



Public Involvement, Notification, and Assessment:

We have LEA official(s)/designee(s) in charge of wellness policy compliance.

Name(s)/Title(s): Gail Holzer, Jean Wilshire

We complete an assessment of the local school wellness policy at least every three years (“triennial assessment”).

Triennial assessment results are made available to the public in an easily accessible manner. Website address and/or description of how to access copy: **rlspittsburgh.org**

At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed. The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.

Website address for policy and/or description of how to access copy: **rlspittsburgh.org Current families tab, digital locker.**

We retain records as required by federal regulations including: the written school wellness policy, documentation of making the wellness policy publicly available, documentation of outreach efforts inviting stakeholders to participate in the wellness policy process, and copy of triennial assessment and documentation of reporting results to the public.

The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:

Administrators, Food service staff, Parents, Board of Directors, (describe): Administration and staff review policies and share with the Board of Directors and parents for input and approval.

Nutrition Education* Nutrition education is provided within PDE’s sequential, comprehensive health education standards. We teach, model, encourage, and support healthy eating through nutrition education. We provide all students with knowledge and skills for healthy lives via nutrition education. We offer age-appropriate nutrition education and activities to students in: Elementary School, Middle School, High School. School food service and faculty work together to meet the academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts). We reinforce lifelong lifestyle balance by linking nutrition and physical activity. Staff providing nutrition education receive standards-based training and professional development. We engage and involve families in nutrition education efforts. Other goal (describe): **Continue a search for materials to promote nutrition education for classroom teachers to include in daily instruction.**

Nutrition Promotion* We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs. We participate in Farm to School activities educating students in the classroom and on field trips about local agriculture. We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste. We display and disseminate consistent nutrition messages in schools, classrooms, cafeteria, homes. Our staff models healthy eating in front of students and avoids using unhealthy foods in classroom lesson plans. We offer health and nutrition resources to parents to help them provide healthy meals for their children. Other goal

(describe): **Open a snack store for students that include ‘smart’ snacks for students, review wellness policies with new faculty.**

Physical Activity* We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students. We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC. In addition to 30 minutes of planned physical education, we offer activities such as daily indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students. We maintain a physical and social environment that encourages safe and enjoyable activity for all students. We discourage extended periods of inactivity (two hours or more) for students. We provide physical activity breaks in the classroom. We offer before and/or after-school programs that include physical activity for participating children. We distribute information to parents/guardians from local organizations (e.g., YMCA, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity. We do not use physical activity as a punishment (e.g., running laps). We do not withhold physical activity as a punishment (e.g., taking away recess). We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.

Physical Education (PE) We implement a PE program consistent with state academic standards. All students participate in a daily 30-45 minute PE class. PE instruction promotes skills and knowledge necessary for lifelong physical activity. PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills. Our curriculum promotes both team and individual activities. We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level. Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities. We provide safe and adequate equipment, facilities, and resources for PE class. We provide professional development for PE 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. **Other goal (describe): Use an assessment system to track students’ physical progress on state standards.**

Other School-Based Wellness Activities* Free drinking water is available and accessible to students during meal periods and throughout the school day. School nutrition staff meet local hiring criteria and in compliance with federal regulations. We provide continuing education to school nutrition staff as required by federal regulations. We provide adequate space for eating and serving school meals. We provide a safe and clean environment in which to prepare foods. We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours. We implement alternate school breakfast service models to increase participation, such as “grab & go,” breakfast served in the classroom. Students have access to hand washing or sanitizing before meals. Only authorized staff have access to the food service operation. Nutrition content of school meals is available to the school community. We train all staff on the components of the school wellness policy. School based activities are planned with wellness policy goals in mind. Fundraising projects submitted for approval are supportive of healthy eating and student wellness. We encourage administrators, teachers, school nutrition professionals, students, parents/guardians to serve as positive role models through school programs, communications, and outreach. We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children. Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.

Nutrition Guidelines for All Foods and Beverages at School We consider promoting student health and reducing obesity when offering foods and beverages to students at school. Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards. We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events. Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items. We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE. We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks. We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians. Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day.