



Rochester Preparatory Charter School Local Wellness Policy
2026-2027

Introduction: Rochester Prep Charter Schools provide a school environment that encourages and supports children's health and well-being. Therefore, staff are role models for healthy eating and promote physical activity in and out of school. The school will link healthy nutrition education and physical activity with the school meal program and related community physical activities.

Health Services for all Rochester Prep campuses will be monitored by a licensed school aide nurse provided by the Board of Cooperative Educational Services. They will ensure that all students meet the New York State guidelines for hearing, vision and scoliosis. Referrals for additional care will be sent to parents as needed. A specific portion of the staff will be recertified in First Aid, CPR and Defibrillator Training this school year and in the forthcoming school years.

There is an Emergency Response Plan in place at Rochester Prep Charter Schools along with an Emergency Response Team at each school who will continually update the plan to reflect the needs of their local school.

Goals to Promote School Wellness:

Nutrition Education and guidelines will facilitate a voluntary adoption of healthy eating habits and appropriate physical activities to contribute to a healthy lifestyle for our students and their families.

1. Classroom Teaching

The curriculum will support areas of nutrition and physical activities to promote healthy living. All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education at a minimum 120 minutes per week for the entire school year. All physical education will be taught by a physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

2. Staff Training

Appropriate staff will be trained to monitor the breakfast/lunch program to maintain and support healthy eating and protect the New York State Guidelines.

3. Guidelines for Food in Schools during the School Day

It is the policy of Rochester Prep Charter Schools that any food or beverage marketed or advertised on school grounds during the school day must meet or exceed the USDA Smart Snacks in School nutrition standards.

- All foods brought into school to be shared with students will be store bought to ensure that it is prepared in a health department inspected facility.
- All school lunches and breakfasts will be prepared peanut free.
- Some classrooms will be peanut-free when appropriate.
- Rochester Prep will encourage wellness planning through shared decision making of students, parents, staff and their Board of Trustees to implement healthy living within this community.

4. Implementation and Evaluation of the Wellness Policy

The School Leader is responsible for school compliance and oversight of the Wellness Policy. School staff and the community will be made aware of the policy through means such as publication on the school website & in school newsletters. The School Safety and Wellness Committee will review the plan and its implementation at its May meeting each year. At that time, the committee will develop a plan for implementation improvement if necessary. If needed, the committee will also propose policy revisions to the Board of Trustees.

At least once every three years (triennial assessment), the school will measure and make available to the public: (1) school compliance with the wellness policy, (2) how the policy compares to model wellness policies, and (3) a description of progress made toward attaining the goals of the policy.

Rochester Prep invites parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, periodic review, and updating of the Local Wellness Policy.