

To Hannah



Dr. Margaret A. DiNinno, Superintendent
Dr. Christina Monroe, Director of Special Education/Customized Services
Ms. Tammy Good, Business Manager/Board Secretary

January 16, 2018

Dr. Karen Hacker
Allegheny County Department of Health
542 4th Avenue
Pittsburgh, PA 15219

Dear Dr. Hacker:

On behalf of the Riverview School District, we would like to thank you and the Allegheny County Health Department for extending the opportunity to procure Live Well Allegheny School District status. Our District has several new initiatives already underway for the 2017-2018 school year and more planned in the future. Our 2017-2018 Riverview Health and Wellness Initiatives are attached. We think you will find that we are meeting the Live Well Allegheny requirements and exhibit a firm commitment to the wellness of our school community. As you will read in the document, we have a multi-tiered approach to health and wellness across multiple schools, disciplines, and our food services department.

The District recently revamped its wellness policy and bolstered health and wellness committees across all grades. The Riverview School District complies with all federal guidelines in relation to School Lunch Programs and potable water is available to all students and staff. Lastly, the District Safety Team created safe walking routes for all school families.

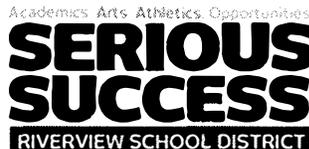
Riverview takes health and wellness quite seriously and exemplifies the concept that "Better Health = Better Learning". We agree to work with the Live Well Allegheny campaign goals, to share student Districtwide BMI percentage based data with the county annually and to work diligently to accomplish our own district health and wellness initiatives. We are very excited to be given the opportunity to become a Live Well Allegheny School District. We look forward to working with you and will await your response.

Sincerely,

A handwritten signature in black ink that reads "Margaret A. DiNinno".

Margaret A. DiNinno, Ed.D.
Superintendent

cc: Neil English
Eileen Ranalli



RIVERVIEW SCHOOL DISTRICT

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January 18, 2018

2017-2018 Riverview Health and Wellness Initiatives

The Riverview School Board and administration is committed to providing a school environment that promotes student wellness, proper nutrition, and regular physical activity as part of the total learning experience. The District Wellness Policy is based on federal and state laws and regulations along with recommendations from the Wellness Committee. The Wellness Policy is updated every three years based on the results of triennial assessments, needs or priorities. **Over the past school year, members of Wellness Committees in each school building worked to collaboratively generate a plan that supports the overall health and wellness of our students and staff.** A revised Wellness Policy is in effect for the 2017 – 2018 school year. In addition to nutritional factors, the Wellness Policy and building level plans will provide for the following physical activities for our students:

- opportunities for developmentally appropriate physical activity during the school day
- age appropriate physical activity opportunities to meet the needs and interests of all students (in addition to planned physical education)
- a physical and social environment that encourages safe and enjoyable activities for all students
- students and their families are encouraged to utilize district-owned physical activity facilities
- physical education instruction will promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation
- physical education classes are taught by certified health and physical education teachers
- physical activity shall not be used or withheld solely as a form of punishment

Elementary School Initiatives and Activities

- Each day, at the end of morning announcements, the elementary students have Morning Movement and Stretching Activities. These movement activities are facilitated using approved videos and/or may be led by small group leaders like Student Council or other interested student groups.
- Each teacher in the elementary buildings has been given an Integrated Movement Reference Binder and related training. The binder includes simple movement activities that can be incorporated into the school day, such as when a mental break is needed or to assist students with lowering stress before a test. Simple movement activities may include sky reaches, shoulder blasts, squats, hand walks and star jumps. Staff are encouraged to share additional ideas and recommendations of movements for the binders to improve student alertness and promote positive behavior.
- Students will continue to be provided with daily recess, preferably outdoor recess. When indoor recess is required due to inclement weather, every effort will be made to make use of available gymnasium or other open building space.
- Each week will begin with a simple but meaningful Mindfulness tip or mini-lesson facilitated by school guidance counselors. Mindfulness Activities assist with relaxation, goal setting, and taking charge of one's time to accomplish goals resulting in improving the quality of a workout and enhancing self-confidence. Mindfulness activities have been found to mitigate the effects of bullying, enhance focus, and improve mental health and social skills.
- Fitness Fridays will be conducted based on themes and fun activities created and implemented by each school building's Wellness Committee in cooperation with the building principal.

- High School, varsity student athletes or coaches will offer sport related skill set clinics to create and share an introduction to their sport.
- We have asked our parents and PTOs to assist in offering and implementing meaningful extended activities to introduce our elementary students to the types of athletic programs that will be available to them in the Jr-Sr High School.

Jr. Sr. High School Initiatives and Activities

- The Riverview Jr. Sr. High School recently held its first annual Turkey Trot. This successful, fun, half day school event offered three diverse healthy activities. Station 1 was a 30 minute Yoga session taught by local professional yoga trainers. Session 2 was a boot-camp activity hosted by our Marines. Station 3 was an obstacle course walk/run around the school track and cross country trail. Students were served healthy snacks donated by our district Food Service Company, Metz, and our local Giant Eagle stores. As a lead up to this school event, the students and staff collected nonperishable goods for our local Food Bank, collecting over 1600 items for our communities' less fortunate.
- In addition, our Wellness Committee at the Jr. Sr. High is planning a monthly topic to be presented via the Riverview television announcement channel. The topics include both physical and mental health issues, and will be broadcast by the students on a monthly basis.
- Earlier this year our staff were encouraged to participate in a 30 Day Yoga Challenge. Staff were able to volunteer for the challenge and many benefitted from the results.
- The head of our Food Service Dept. has presented topics related to the district Wellness Policy to parents at PTO meetings in each building within the district. Topics have included smart snack compliance, snacks in the classroom, pizza parties, etc. Riverview's Head of Food Service, Stacy Waffensmith, has been demonstrating juicing at the different grade levels as well. These demonstrations and taste testings include juices made from fruits and also juices with vegetables added. She plans to introduce smoothies to the students this spring. Stacy brings a wide variety to the cafeteria food choices by adding more food items made from scratch – including soups, specialty vegetables, specialty pizzas, and salsas.
- Physical Education – The Riverview Jr. Sr. High School Health and Physical Education Dept. has concentrated on offering diverse fitness opportunities for our students. A storage room has been converted to a room full of cardio equipment – including treadmills, spinning and stationary bikes and elliptical machines. They have added circuit training with new equipment including free weights, kettle bells and exercise bands. In addition, the students have the option of taking a Music and Dance class that substitutes for their required Physical Education class.