

YES Prep Public Schools, Inc., 00496 WELLNESS PLAN

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (Wellness Council) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

SOLICITING INVOLVEMENT AND INPUT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The Wellness Council will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Posting on the District’s website and social media the dates and times of Wellness Council meetings at which the wellness policy and plan are scheduled to be discussed
2. Direct recruitment through word-of-mouth nominations from school staff

RESPONSIBILITY FOR IMPLEMENTATION

Each Director of Campus Operations is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the Wellness Council for evaluation. The Child Nutrition Director is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

GOALS FOR NUTRITION PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District. The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The Wellness Council will monitor this by:

1. Collaborating with Child Nutrition Department and Campus Administration to regulate advertisements on school grounds
2. Collaborating with Child Nutrition Department, Art, Health, and PE course instructors to create advertisements to be displayed throughout the school for foods that meet Smart Snacks standards



Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the Wellness Council will make recommendations when replacements or new contracts are considered.

IMPLEMENTING GOALS FOR NUTRITION PROMOTION

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: The District will increase participation in federal child nutrition programs.

Action Steps: Sampling of menu items to students and staff; create system for students to give feedback; implement feasible strategies suggested by students

School and Community Stakeholders: Child nutrition department, food service provider

Resources Needed: Supplies (e.g. food) and personnel to host sampling event; personnel to request and evaluate student feedback and to design and implement requested changes

Measures of Success: Participation rates in federal child nutrition programs (breakfast, lunch) at beginning, middle and end of school year

GOAL 2: 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.

Objective 1: Ensure regular, two-way communication between child nutrition department, campuses, and families

Action Steps: Child nutrition to develop and initiate regular communication to coordinate health efforts on campuses with school health stakeholders; child nutrition director and wellness coordinator to work together to keep updated webpage with nutrition and wellness resources available for families; nutrition events at each campus in which parents are invited to provide feedback and ask questions

School and Community Stakeholders: DCOs, Wellness Council members, food service, CMAs, Health teachers, ACE staff, and PE teachers

Resources Needed: Funds/supplies to host nutrition events; personnel to assess types of resources wanted by parents, develop resources, and create webpage; personnel to help advertise resources and events to parents

Measures of Success: Meeting attendance; documentation of coordinated health efforts on each campus; weekly webpage updates



GOALS FOR NUTRITION EDUCATION

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

IMPLEMENTING GOALS FOR NUTRITION EDUCATION

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Physical education and health courses designed to promote healthy eating behaviors (not just knowledge)

Action Steps: Ensure health and PE curriculum promotes behavior change and provides opportunities for application of nutrition knowledge

School and Community Stakeholders: Course leaders, Course specialists, teachers

Resources Needed: Collaboration between PE and Health content leaders/curriculum writers and Child Nutrition to facilitate application of nutrition knowledge

Measures of Success: Number of behavioral techniques implemented into course activities; tracking of

GOAL 2: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: Identify and provide professional development on behavior change to teachers

Action Steps: Physical education and health teachers have the training and instructional materials they need to promote behavioral change

School and Community Stakeholders: Course leaders, Course specialists, teachers

Resources Needed: Fees for training and materials (if any)

Measures of Success: Trainings completed by instructors (Identify training needed); report of using training to integrate into classroom instruction

GOALS FOR PHYSICAL ACTIVITY

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see



BDF, EHAA, EHAB, and EHAC], as follows: The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four out of six semesters in grades six, seven and eight. PE curriculum will be designed to facilitate students to exercise at a moderate-vigorous intensity for at least 50% of instruction time. [Mandated by Education Code 28.002(l)-(l-1)]

At the high school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least two of eight semesters in grades nine, ten, eleven, and twelve. One credit hour of physical education (two semesters) is required for graduation from high school. [Mandated by Education Code 28.002(l)-(l-1)]

IMPLEMENTING GOALS FOR PHYSICAL ACTIVITY

GOAL 1: 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 through programming during school as well as before or after school.

