



Every child is a work of art.  
Create a masterpiece.

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Dear Principals and School Community:

We want to share some exciting updates about how the district is working to make Rochester City Schools even healthier for our staff and students. The new district Wellness Policy created and passed by our Board this past spring, lays out ambitious yet essential steps to improve the health and wellness practices at our schools – many of these practices (daily recess, in-classroom physical activities, healthy classroom rewards, positive health messages delivered to students and parents) are already taking place in your buildings and by your colleagues and staff. The Wellness Policy was created based on known practice that fosters healthy child development. Over the next years this framework will be introduced to all schools by members of the Health and Physical Education Department.

Currently twenty schools are taking part in the Healthy Schools Program (see attached list) and are utilizing many of the free resources and support provided by the program. We invite all Rochester City Schools to enroll in the Healthy Schools Program and begin receiving hands-on assistance at no cost to you or the district. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation. It created the Healthy Schools Program in 2006 to help provide tools, resources, and support to schools in the areas of nutrition, physical activity and staff wellness. Today, the Healthy Schools Program supports more than 12,000 schools across the United States through its onsite and online programming.

The Healthy Schools Program serves as an essential resource as your school begins to implement the Coordinated School Health Program. In addition, the incredible work our district and your staff are doing to improve school and employee wellness may qualify your school for a national recognition award through the Alliance. Last year, the Charles T. Lunsford School No. 19 and Nathaniel Hawthorne School No. 25 earned the Bronze National Recognition award for their work building a healthier school environment and were recognized by President Bill Clinton at a Forum in Little Rock, Arkansas!

In addition to the Healthy Schools Program supports, there are many existing resources in our Rochester community to assist you – including Principals within the district implementing some fantastic activities that are getting students to move more and eat better. Please reference the attached Resource List for ideas, contact information, and online support.

If you have specific questions regarding how to ensure your school's compliance with this new initiative, please contact Carlos Cotto in the Physical and Health Education department at 262-8205.

We wish you a healthy and safe school year!

Sincerely,

Melisza Campos  
Commissioner, Board of Education  
RCSD Wellness Committee, Chair

Bolgen Vargas, Ed.D.  
Interim Superintendent of Schools

Enclosed: RCSD Wellness Policy and Regulations