

Madera Unified School District

Student Wellness Policy



Introduction

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.

- Grass roots effort by parents and community to strengthen BP 5030 - School Wellness Policy. The group/community encouraged the district to be a leader and champion for student health and well-being.
- Wellness Committee has met approximately 10 times over the past 12 months and many sub committee meetings have taken place.
- Over 44 committee representatives have participated in the development of the Wellness Policy.

Wellness Policy Development

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Committee Representatives

Board Trustees

District Office Administrators/Directors/Coordinators

Site Administrators

Nurses

Family Liaison/Family Support Specialist

Teachers

Parents

Camarena Health – Promotoras

Dairy Council

Madera Parks and Recreation

Madera County Health Dept.

Central Valley Health Collaborative

Valley Children's Hospital

California Project LEAN

Local Health Care Providers

CNEP – Cal Fresh

SNAP Ed

UC Co-Op

First Five

Coordinated School Health Effort

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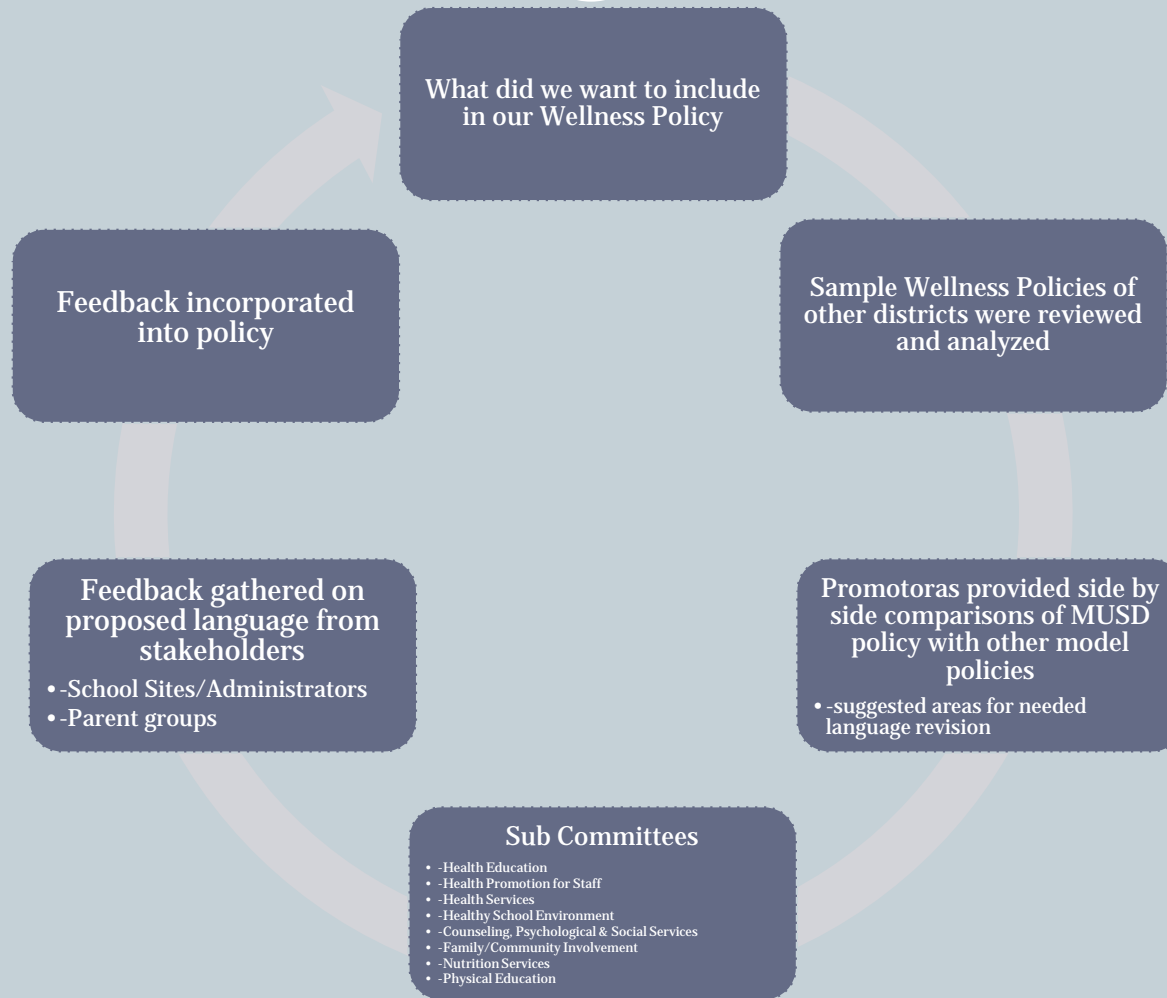
Coordinated School Health (CSH) is a systematic approach to improving the health and well-being of all students so they can fully participate and be successful in school. The process involves bringing together school administrators, teachers, other staff, students, families, and community members to 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



