

Reviewer: Guelpa

Date:

5/29/2026

Title: Dir of School Support

Initials:

PG

Rochester Prep Charter School Wellness Policy Implementation Assessment Rubric

Goal	Rating	Rubric Definition			
		4 - Standard Met (Strong)	3 - Standard Met (Revisit)	2 - Approaching Standard	1 - Standard Not Met
School Health Council A School Health Council will be established, consisting of staff, student, food service and parent representatives. The School Health Council will work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will also serve as a resource for implementing these policies.	2	School Health Council meets quarterly and is composed of school staff, parents, students and food service representatives	School Health Council meets regularly, but is not composed of all stakeholder groups	School Health Council meets sporadically and is composed of school staff, parents, students and food service representatives	School Health Council does not meet and is not composed of all stakeholder groups
School Meals Rochester Prep is committed to serving school meals that: - are appealing and attractive to children; - meet, at a minimum, nutrition requirements established by local, state, and federal statutes - serve only low-fat (1%) and fat-free milk	3	School meals meet all federal, state and local requirements for nutrition and are presented in an appealing manner.	School meals meet all federal, state and local requirements for nutrition. Items are presented in an acceptably appealing manner	School meals meet all federal, state and local requirements for nutrition but are presented in inappropriate manner	School meals do not meet all federal, state and local requirements for nutrition
School Meal Environment Rochester Prep is committed to serving school meals in a clean and pleasant setting	4	School meals times are appropriate and the locations are clean and pleasant	School meals times are appropriate but meal locations are clean but could be improved.	School meals times are appropriate but meal locations are inappropriate and unclean	School meals times are inappropriate but meal locations are inappropriate and unclean
Breakfast To ensure that all children have breakfast, either at home or at school in order to meet their nutritional needs and enhance their ability to learn, Rochester Prep will: - offer all students free breakfast - notify parents and students of the availability of the School Breakfast Program	4	All students have access to breakfast at school and all parents are aware of the School Breakfast Program.	All students have access to breakfast at school and most parents demonstrate awareness of the School Breakfast Program.	Most students have access to breakfast at school but parents are unaware of the School Breakfast Program.	Students do not have access to breakfast at school and parents are unaware of the School Breakfast Program.
Free and Reduced-Priced Meals Rochester Prep participates in the Community Eligibility Provision, which eliminates any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals	3	100% of students are eligible for Free meals at Rochester Prep and over 97% of students eat the meals offered by the school.	100% of students are eligible for Free meals at Rochester Prep and over 85% of students eat the meals offered by the school.	100% of students are eligible for Free meals at Rochester Prep and over 75% of students eat the meals offered by the school.	100% of students are not eligible for Free meals at Rochester Prep and over 50% of students eat the meals offered by the school.
Meal Times and Scheduling Rochester Prep: - after sitting down to begin their meal, will provide students with at least 10 minutes to eat breakfast and 15 minutes for lunch; - serves meals at the following times: ES 7:15-8:00am breakfast, 10:15-11:40 lunch / MS 8:45-9:15 breakfast, 11:45-1:10 lunch - provides students access to hand washing or hand sanitizing throughout the school day	4	All school meals are served at appropriate times and all students receive the proper amount of time to eat their food. Students are able to wash and/or sanitize their hands immediately before eating.	All school meals are served at appropriate times and all students receive the proper amount of time to eat their food. Students are able to wash and/or sanitize their hands throughout the day	Some school meals are served at appropriate times and some students receive the proper amount of time to eat their food. Students are able to wash and/or sanitize their hands throughout the day	No school meals are served at appropriate times and no students receive the proper amount of time to eat their food. Students are not able to wash and/or sanitize their hands throughout the day
Snacks Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and 100% juice as the primary beverage.	3	All snacks served during the school day or in after-school care or enrichment programs meet federal, state or local requirements. Fruits and vegetables are the only snacks and 100% juice as the primary beverage.	All snacks served during the school day or in after-school care or enrichment programs meet federal, state or local requirements. Fruits and vegetables available as snacks. 100% juice is served as the primary beverage.	Some snacks served during the school day or in after-school care or enrichment programs meet federal, state or local requirements. 100% juice is served as the primary beverage.	Snacks served during the school day or in after-school care or enrichment programs do not meet federal, state or local requirements.

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Nutrition Education and Promotion Rochester Prep will engage in nutrition promotion that: • promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; • links with school meal programs, other school foods, and nutrition-related community services	2	Rochester Prep students receive an extensive nutrition program that promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; and links with school meal programs, other school foods, and nutrition-related community services.	Rochester Prep students receive an extensive nutrition program that promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.	Rochester Prep students receive a base-line nutrition program that promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.	Rochester Prep students do not receive a base-line nutrition program that promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
Integrating Physical Activity into the Classroom Setting For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end: • opportunities for physical activity will be incorporated into other subject lessons; and • classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.	3	Opportunities for physical activity are incorporated into many subject lessons; and all classroom teachers provide short physical activity breaks between lessons or classes, as appropriate	Opportunities for physical activity are incorporated into some subject lessons; and most classroom teachers provide short physical activity breaks between lessons or classes, as appropriate	Opportunities for physical activity are incorporated into some subject lessons	Opportunities for physical activity are not incorporated into some subject lessons
Communications with Parents Rochester Prep will support parents' efforts to provide a healthy diet and daily physical activity for their children. Rochester Prep will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.	3	School provides information about physical education and other school-based physical activity opportunities before, during, and after the school day; and extensively supports parent efforts to provide their children with opportunities to be physically active outside of school.	Rochester Prep provides information about physical education and other school-based physical activity opportunities before, during, and after the school day and minimally supports parents' efforts to provide their children with opportunities to be physically active outside of school.	Rochester Prep provides some information about physical education and other school-based physical activity opportunities before, during, and after the school day and minimally supports parents' efforts to provide their children with opportunities to be physically active outside of school.	Rochester Prep does not provide information about physical education and other school-based physical activity opportunities before, during, and after the school day and does not support parents' efforts to provide their children with opportunities to be physically active outside of school.
Staff Wellness Rochester Prep values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.	4	Rochester Prep provides staff a variety of wellness options and supports staff wellness through financial assistance and social activities	Rochester Prep provides staff some wellness options and gives back time to staff for wellness purposes	Rochester Prep provides staff limited wellness options	Rochester Prep does not provide staff any wellness options
Daily Physical Education (P.E.) K-12 All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education 180 minutes per week for the entire school year. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.	2	All students receive 180 minutes of physical education each full week of school for the entire school year. All physical education is taught by a certified physical education teacher. Students spend at least 75 percent of physical education class time participating in moderate to vigorous physical activity.	All students receive 180 minutes of physical education each full week of school for the entire school year. Students spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.	All students receive 180 minutes of physical education each full week of school for the entire school year. Students spend at least 40 percent of physical education class time participating in moderate to vigorous physical activity.	All students do not receive 180 minutes of physical education each full week of school for the entire school year.