



Wellness Policy

Board Approved: November 8, 2012

Board Amended: February 21, 2013, October 26, 2016, April 26, 2018

Policy Number: 508

Based on the *Alliance for a Healthy Generation Model Wellness Policy* updated 9/2016 to reflect the USDA Final Rule.

Table of Contents

Preamble	2
School Wellness Committee	3
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement	4
Nutrition	7
Physical Activity	12
Other Activities that Promote Student Wellness	16
Glossary	18
Appendix A: School Level Contacts	19

Preamble

Spectrum Middle and High School (Spectrum) is committed to the optimal development of every student. Spectrum 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 throughout the school.

This policy outlines Spectrum’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 at Spectrum have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– 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;
- 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 Spectrum in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Spectrum 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 Spectrum. Specific measureable goals and outcomes are identified are established within the school’s school improvement plan.

I. School Wellness Committee

A. *Committee Role and Membership*

Spectrum will convene a representative district Health and Safety Committee (HSC) that meets at least four times per year (either as a whole committee or sub-committees) to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the Wellness Policy.

HSC membership will represent middle and high school and include (to the extent possible), but not be limited to: a Spectrum parent/guardian; a student; a representative of the school nutrition program; a physical education/health teacher; a school health professional, a mental health and social services staff; a school administrator, and a school board member.

B. *Leadership*

The Executive Director or designee(s) will convene the HSC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is (Title and contact information):

The Administrative Executive Assistant

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Dawn Sorenson	Executive Administrative Assistant	dsorenson@spectrumhighschool.org	

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

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

A. Implementation Plan

Spectrum will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy.

This Wellness Policy and the progress reports can be found at Spectrum’s website: spectrumhighschool.org.

B. Recordkeeping

Spectrum will retain records to document compliance with the requirements of the Wellness Policy at the high school office. 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 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 HSC;
- 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 Wellness Policy has been made available to the public.

C. Annual Notification of Policy

Spectrum will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. Spectrum will make this information

available via the school website and/or school-wide communications. Spectrum will provide as much information as possible about the school nutrition environment. This will include a summary of the Spectrum's events or activities related to Wellness Policy implementation. Annually, Spectrum will also publicize the name and contact information of the person leading and coordinating the committee, as well as information on how to get involved.

D. Triennial Progress Assessments

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

1. The extent to which Spectrum is in compliance with the Wellness Policy;
2. The extent to which Spectrum's Wellness Policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of the Spectrum's Wellness Policy.

The position/person responsible for managing the triennial assessment is the Executive Administrative Assistant.

The HSC will monitor the school's compliance with the Wellness Policy.

Spectrum will notify households/families of the availability of the triennial progress report.

E. Revisions and Updating the Policy

The HSC will update or modify the Wellness Policy based on the results of the triennial assessment and/or as Spectrum's priorities change; community needs change; wellness goals are met; new 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.**

F. Community Involvement, Outreach, and Communications

Spectrum is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Spectrum will actively communicate ways in which representatives of HSC and others can participate in the development, implementation, and periodic review and update of the Wellness Policy through a variety of means. Spectrum 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, and a description of and compliance with Smart Snacks in School nutrition standards. Spectrum 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 notified of the content of, implementation of, and updates to the Wellness Policy. Spectrum will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the school is communicating important information with parents.

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

III. Nutrition

A. School Meals

Spectrum 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; and to meeting the nutrition needs of school children within their calorie requirements.

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

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. 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](#).)
5. Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - a. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - b. Sliced or cut fruit is available daily.
 - c. Daily fruit options are displayed in a location in the line of sight and reach of students.
 - d. All available vegetable options have been given creative or descriptive names.
 - e. Daily vegetable options are bundled into all grab-and-go meals available to students.
 - f. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - g. White milk is placed in front of other beverages in all coolers.
 - h. Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - i. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - j. Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - k. Student artwork is displayed in the service and/or dining areas.
 - l. Daily announcements are used to promote and market menu options.

B. Staff Qualifications and Professional Development

All school nutrition 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.

C. Water

1. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Spectrum will make drinking water available where school meals are served during mealtimes.
2. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

D. Competitive Foods and Beverages

Spectrum 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 (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

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

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

E. Celebrations and Rewards

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

1. Celebrations and parties. Spectrum 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. Rewards and incentives. Spectrum will provide teachers and other relevant school staff a list of alternative ways to reward students^[DD1] (https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

F. Fundraising

1. 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 only with administrative permission. Spectrum will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].
2. Spectrum will encourage fundraisers promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

3. 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.