Wellness Policy Development

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Policy Highlights

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This policy sends a strong message that student nutrition, health, and overall well being is important and a priority of the district.

- Establishes School Health Councils at each school site
- Addresses meal environments and amount of time for students to eat
- Limits the number of food celebrations each year
- Supports the use of non-food rewards and incentives
- Supports non-food fundraisers
- Provides guidelines for nutrition education and P.E. opportunities
- Addresses health promotion for staff
- Addresses family/community involvement opportunities

Implementation

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Current Actions

- Parent Outreach
- Site Administration Outreach and Training
- Common Messaging to Staff
- Self Assessment Tools

Implementation Template

APPENDIX A: Blank TEMPLATE Form

WELLNESS COMPONENT			
Reference :			
Policy Element:			
PRIORITY	ACTIVITIES/STEPS: What needs to be done?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input type="checkbox"/> High		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Name(s):
<input type="checkbox"/> Medium		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Low		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Workgroup:
		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> In Progress	How will this be monitored?	How often will monitoring take place? (e.g., weekly, monthly, annually)	To whom will results and/or updates be reported?
<input type="checkbox"/> Not Begun			
COMMENTS (Include here any indispensable financial, equipment or other resources):			

Support of California Project LEAN

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Provided Resources

- Templates
- Success Stories
- Facilitators

Assisted in Language Development

Tool Development (Implementation & Monitoring)

Mediator

District Change

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What has really changed in the district

- Challenged thinking of our stakeholders
- Presentation and types of food served to our students
- Branding of CN department
- Atmosphere of our eating/serving areas
- Not using food as rewards/incentives

What has been the biggest challenge?

- Initial concerns from naysayers (this cookie isn't a big deal)
- Monitoring of implementation

Next Steps

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 Establishing of School Health Councils at each site

 Monitoring implementation of targeted action items

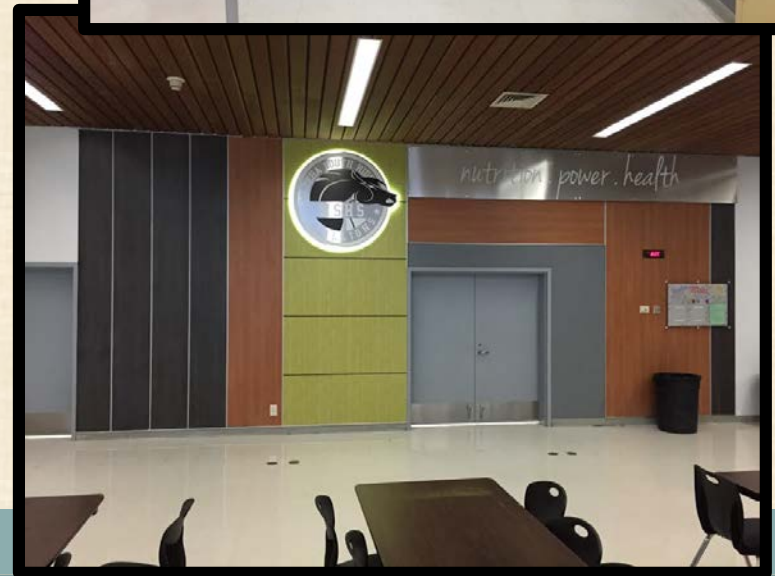
Food Items

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Kitchen Remodels

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Speed of Service

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Thank You!

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Sandon M. Schwartz

Assistant Superintendent

Administrative and Support Services

Madera Unified School District

sandonschwartz@maderausd.org