

Mineral Point School District Wellness Policy

The Mineral Point School District (herein referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create a positive, safe and health-promoting learning environment at every level, in every setting, through the school year. Research indicates that the two most important components: good nutrition and physical activity before, during and after the school day are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Additionally, the District acknowledges in order to have healthy and high-performing staff who are constant role models for our students, we need to provide quality employee wellness. School employee wellness is especially important because it assists with stress reduction, improves morale, as well as increases productivity and effectiveness in the workplace.

This policy applies to all students, staff and schools in the District.

1. School Wellness Committee

Committee Role and Membership

The District will convene a representative **district wellness committee** (herein referred to as the DWC). The DWC membership will represent all school levels and include (to the extent possible) : parents/caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, school administrators, school board members and the general public. The goal of an all-inclusive membership is to represent the diversity of the community. The DWC will meet no less than four times per school year.

2. Wellness Policy Implementation and Monitoring

The Wellness Coordinator shall implement and ensure compliance with the policy by leading the required reviews, updates, and evaluations.

The DWC will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district as it relates to meeting wellness goals. The DWC will notify families and the public of the availability of the annual report which will be communicated through the District newsletter and/ or the District website. At least once every three years, the DWC will evaluate compliance with the wellness policy to assess the implementation of the policy and draft a description of the progress made in attaining the goals of the District's wellness policy.

The wellness policy will be assessed and may be updated or modified at least every three years (following the triennial assessment) based on the results of the annual progress reports, District change in priorities, community needs change, wellness goals are met, new science, information and technology emerges or when new State and Federal mandates are issued.

3. Nutrition

School Meals

The Mineral Point School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and milk choices. Foods offered will meet the nutrition needs of school aged children with consideration to their calorie requirements. The school nutrition program aims to improve the diet and health of students which aides in the mitigation of childhood obesity, models healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast program (SBP). Early Childhood and 4K programs within the District participate in the Special Milk Program (SMP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal Child nutrition programs that include:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by Local, State and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards.
- Promote healthy food and beverage choices using at least ten techniques found at : Smarter Lunchroom techniques.

Water

In order to promote hydration; free, safe, unflavored drinking water will be available to all students throughout the school day and throughout all the buildings. Students will be allowed and encouraged to bring and carry water bottles filled with ONLY water and have access throughout the school day.

Competitive Food and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (considered to be “competitive foods and beverages”) will meet the minimum USDA Smart Snacks in school nutrition standards. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Promotion of in-house nutrition services offering to provide healthy snacks for birthdays, holidays, or other celebrations. There are a variety of options at a reasonable cost. Contact information: taherfoods@mp.k12.wi.us.

Celebrations and Rewards

All foods offered at school will meet or exceed the minimum USDA Smart Snacks. This would

include parties and celebrations. The District will have available to staff and parents a list of healthy party options; including non-food ideas from the Alliance for a Healthier Generation and the USDA. Food and beverages are not to be used as reward or withheld as punishment for any reason. The District will have available to teachers and other relevant school staff a list of alternative ways to reward children.

Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that accomplishes the following:

- Designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, and social sciences.
- Include enjoyable, developmentally appropriate, culturally relevant, and participatory activities such as: cooking demonstrations, or lessons, taste testing, farm visits and school gardens.
- Emphasize calorie balance between food intake and energy expenditure to promote physical activity.

Food and Beverage Marketing in Schools

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be unsubstantial if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus during school hours, consistent with the District's wellness policy.

4. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive approach to activity. This can be accomplished by several means; school based physical activity that includes physical education, recess, classroom-based physical activity, walk and bicycle to school, and out of school activities. All schools in the district will be encouraged to participate in the *Let's Move* Active schools (www.letsmoveschools.org) and/or Fuel Up to Play 60 (www.fueluptoplay60.com).

Physical Education

The District will provide students with physical education using age-appropriate physical education curriculum. The physical education curriculum will promote the benefits of a physically active lifestyle and will assist students in developing skills to engage in lifelong healthy habits as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District students will receive physical education in frequencies that meet or exceed the requirements set by the Wisconsin department of Public Instruction. The District physical education program will promote student physical fitness through individualized fitness and activity assessments. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

Recess (Elementary)

All Elementary students will have at least 30 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal or late arrival days.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students throughout the school day. These physical activity breaks will complement, not substitute for physical education class, recess, and class transition periods.

The District will have available resources and links to resources, tools, and technology with ideas for physical activity breaks.

5. Other Activities that Promote Wellness

The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, mindfulness and other wellness components so all efforts are complementary and work towards promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics in collaboration with subject matter experts.

Staff Wellness and Health Promotion

The District will promote staff participation in health promotion programs both during and after the school day. Additionally, the District will support programs for staff members on healthy lifestyles, stress reduction, and eating/weight management to name a few, that are accessible and free or low-cost.

The District will ensure that staff meetings and events with available food, optimizes healthy food options with a variety of choices including fruits and vegetables.

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