G. 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.

Spectrum 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 by 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/>.

H. Nutrition Education

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

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, and integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects, when possible;
3. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
4. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
5. Teaches media literacy with an emphasis on food and beverage marketing; and
6. Includes nutrition education training for teachers and other staff, when appropriate.

I. Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

1. Relationship between healthy eating and personal health and disease prevention
2. Food guidance from [MyPlate](#)
3. Reading and using FDA's nutrition fact labels
4. Eating a variety of foods every day
5. Balancing food intake and physical activity
6. Eating more fruits, vegetables and whole grain products
7. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
8. Choosing foods and beverages with little added sugars

9. Eating more calcium-rich foods
10. Preparing healthy meals and snacks
11. Risks of unhealthy weight control practices
12. Accepting body size differences
13. Food safety
14. Importance of water consumption
15. Importance of eating breakfast
16. Making healthy choices when eating at restaurants
17. Eating disorders
18. [The Dietary Guidelines for Americans](#)
19. Reducing sodium intake
20. Social influences on healthy eating, including media, family, peers and culture
21. How to find valid information or services related to nutrition and dietary behavior
22. How to develop a plan and track progress toward achieving a personal goal to eat healthfully
23. Resisting peer pressure related to unhealthy dietary behavior
24. Influencing, supporting, or advocating for others' healthy dietary behavior

J. *Food and Beverage Marketing in Schools*

Spectrum 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. Spectrum 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 that contains messages inconsistent with the health information is imparting through nutrition education and health promotion efforts. It is the intent of Spectrum 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 the school'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.

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 is reflected through the following components: quality physical education as the foundation; physical activity before, during and after school; and staff involvement and family and community engagement. Spectrum will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. Physical activity during the school day, such as classroom physical activity breaks or physical education, **will not be withheld** as punishment (as long as it is safe for all participants). This does not include participation on sports teams that have specific academic requirements. Spectrum will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students. To the extent practicable, Spectrum will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Spectrum will conduct necessary inspections and repairs.

A. Physical Education

Spectrum will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. 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.

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

All students (middle and high school) are required to take the equivalent of one academic year of physical education.

Spectrum's physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

B. Essential Physical Activity Topics in Health Education

Health education will be required in middle and high school and Spectrum will require middle and high school students to take and pass at least one health education course. Spectrum will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

1. The physical, psychological, or social benefits of physical activity
2. How physical activity can contribute to a healthy weight
3. How physical activity can contribute to the academic learning process
4. How an inactive lifestyle contributes to chronic disease
5. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
6. Differences between physical activity, exercise and fitness
7. Phases of an exercise session, that is, warm up, workout and cool down
8. Overcoming barriers to physical activity
9. Decreasing sedentary activities, such as TV watching
10. Opportunities for physical activity in the community
11. Preventing injury during physical activity
12. Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
13. How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
14. Developing an individualized physical activity and fitness plan
15. Monitoring progress toward reaching goals in an individualized physical activity plan
16. Dangers of using performance-enhancing drugs, such as steroids
17. Social influences on physical activity, including media, family, peers and culture
18. How to find valid information or services related to physical activity and fitness
19. How to influence, support, or advocate for others to engage in physical activity
20. How to resist peer pressure that discourages physical activity.

C. Classroom Physical Activity Breaks (Elementary and Secondary)

Spectrum 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. Spectrum 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.

Spectrum 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](#).

D. 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.

Spectrum 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.

E. Before and After School Activities

Spectrum offers many opportunities and encourages students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.

F. Active Transport

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

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

9. Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. **Other Activities that Promote Student Wellness**

Spectrum will integrate wellness activities across the school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Spectrum 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.

Spectrum will encourage teachers to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by 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 HSC.

All school-sponsored events will adhere to the Wellness Policy guidelines.

A. ***Community Partnerships***

Spectrum will seek out 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.

B. ***Community Health Promotion and Family Engagement***

Spectrum will promote to parents/guardians, 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.

Spectrum will use electronic mechanisms (e.g., email or displaying notices on the district'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.

C. ***Staff Wellness and Health Promotion***

The HSC will focus on staff wellness issues, identify and disseminate wellness resources, and perform other functions that support staff wellness in coordination with human resources staff.

Spectrum will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Spectrum promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.



17796 Industrial Circle NW ■ Elk River, MN 55330
Phone: 763-241-8703 ■ Fax: 763-633-1380
www.spectrumhighschool.org

D. Professional Learning

When feasible, Spectrum 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 staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing academic improvement plans/efforts.