

### **Mineral Point Unified School District Wellness Policy**

#### **Purpose**

The Mineral Point Unified School District (herein referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

#### **Policy Leadership**

The designated official for oversight of the wellness policy is Jayne Lindsey, District Nurse. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Committee shall meet no less than two times per year to discuss the implementation of the established activities and address any barriers and challenges. The Committee shall report annually to the Board of Education on the implementation of the policy and any recommended changes or revisions. The Board will adopt or revise policies based on the Committee recommendations.

The District shall invite a diverse group of members to participate in the development, implementation, and periodic review and update of the wellness policy. Members may include:

- Administrator
- School food service representative
- School nurse
- Community member/parent
- Student

#### **Nutrition Standards for All Foods**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating

patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

### ***Standards and Guidelines for School Meals***

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. The policy should include a link to USDA meal pattern requirements or list individually.
- All meals are accessible to all students.
- Drinking water is available for students during mealtimes.

### ***Foods and Beverages Sold Outside of the School Meals Program***

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The policy should include a link to the USDA Smart Snacks standards or list individually.
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### ***Marketing***

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### ***Foods Provided but Not Sold***

The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

### ***Nutrition Education***

The primary goal of nutrition education is to influence students’ lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall

be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

### **Nutrition Promotion**

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment to determine ways to improve the school meals environment. School nutrition services shall implement at least 2 techniques at each school.

### **Physical Activity**

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Elementary schools shall offer at least 45 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting.
  - When either the air temperature or wind chill is 0 degrees Fahrenheit or colder according to Weather.com, all students shall be permitted to enter the building upon arrival to school for indoor recess. Students will also be kept indoors during recess periods and physical education in grades PK-5 when air or wind chill temperatures are 0 degrees Fahrenheit or colder or when it is actively raining.
- Recess monitors/teachers shall encourage students to be active during recess.

### *Physical Activity*

- All District elementary students in grades K-5 shall receive at least 90 minutes of physical education per week throughout the school year.
- All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

### **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

- The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.
- Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

### ***Staff Wellness***

The District will implement activities to promote healthy eating and physical activity among school staff, such as the administration of flu shots at school.

### ***Community Engagement***

The District shall work with community partners, including Upland Hills Health, SSM Health, and the Iowa County Health Department to support district wellness. The District shall actively inform families and the public about the content of and any updates to the policy through weekly newsletters, school website, and district-wide emails. The District shall provide information on how the public can participate in the school wellness committee on an annual basis.

### **Monitoring and Evaluation**

The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The assessment will include the extent to which each school is in compliance with the policy, progress towards meeting policy goals, and how the policy compares to a model policy. The results of the triennial assessment will be made available to the public through the district weekly newsletter and also posted in the Mineral Point Unified School District Health Services Website. The District wellness policy will be updated as needed based on evaluation results, District changes, emergence of new health science information/technology, and/or new federal or state guidance are issued. The District will actively inform families and the public about the content of and any updates to the policy through the Pointer Press newsletter and school website.

### **USDA Non-Discrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program

information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

### Appendix A: School Level Contacts

#### District Office:

- Mitch Wainwright, Superintendent
- Jayne Lindsey, District Nurse
- Kimmy Mumm, Nutrition Services Director

#### Elementary School:

- TBA, Principal
- Chad Martin, PE Teacher

#### Middle/High School:

- Matt Austin, Principal
- Brooke McGraw, Assistant Principal
- Quin Schultz PE/Health Teacher
- Justin Leonard, PE/Health Teacher
- Tom Ingwell, Athletic Director/PE Teacher

Proposed: September 2006

Revised: March 2018, July 2025