

Madrone Trail Public Charter School

Local Wellness Policy

At Madrone Trail Public Charter School, we value student health and wellness. We strive to provide an environment that is conducive to learning and that allows students to succeed. This policy outlines Madrone Trail’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Madrone Trail will adhere to this policy and all requirements as directed by the United States Department of Agriculture and the Oregon Department of Education.

Wellness Committee

The Wellness Committee consists of committed school and community stakeholders including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators. The Wellness Committee will meet at least one time per year. The Wellness Committee will establish goals for and oversee development, implementation, periodic review and update of Madrone Trail’s Wellness Policy. The Committee Chair will convene the Wellness Committee and facilitate development and updates to the wellness policy, and ensure compliance.

The Wellness Committee members include:

Name	Title/Relationship to RCCI	Email Address	Role/Responsibility on Committee
Kelly Ruse	Executive Director	kelly.ruse@madronetrail.org	
Cori Royer	Assistant Director, Games Teacher	cori.royer@madronetrail.org	
Board Member			
Evan Wilson	Child Nutrition Coordinator	evan.wilson@madronetrail.org	
Nora Thompson	Parent	nthompson3106@gmail.com	
Tosha Emptage	Parent	whosoever.will@gmail.com	
Christa Price	Parent	darysta@gmail.com	

Name	Title/Relationship to RCCI	Email Address	Role/Responsibility on Committee
Amara Anderson	Parent	amaramb@gmail.com	
Ashley Bactista	Parent	ashleybactista@gmail.com	
Lauren Kemple	Parent	Lauren.kemple@gmail.com	
Tara Shea Hendrick	Parent	tarashea@pm.me	
Nikolaus Kamrath	Parent	SeaSire7@gmail.com	

I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Madrone Trail will retain records demonstrating compliance with the [federal requirements for a local wellness policy](#), including copies of periodic assessment reports, wellness committee meeting information, and how interested parties can become involved. Madrone Trail will actively inform families and the public annually about this policy, updates to the policy and implementation status. The Madrone Trail Wellness Policy and information can be found madrone-trail.org and/or in the annual student nutrition program packet.

At least once every three years, Madrone Trail will conduct a triennial progress assessment. The assessment will determine:

- The extent to which Madrone Trail is in compliance with the wellness policy;
- The extent to which Madrone Trail’s policy compares to a model wellness policy; and
- A description of the progress made in attaining the goals listed in the policy.

Madrone Trail will actively notify households/families and the public of the availability of the triennial progress report.

II. Nutrition Promotion and Nutrition Education

Healthy eating has been linked in studies to improved learning outcomes and helps ensure that students are able to reach their potential. The school nutrition environment provides students with opportunities to learn about and practice healthy eating. This

can be accomplished through the available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus.

Nutrition Promotion Goal(s)

1. Promote Healthy Food and Beverage Choices

- Display fruits and vegetables prominently in cafeterias.
- Use creative signage and student-friendly marketing to highlight nutritious options.
- Offer taste tests or food sampling to introduce students to new healthy foods.

2. Implement “Smart Lunchroom Strategies”

- Place healthier items at eye level in serving lines.
- Give attractive and descriptive names to healthy menu items (e.g., “X-ray Vision Carrots”).
- Train cafeteria staff in behavioral economics strategies to promote better food choices.

3. Use Nutrition Education to Support Promotion

- Integrate nutrition promotion messages into health, science, and physical education classes.
- Display posters and educational materials about healthy eating in the cafeteria and classrooms.
- Incorporate nutrition themes into school events, such as National School Lunch Week or Farm to School Month.

4. Involve Students in Menu Planning

- Establish a student food advisory council to gather feedback and ideas.
- Survey students about their food preferences within USDA nutrition guidelines.
- Engage students in naming new menu items or developing healthy recipes.

5. Promote Participation in School Meal Programs

- Promote breakfast and lunch programs through morning announcements, newsletters, or social media.
- Encourage participation by reducing stigma (e.g., breakfast in the classroom or grab-and-go breakfast).
- Highlight benefits of school meals—such as nutrition quality, convenience, and cost savings.

6. Limit Marketing of Unhealthy Foods

- Prohibit marketing of foods and beverages that don't meet Smart Snacks standards on campus.
- Comply with regulations to refrain from selling non-compliant foods for fundraisers during school hours.

7. Support Farm to School Activities

- Include local foods in school meals where possible.
- Promote school gardens, harvest-of-the-month programs, or visits from local farmers.

