Mandatory Wellness Check

The Pennsylvania Department of Education requires students participating in online education to complete a weekly Wellness Check. All full-time Rockets Online Campus students must complete this check with a ROC staff member each school week.

Wellness Check Expectations:

- Weekly: The check must occur at least once each school week.
- Live interaction: The check must be completed either in-person or through a video meeting with the student and a ROC staff member, with the camera turned on.

How to do a Wellness Check:

1. (Grades 7-12) Simply log into the Helpline from 9:30 AM until 2:00 PM and do your weekly wellness check. (Grades K-6) Join the Morning Meetings with your grade level daily to complete your wellness check.
2. Call the ROC Office between 8:00 AM and 7:00 PM each school day to request a wellness check. A ROC Team member will send a link to the student's email and will conduct the wellness check on demand.
3. On Wednesday, Thursday, or Friday from 6:15 to 6:45 PM go to the Classlink opening page and click on Evening Wellness Check.

If you do not do a Wellness Check Monday through Wednesday:

1. Parents will receive a call, text and email reminding the student to do the wellness check before the end of the day on Friday.

If you do not complete a Wellness Check for the week:

1. Sunday night parents will receive a call, text, and email indicating that the student MUST attend a Wellness Check Conference on the following Monday. A link to a meeting at 10:00 AM or 1:00 PM is on the Classlink opening page and is titled Mandatory Conference.

If you do not attend the Wellness Check conference:

1. Your home district will be notified to do a home visit within 24 hours.

If you do not cooperate with the Wellness check home visit:

1. CYS may be contacted through Childline and additional steps may be necessary to ensure student safety and compliance with the law.

Our goal is to ensure the safety and well-being of every student. ***If you have any questions about the Wellness Check requirement, please call the Rockets Online Campus at 814-827-0565.***