

Rochester Area School District Wellness Policy Review June 14, 2021



WELLNESS POLICY AND HISTORY

The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum Federal standards. Each school must establish a wellness policy if they participate in the National School Lunch Program and/or School Breakfast Program.

RASD's Wellness Policy may be found on the district's website under Administration, School board, Board Policy, [#246](#).

2004 Child Nutrition and WIC Reauthorization Act

Required participating local education agencies to establish a local school wellness policy by school year 2006-2007. RASD adopted the original wellness policy on June 26, 2006.

2010 Healthy, Hunger-Free Kids Act

Strengthened requirements for local school wellness policies with emphasis on policy implementation, public transparency, and stakeholder involvement. The revised wellness policy was adopted by the district on March 25, 2019.

WELLNESS POLICY CATEGORIES

- Public Involvement, Notification and Assessment
- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Physical Education
- Other School-Based Wellness Activities
- Nutrition Guidelines for All Foods and Beverages at School

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WELLNESS COMMITTEE



The School Wellness Policy must permit certain groups to participate in the development, implementation, review and update of the policy:

- Parents
- Students
- School food authority representatives
- Physical education teachers
- School health professionals
- School board
- School Administrators
- General public

Stakeholders are invited to participate in the wellness committee meetings through the district's website, facebook, student handbooks and take home flyers.

Wellness Committee meetings are held on the third Wednesday of September, December and March at 9:30 a.m. at the Rochester Area School District Board Room, 540 Reno Street, Rochester, PA 15074.

NUTRITION EDUCATION

“Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.”

The district has creating a website that includes nutrition education. We are currently updating it to include ideas for parents and students to implement during the summer months and other nutrition education.

Our Food Service Management company, Nutrition Group, will collaborate with the district to create a learning laboratory where students will learn more about nutrition. Students are required to take Family Consumer Science in seventh grade.



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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.”

Following are just some of the ways RASD promotes nutrition:

- Youth Advisory Council
- Parent Advisory Council
- Parent Teacher Association
- Website
- Posters
- Student handbooks
- Student take home flyers
- Association with local farms for the farm to table program at Thanksgiving
- Building a Rocky Garden with a local grant

PHYSICAL ACTIVITY

RECESS!

PHYSICAL ACTIVITY CHALLENGE



Open to DoD Civilians and Active Duty

“A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.”

The district provides after school transportation to Club 5210 at the Beaver County YMCA. District outdoor basketball courts, tennis courts and track are available for student family and community use outside of school hours. Pickle ball is also offered to the public.

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PHYSICAL EDUCATION

“A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.”

- The district implements a PE program consistent with state academic standards.
- Our curriculum promotes both team and individual activities.
- Accommodations are made in class for documented medical conditions and disabilities.
- Certified health and PE teachers teach our classes.
- We provide professional development for staff.
- PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.
- We do not use or withhold physical activity as a form of punishment in PE class.



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OTHER SCHOOL-BASED WELLNESS ACTIVITIES

- Safe drinking water without restriction at no cost
- Nutrition Staff Professional Development
- Adequate eating and serving space
- Adequate time to eat 10 min. breakfast 20 min. Lunch
- Alternative serving models
- Appropriate scheduled breakfast and lunch
- Available Nutrition content ([Nutrislice](#))
- Student and parent involvement in menu planning
- Use of funds to enhance wellness
- Staff Training (inservice days)
- Consider wellness policy goals when planning activities
- Fundraising supportive of healthy eating and wellness
- Encourage school staff, parents, & community to serve as positive role models
- Support parental efforts to provide healthy diet and activity
- Maintain a healthy school environment

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NUTRITION GUIDELINES FOR ALL FOODS & BEVERAGES

“All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity. (School day means the period from midnight before school begins until thirty minutes after the end of the official school day.)”

“Foods and beverages offered or sold at school-sponsored events outside the school day shall meet or exceed the established federal nutrition standards.”

“Food contracts shall be Board approved by law. Existing contracts shall be reviewed and modified.”

Fundraising

- Fundraising held during the school day involving competitive foods shall be limited to foods that meet the [Smart Snacks](#) standards unless exempt.
- District may approve 5 exempt fundraisers for Elementary & 10 for high school.
- Exempt [competitive foods](#) available for sale do not meet Smart Snack standards.

Non-Sold competitive foods

- Foods and beverages shall not be used as rewards or incentives.
- Classroom parties and celebrations shall be limited to 1 per month in each classroom.
- Parents/Guardians are informed that food should only be brought in when requested for scheduled parties.
- When possible, food service department should provide foods/beverages for parties. Nutrition Group offers parents the option to purchase snacks for parties.

Food Allergies

- Reduce and/or eliminate the likelihood of severe or life-threatening allergic reactions.
- Ensure rapid and effective response in case of serious reaction.
- Protect the rights of students by providing them accommodations to participate in all activities.

Safe Routes to School

- District shall assess and implement improvements to make walking and biking to school safer and easier for students.
- Cooperate with all community organizations to develop and maintain safe routes to school.
- Districts shall seek and utilize available federal and state funding for safe routes to school.

WELLNESS POLICY ASSESSMENT

The Wellness Committee members review and discuss the Wellness Policy at their quarterly meetings. They also annually update the Board of Directors as to the policies effectiveness.

Changes are recommended to the Superintendent, then to the School Board of Directors for final approval and policy revisions.

As noted earlier, each Local Education Agency participating in the National School Lunch Program and/or School Breakfast program was required to revise its written local school wellness policy and meet expanded requirements consistent with the Healthy, Hunger-Free Kids Act of 2010 by June 30, 2017. As part of these expanded requirements, LEA's are now required to complete an assessment of the local school wellness policy at least once every three years and to make the results available to the public by June 30, 2021. This triennial assessment measures the implementation of the school's wellness policy.

The School's Wellness Policy is included as part of PDE's administrative review of the district's School Nutrition Program. This review is completed by the state once every three years. Our next review should be at the end of next year.

RASD triennial assessment may be reviewed by going to www.rasd.org and clicking on the wellness information quicklink on the right of the page or by clicking [Wellness information](#).