go out to recess first and then come in to eat. This will ensure that each student gets physical activity.
- School staff will not withhold recess as a punishment.
- The school/district will ensure that students and staff have access to appropriate hydration (ie. water stations, fountains)

TRAINING AND OTHER OPPORTUNITIES:

- "Annual training for all elementary school teachers will ensure that they can teach PE (ie. SPARK training.) by providing them with an idea/instructions manual for physical education and activities in and outside the classroom.
- "The Family Education Center and local partners shall be engaged to build parents' capacity to help their children with: homework, healthy eating, and active living."
- Work with the community to create ways for student to walk, bike rollerblade, or skateboard safely to and from school."

OPPORTUNITIES FOR PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL

- School facilities (ie. green space) will be available for community use after 3:30 until dusk.
- After school program will provide a daily period of moderate to vigorous physical activity for all participants.
- The district will work with community and local agencies to create ways for students to walk, bike, rollerblade, or skateboard safely to and from school."

Existing Language for Physical Education

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

The District's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and/or after-school programs, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities and grounds available for recreation or sports activities outside of the school day and/or to use community facilities to expand students' access to opportunity for physical education.