

Spokane International Academy Wellness Policy

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Spokane International Academy Wellness Policy

Preamble

Spokane International Academy is committed to the optimal development of every student. Spokane International Academy believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines Spokane International Academy'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. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Spokane International Academy in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Spokane International Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at Spokane International Academy. Specific measureable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

Spokane International Academy will convene a representative district wellness committee (hereto referred to as the WC or work within an existing school health committee) that meets at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The WC membership will represent all grade levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., Head of School, Dean of Culture, Director of Operations, etc.), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the WC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Director will convene the WC and facilitate development of and updates to the wellness policy, and will ensure the school’s compliance with the policy.

The designated official for oversight is:

Jordan Robinett

Nutrition Specialist

509-209-8730

robinett@spokaneintlacademy.org

The name(s), title(s), and contact information these individual(s) is/(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Keith Cone	Spokane International Academy grandparent	cone@spokaneintlacademy.org	Assists in the evaluation of the wellness policy implementation
Darin Branting	Fitness Teacher (6-8)	branting@spokaneintlacademy.org	Assists in the evaluation of the

			wellness policy implementation
Natasha Yanuszeski	Fitness Teacher (K-5)	yanuszeski@spokaneintlacademy.org	Provides feedback on how to further improve the wellness policy
Megan LeBrun	School Counselor	lebrun@spokaneintlacademy.org	Provides feedback on how to further improve the wellness policy
Karina Dautenhahn	Instructional Assistant	dautenhahn@spokaneintlacademy.org	Provides feedback on how to further improve the wellness policy
Kelly Talkington	Office Assistant	talkington@spokaneintlacademy.org	Provides feedback on how to further improve the wellness policy

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

Implementation Plan

Spokane International Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: www.spokaneintlacademy.org

Recordkeeping

Spokane International Academy will retain records to document compliance with the requirements of the wellness policy at Spokane International Academy (2706 E Queen, Spokane, WA 99217) and/or on Spokane International Academy’s Google Drive. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the WC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

Spokane International Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Spokane International Academy will make this information available via the school’s website and/or school-wide communications. Spokane International Academy will provide as much information as possible about the school nutrition environment. This will include a summary of the Spokane International Academy’s events or activities related to wellness policy implementation. Annually, Spokane International Academy will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of Spokane International Academy are in compliance with the wellness policy;
- The extent to which Spokane International Academy’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
- A description of the progress made in attaining the goals of Spokane International Academy’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information Jordan Robinett (509-209-8730/Robinett @spokaneintlacademy.org)

The WC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy.

Spokane International Academy will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The WC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Spokane International Academy priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new

Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

Spokane International Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of WC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. Spokane International Academy will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. Spokane International Academy will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Spokane International Academy will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

Spokane International Academy will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Spokane International Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Spokane International Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Spokane International Academy participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Spokane International Academy is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- 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. (Spokane International Academy offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using [Smarter Lunchroom techniques](#), such as:
 - Daily fruit is displayed in a location in the line of sight and reach of students.

- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- White milk is placed in front of other beverages in all coolers.
- Contain as much local foods as both economically and seasonally possible
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.

Additionally,

- Menus are posted on Spokane International Academy’s website
- Spokane International Academy will accommodate students with special dietary needs.
- Students are allowed at least 20 minutes to eat breakfast and at least 20 minutes to eat lunch
- Lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.

Free & Reduced Priced Meals:

- Families will be notified before the school year and several times throughout the school year that SIA participates in Free & Reduced Priced Meals
 - Income guidelines and Free & Reduced Priced Meal Applications will be sent to families and posted on the website at all times throughout the school year
 - Free & Reduced Priced Meal Applications will also be available in the Front Office
- The school employee that processes the Applications will be the only employee that knows which students qualify for Free & Reduced Priced Meals

Unpaid Meal Balances:

- Households will receive automated meal balance notifications via email twice a week, when there is a balance of \$5 or less in their students Meal Account
- No students under the age of 15 will be involved in the conversation of their meal account balance.
- Main office staff will make attempts to contact families regarding meal account balances and offer assistance with applications for free or reduced priced meals as needed.
- After the last day of school, charges cannot be altered and will be permanent on the account for that completed school year.
- All Food Service account charges are expected to be paid by the end of the school year. All negative balances carry over from the previous year.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day (“school day” is defined in the glossary). Spokane International Academy will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

Spokane International Academy is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating and does not participate in “competitive” foods and beverages.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties. Spokane International Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. Spokane International Academy will provide to parents a list of Smart Snacks that meet nutrition standards.
3. Rewards and incentives. Spokane International Academy will provide teachers and other relevant school staff a [list of alternative ways to reward children including fun ways to be physically active](#). Foods and beverages will not be used as a reward. Foods, beverages, and or physical activity (examples include recess and PE) will not be withheld as punishment for any reason, such as for performance or behavior. Physical Activity must also never be used as a form of punishment.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. Spokane International Academy will make available to parents, teachers and the CAT Team a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].

At this time, Spokane International Academy does not participate in any fundraising initiatives. If Spokane International Academy were to participate in fundraising in the future, Spokane International Academy will make sure to:

- *Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).*
- *Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)]*

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when

implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Spokane International Academy will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

Spokane International Academy will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

Spokane International Academy will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences

- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

Spokane International Academy 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. Spokane International Academy strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on Spokane International Academy property that contains messages inconsistent with the health information Spokane International Academy 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, consistent with Spokane International Academy's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)

- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As Spokane International Academy/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and Spokane International Academy is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

To the extent practicable, Spokane International Academy will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Spokane International Academy will conduct necessary inspections and repairs.

Physical Education

Spokane International Academy will provide students with physical education, using an age-appropriate, sequential, written physical education curriculum consistent with national and state standards for physical education. Kindergarten through 2nd grade are required to participate in 120 minutes of physical education a week, 3rd- 6th graders are required to participate in 80 minutes a week. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

Spokane International Academy **secondary** students (7th and 8th grader) will be provided Physical Education every year and are required to participate in 60 minutes of physical education instruction every week. Spokane International Academy's High Schoolers are required to participate in 80 minutes of physical education instruction every week. These students are also given 100 minutes of recess per week. The physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

All students will be provided equal opportunity to participate in physical education classes. All students must participate unless injured or exempt for a medical issue. Spokane International Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. The physical education teachers must have a bachelors or masters degree in Education and have completed CPR & First Aid training.

Essential Physical Activity Topics in Health Education

Spokane International Academy integrates health education topics in their core classes and physical education class. Spokane International Academy will include in the curriculum the following essential topics on physical activity:

- 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
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Classroom Physical Activity Breaks

Spokane International Academy 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. Spokane International Academy recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Spokane International Academy will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Spokane International Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

After School Activities

Spokane International Academy offers opportunities for students to participate in physical activity after the school day through a variety of methods. Spokane International Academy will encourage students to be physically active after school by: participating in physical activity clubs such as basketball, soccer, fitness and volleyball. Any foods and beverages served or sold to the students during after school activities must meet Smart Snack Standards

Active Transport

Spokane International Academy will support active transport to and from school, such as walking or biking. Spokane International Academy will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crosswalks on streets leading to schools
- Use walking school buses
- Document the number of children walking and or biking to and from school

V. Other Activities that Promote Student Wellness

Spokane International Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Spokane International Academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Spokane International Academy is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by Spokane International Academy’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

Spokane International Academy will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

Spokane International Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, Spokane International Academy will use electronic mechanisms (e.g., email or displaying notices on Spokane International Academy's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Professional Learning

When feasible, Spokane International Academy will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Spokane International Academy staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Employee Wellness

Spokane International Academy encourages its employees to participate in SEBB's SmartHealth program in order to improve wellbeing. Employees can contact our SmartHealth Ambassador for questions or guidance on using the program.

Glossary:

Extended School Day – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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