

## Wellness Policy: Triennial Assessment Summary

### Section 1: General Information

**School(s) included in the assessment:** Brays Oaks, East End, Eisenhower, Fifth Ward, Gulfton, Hobby, Hoffman, North Central, North Forest, Northbrook, Northline, Northside, Northwest, Southeast, Elementary, Southside, Southwest, West, White Oak

**Month and year of current assessment:** February 2020

**Date of last Local Wellness Policy revision:** June 30, 2017

**Website address for the wellness policy and/or information on how the public can access a copy:**

<https://www.yesprep.org/departments/child-nutrition/wellness-policy>

### Section 2: Wellness Committee Information

**How many times per year does your school wellness committee meet?** 4

Designated School Wellness Leader

Name	Job Title	Email Address
Katie Arlinghaus	District Wellness Coordinator	katie.arlinghaus@yesprep.org

School Wellness Committee Members

Name	Job Title	Email Address
Dulce Palomo	Parent, Wellness Council Chair	dpalomo2265@gmail.com
Nakita Johnson	Child Nutrition Director	nakita.johnson@yesprep.org
Natalia Henao	Child Nutrition Coordinator	natalia.henao@yesprep.org
Kyle Stallard	Physical Education Course Leader	kyle.stallard@yesprep.org
Tiffany Steele	Athletic Director, Fifth Ward	tiffany.steele@yesprep.org
Barb Campbell	Director of Parent Engagement	barb.Campbell@yesprep.org
Martha & Izzy Gomez	Parents, Northwest	izzygomez3@aol.com
Hilda Centeno	Parent, Gulfton	ozkama-@hotmail.com
Melissa Quijano	Parent, Southeast	mmmquijano@sbcglobal.net
Mary Francis	Parent, Southside	jaylen494@gmail.com
Patricia Iriarte	Parent, West	warriorpaty@gmail.com
Blanca Reynoso	Parent, Fifth Ward	blanro0273@gmail.com

### Section 3. Comparison to Model School Wellness Policies

The [WellSat 3.0](#) was completed to compare the current YES Prep Wellness Policy to that of model school wellness policies. The full version of this assessment is available upon request. Overall, the YES Prep Wellness Policy included less specific language when describing goals and implementation strategies compared to model wellness policy and received a comprehensiveness score of 45%. Generally, the YES Prep Wellness policy was strong in federal regulation areas, but Farm to School items and items related to the Comprehensive School Physical Activity Plan have room for improvement. Additionally, policies about marketing, Smart Snack Standards, drinking water, and physical activity were unspecified.

### Section 4. Assessment of Current School Wellness

The [School Wellness Investigation](#) was completed to help assess current health and wellness activities across the district. The full assessment is available upon request. This assessment indicated both strengths and weaknesses as summarized below:

#### Strengths

- Nutrition guidelines are met in school meals
- Nutrition education curriculum writers are coordinating with school nutrition providers to develop a coordinated curriculum.
- A robust partnership with the current Full Service Management Company has facilitated multiple nutrition education and promotion events (e.g. samplings, renaming of meals, etc).
- At many schools, students in physical education (PE) classes are provided the opportunity to be active for the recommended 225 minutes per week, and PE classes generally meet recommendations to spend 50% of the class engaged in moderate-vigorous physical activity and physical education.
- PE teachers participate in professional development activities at least annually that focuses on physical activity.
- Fitness levels of students in PE classes are assessed each semester using FITNESSGRAM.

#### Weaknesses

- Although many evidenced-based strategies for increasing meal participation and promoting physical activity have been discussed, a great number of barriers prevent the district from implementing these strategies at this time. For example, a lack of safe space to be physically active prevents physical activity on school grounds before and after school for those not involved in sports. Neighborhoods surrounding schools are not easily walkable and many students do not live within walking distance to schools. As such physical activity opportunities outside of school hours that are not related to the athletic program are largely unavailable at this time.
- Few campuses provided any opportunities for parents and/or students to provide feedback on school meals or physical activity programming.

## Section 5. Compliance with the Wellness Policy and Progress towards Goals

	Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Progress and Next Steps
Nutrition Education and Promotion	The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	X			Health nutrition messaging is consistently promoted in the cafeteria. Outside the cafeteria promotion is less consistent.
	The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.		X		Educational nutrition information is inconsistently shared. Communication between families and school around nutrition is a high priority for the wellness council and plans to develop a resource website are underway.
	The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.		X		Nutrition education is provided in health and PE curricula. Its ability to foster the adoption and maintenance of healthy eating behaviors is unknown. Currently nutrition curricula is being revised and discussion is occurring to coordinate with child nutrition.
	The District shall partner with their current Full Service Management Company (FSMC) to provide families nutrition education and exposure to a variety of fruits and vegetables.	X			Thriving partnership with FSMC has enabled nutrition education events and meal provision to students. Menus are continually reviewed to include a variety of fruits and vegetables
	<b>Marketing and advertising of only foods and beverages that meet Smart Snacks:</b> No current goal	N/A	N/A	N/A	Generally, only food provided in school meals is promoted; however no specific policy about marketing is included in the wellness policy. The next step is to create a goal related to the marketing of foods and beverages

	Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Progress and Next Steps
Physical Activity	The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.		X		Physical education activities provide robust opportunities for physical activity that meet recommendations for 225 minutes of physical activity/week. Elective PE classes (e.g. yoga, dance) provide students with choice. However, physical activity opportunities outside of PE classes or athletics are limited.
	The District shall make appropriate before-school and after- school physical activity programs available and shall encourage students to participate.		X		Before and after school physical activity programs are limited due to logistical issues (e.g. space, no showers, etc). Discussions to include community partners to overcome these barriers are ongoing.
	The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.			X	
School-based activities	The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	X			Sometimes students experience long lines, but overall students are provided 20 minutes to eat. Standardized scheduling across district will provide sufficient time for students to eat.
	The District shall promote employee wellness activities and involvement at suitable District and campus activities.	X			Employee wellness opportunities are provided on employee webpage. Continually searching for additional opportunities

	Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Progress and Next Steps
School-based activities	The District shall ensure that school buildings and grounds, structures, and equipment meet current safety standards and fire codes.	X			All current safety standards and fire codes are met.
	The District shall provide guidance and counseling programs to maintain and/or improve students' mental, behavioral, emotional, and social well-being through coordinated efforts that include students, parents, staff, and community members.	X			Counseling programs are provided and referral system is used. Counseling is in high demand, next steps include discussion on how wellness council can better support counseling services
Nutrition Guidelines	<b>Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):</b> The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.		X		Nutrition guidelines are generally followed across the district. The district participates in the 6 exemption days per school year for fundraising in which foods do not need to meet the Smart Snacks requirements. Processes for systematic, centralized reporting of exemption days are being discussed.
	<b>Guidelines for other foods and beverages available on the school campus, but not sold:</b> The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.			X	