Objective 1: Physical education courses promote and develop lifelong fitness skills consistently across district

Action Steps: Identify equipment needs across campuses to support the introduction of different types of physical activity to students

School and Community Stakeholders: PE course leader and teachers, collaboration with athletics and ace for equipment; district grant writers

Resources Needed: Funding for new equipment; collaboration with Course Leader to prioritize equipment needs

Measures of Success: Equipment inventory at each campus; variety of activities/types of workouts able to be offered in PE programming

Objective 2: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Action Steps: Identify any campuses currently offering such programs and assess participation and staffing support; build programming at other campuses based on models working at other schools; PE staff communicate open hours for facilities and clubs (e.g., post on website, etc.); Identify and pursue community partners who could support before or after school programming



School and Community Stakeholders: physical education teachers, athletic directors, coaches, school operations, ACE, and community partners (need to be identified)

Resources Needed: Personnel to assess current offerings; personnel to implement programming (e.g. support form campus administrators, staff to provide supervision, collaboration with ACE, Child Nutrition)

Measures of Success: Number and type of programs offered compared to the previous school year; student participation rates in the program from year-to-year

GOAL 2: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

Objective 1: Each campus will offer at least one event annually either before, during or after normal school hours that involves physical activity and includes both parents and students in the event.

Action Steps: Develop a list of ideas to submit to campus administrators to meet this objective; assign an interested campus representative to organize the event

School and Community Stakeholders: Campus administrators, ACE, Child Nutrition, Teachers/staff

Resources Needed: Dissemination of a list to send to campuses; timeline and mechanism for the self-report about the events; advertising materials about the event to distribute to students and parents; collaboration with ACE and Child Nutrition; funds/supplies to support event; safe space to hold event

Measures of Success: Self-reports of campus representative about the events; participation rates from year-to-year

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

IMPLEMENTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.

Action Steps: Evaluate current mealtime allowances by campus; work with campus administrators to adjust master schedules as necessary; strategize to decrease time students spend in line before receiving their meal



School and Community Stakeholders: Child nutrition; administration; operations; campus principals

Resources Needed: personnel to evaluate time students have to eat from when they receive their meal

Measures of Success: The number of campuses that currently meet the standard compared to the previous school year; average time it takes for students to receive a meal and be seated

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: 75% of events and celebrations (e.g. classroom celebrations, athletic events) will include at least one item that is Smart Snacks compliant

Action Steps: Create and distribute a list of Smart Snacks compliant foods and beverages to school staff, athletic directors, coaches, and parents; create reporting system for approving and recording fundraising exemptions during school hours; create reporting system for items provided or sold at events and celebrations

School and Community Stakeholders: parents, teachers and school staff, athletic directors, operations directors

Resources Needed: A list of Smart Snacks compliant items; promotional material for Smart Snacks

Measures of Success: The number of events approved on each campus and whether the celebration met this objective; reporting of exemptions and provision/sale of Smart Snacks

NUTRITION GUIDELINES

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

PROTECTION AGAINST STIGMA FROM SCHOOL MEAL PARTICIPATION

Consistent with federal guidelines, district food authorities and Full-Service Management Company employees will assure that a child's eligibility status is not disclosed at any point in the process of providing free or reduced-price meals, including notification of the availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service. Specifically, the cafeterias are cashless—all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the register. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.



FOODS AND BEVERAGES SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

Potable water is available to students at no charge in cafeterias during meal service (breakfast and lunch).

EXCEPTIONS FOR FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The director of campus operations must get approval in advance from the Child Nutrition Director to conduct a fundraiser.

FOODS AND BEVERAGES PROVIDED

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person’s child or grandchild on the occasion of the student’s birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local standards for other foods and beverages made available to elementary students for birthday or similar celebrations:

Birthday celebrations in the classroom will only take place on Wednesdays. Birthday celebrations will start at 1:35 PM and should end by 1:50 PM to ensure safe dismissal procedures. Birthday treats must be store bought. Food made at home may NOT be distributed within school. Families are encouraged to bring individual servings such as cupcakes or cookies; whole cakes or cookie cakes are not allowed. Parents are welcome to attend the classroom celebration. Parents should arrive by 1:25 PM. If parents are unable to attend classroom celebrations, birthday treats must be dropped off at the front office on Wednesdays no later than 12:30 PM. The front office will deliver birthday treats to classrooms by 1:35 PM, which is the time the classroom teacher and classmates will celebrate the child’s birthday.



MEASURING COMPLIANCE WITH NUTRITION GUIDELINES

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

POLICY AND PLAN EVALUATION

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state or federally designated model policies. The Wellness Council will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

PUBLIC NOTIFICATION

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any Wellness Council meeting at which the wellness policy or implementation documents are scheduled for discussion;
6. The Wellness Council's triennial assessment; and
7. Any other relevant information

The District will also publish the above information in appropriate District or campus publication.

RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Child Nutrition Director, the District's designated records management officer. [See CPC(LOCAL)]