Nutrition Education Goal(s)

1. Integrate Nutrition Education Across the Curriculum

- Include nutrition lessons in health, science, physical education, family and consumer sciences, and other relevant subjects.
- Align nutrition education with state academic standards and age-appropriate concepts.
- Ensure that lessons promote lifelong healthy eating habits, not just temporary behavior changes.

2. Provide Evidence-Based and Culturally Inclusive Nutrition Instruction

- Use USDA-approved or evidence-based materials that reflect the diversity of the student population.
- Address topics such as balanced diets, reading nutrition labels, food groups, and cultural food traditions.

3. Promote Skill-Based Learning

- Teach students how to plan and prepare simple, healthy meals or snacks.
- Involve students in hands-on activities such as school gardens, cooking classes, or grocery store simulations.
- Include label reading, portion control, and understanding food marketing in lessons.

4. Deliver Nutrition Education Consistently Across Grade Levels

- Provide age-appropriate nutrition education from Pre-K through 12th grade.
- Reinforce healthy messages over time to build a strong foundation of nutritional knowledge.

5. Connect Nutrition Education to the School Meal Program

- Teach students about the nutritional value of school meals and how to make balanced choices in the cafeteria.
- Involve food service staff in nutrition education efforts (e.g., visiting classrooms or speaking at events).

6. Use the School Environment as a Learning Tool

- Reinforce nutrition education through cafeteria signage, bulletin boards, and classroom displays.
- Highlight the connection between academic performance and healthy eating.

7. Engage Parents and Families in Nutrition Education

- Provide nutrition information in newsletters, websites, and family nights.
- Offer workshops or materials to help families support healthy eating at home.

8. Train School Staff to Support Nutrition Education

- Provide professional development for teachers and food service staff on delivering effective nutrition education.
- Encourage staff to model healthy eating behaviors and reinforce nutrition messages.

III. Standards for Foods and Beverages

At the minimum, Madrone Trail Public Charter School will ensure that:

- All reimbursable meals served as part of the school nutrition program will meet or exceed USDA meal pattern standards
- All foods and beverages available for sale during the school day outside of reimbursable meals must meet [Oregon Smart Snacks Nutrition Standards](#).
- All foods given away free of charge: snacks, rewards, classroom celebrations are encouraged to meet [Oregon Smart Snacks Nutrition Standards](#).
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA.

IV. Physical Education & Physical Activity

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity. A CSPAP reflects strong coordination across five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement.

At a minimum, the MTPCS will ensure that student performance standards and program minute requirements¹ are developed and assessed in order to meet the Oregon Department of Education's physical education content standards and state law.

[Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.]

V. Other Activities that Promote Student Wellness

MTPCS will integrate wellness activities throughout the entire school environment, not just in the cafeterias, other food and beverage venues and physical activity facilities. MTPCS will coordinate and integrate other initiatives related to physical activity,

¹Physical Education Requirements

ORS 329.496, (2007) (effective July 1, 2017) Also known as "HB 3141" (revised 2017) SB 4 (2017 Legislative session)

- Requires a minimum of 120 minutes in 2019-2020 school year and 150 minutes in the 2020-2021 school year for grades K-5 or 180 minutes in the 2021-2022 school year and 225 minutes in the 2022-2023 school year grades 6-8 of PE each week for the entire school year.
- Requires that schools offer PE instruction that meets the standards outlined in ORS 329.045.
- Requires that at least 50 percent of the PE class time be devoted to physical activity
- Requires that students with disabilities or chronic health problems shall include suitably adapted PE in their individualized health plans.
- Requires regular assessments to determine if the minimum number of PE minutes are met.
- Requires that all PE teachers for grades K-8 shall be adequately prepared and regularly participate in professional development activities to deliver the PE program effectively.

physical education, nutrition and other wellness components so all efforts are complimentary.

Other School Based Wellness Activities Goal(s): [insert RCCI's goal/goals]

VI. Employee Wellness

MTPCS encourages staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the overall wellness program. Many actions and conditions that affect the health of staff may also influence the health and learning of students. The physical and mental health of staff is integral to promoting and protecting the health of students and helps foster their academic success. The Employee Wellness Program will promote health, reduce risky behaviors of employees and identify and correct conditions in the workplace that can compromise the health of staff, reduce their levels of productivity, impede student success and contribute to escalating health-related costs such as absenteeism.

MTPCS will work with community partners to identify programs/services and resources to compliment and enrich employee wellness endeavors.

Resources and additional information can be found at ODE's [Oregon Healthy Schools webpage](#).