

RCSD Wellness Policy Recommendations 2022

1



Frame the policy within a racial health equity context

2



Enhance accountability for communication and implementation of the policy

3



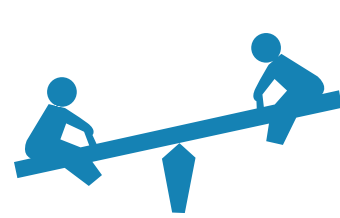
Stronger language to support enforcement and implementation of the policy

4



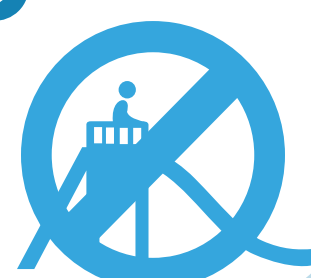
Better communication with families about the policy

5



Include language related to the importance of play based learning

6



Strengthen language that says recess shall not be taken away as a form of punishment

7



Adopt a new clause related to safe routes to school

8



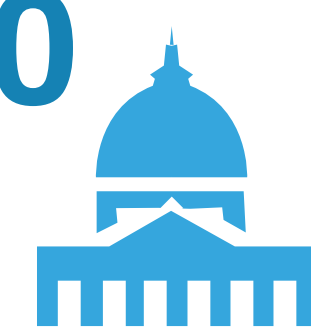
Develop a breastfeeding policy for students and staff

9



Adopt new language that says food shall not be used as a reward/punishment

10



Update sections on nutrition to meet current federal guidelines

11



Amend health, physical activity and nutrition ed to meet current NYSED standards

12



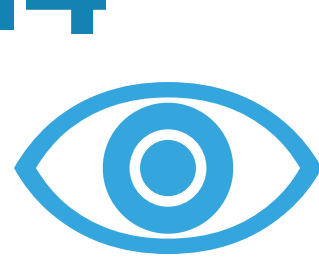
Strengthen language to support professional development for educators and staff

13



Ensure inclusion and a culturally responsive and sustaining framework in the policy

14



Adopt comprehensive language to address healthy marketing in schools

15



Encourage healthy fundraising and celebration guidelines in the classroom

16



Ensure communication of school meals menus to students and families

17



Encourage farm to school initiatives

18



Include School Breakfast Program within nutrition and school meals sections

19



Amend policy to reflect the newly formed RCSD Meals Advisory Council

20



Identify how educators can work with support services to address health in the classroom

Want to get involved in advocating for these recommendations?

These recommendations were developed in partnership with RCSD parents and caregivers in the Healthi Kids' RCSD Wellness Policy Work Group. The work group will be advocating for these recommendations to be adopted by the School Board throughout the Spring of 2022. If you'd like to get involved, please reach out to Alicia Evans at alicia.evans@commongroundhealth.org