



5455 South loop E. Fwy. Houston, Texas 77033  
 TEL 713.967.9000. FAX 713.589.2502  
 Yesprep.org

**Wellness Policy: Triennial Assessment:** May 2023

**Section 1: General Information**

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

**Date of Current Local Wellness Policy:** May 11, 2023                      **Date of last revision:** June 30, 2017

**Website address on how the public can access a copy of the wellness policy and/or wellness information:** <https://www.yesprep.org/departments/child-nutrition/wellness-policy>

**Section 2: Wellness Committee Information**

**Frequency of Wellness Council Meetings:** Four times a year

Name	Job Title
Jessiica Howell	Child Nutrition Director
Bryan Castillo	Child Nutrition Operations Specialist
Maria Carlos	Child Nutrition Operations Manager
Jaimie Griffiths	Child Nutrition Operations Specialist
Bryan Castillo	Child Nutrition Operations Specialist
Sonya Morgan	Child Nutrition Assistant
Hilda Centeno	Child Nutrition Associate
Kyle Stallard	Physical Education Course Leader
Tiffany Steele	Manager of Student Enrichment
Daivone Hicks	Teacher
Chadwick Scott	Physical Education Teacher
Isamar Lopez	Director of Family Engagement
Ruben Tamez	Teacher
Julie Alvarado	Lunch Program Monitor, Parent
Arcelia Flores	Lunch Program Monitor, Parent
Erika Arredondo	Lunch Program Monitor, Parent
Natividad Fernandez	Lunch Program Monitor, Parent
Nadia Galvan	Lunch Program Monitor, Parent
Kamila Almazon	Student
Savon Morgan	Student
Ludivina Garza Soto	Lunch Program Monitor, Parent
Mariel Almazan	Menu Contractor

### **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 comprehensive score of 67%. The YES Prep Wellness policy was strong in Federal regulation areas and nutrition standards for competitive and other foods and beverages, but Farm to School items related to the Comprehensive School Physical Activity Plan and nutrition education have room for improvement.

### **Section 4. Assessment of Current District Wellness**

The [WellSat 1.0](#) was completed to help assess current health and wellness activities and nutrition education across the district. The full assessment interviews are available upon request. This assessment indicated both strengths and weaknesses as summarized below:

#### **Strengths**

- Nutrition guidelines are met in school meals.
- SMART snacks guidelines per the USDA requirement are followed.
- A robust partnership with the current Full-Service Management Company has facilitated multiple nutrition education and promotions events (e.g., samplings, renaming of meals, etc.).
- Physical education requirements are met across the district.
- Professional Development requirements for nutrition compliance is maintained throughout the district.
- Strategies for increasing meal participation are defined across the district.

#### **Weaknesses**

- Little marketing on agriculture and the food system in nutrition education resources.
- Walk and Bike initiatives are not visually present throughout the district.
- Limited food and beverage marketing (e.g., signs, scoreboards, or sports equipment).
- Few opportunities for parents and/or students to provide feedback on school meals or physical activity programming.
- Little opportunity for staff to encourage the students to adopt more healthy eating practices.

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

NUTRITION PROMOTION AND EDUCATION				
Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Progress and Next Steps
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. Banners are on each campus outside the school to promote healthy eating.
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 shared when events occur. The Wellness Council will work on getting nutrition education more widely shared with families.
The district shall delivery nutrition education that fosters the adoption and maintenance of healthy eating behaviors.		X		The district provides healthy eating books and information to elementary students. The Child Nutrition will work on getting the information to Secondary campuses.
The district shall participate in community initiatives to promote healthy eating for our students from community stakeholders.	X			Thriving partnership with the food vendor has enabled child nutrition education events.

PHYSICAL ACTIVITY				
Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Progress and Next Steps
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.	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., dance, step teams) 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 logical issues (e.g., space, no showers, etc.). Discussions to include community partners to overcome these barriers are ongoing.

OTHER SCHOOL BASED ACTIVITIES				
Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Progress and Next Steps
The district shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	X			All campuses are providing at least 30 minutes for students to have breakfast and lunch meals.
The district shall promote student wellness (health, mental, behavioral, emotional, and social) at suitable district and campus activities for students, parents, staff, and community members.		X		Counseling programs are provided on each campus. The Wellness Council will work on how Child Nutrition can better support those counseling services.

NUTRITION GUIDELINES				
<p>The district’s nutrition guidelines for reimbursable 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. All meals shall be at least as restrictive as federal regulations and guidance, and that all food available on campus in accordance with the United States Department of Agriculture (USDA) Smart Snacks and school standards.</p>	X			<p>Nutrition guidelines are followed across the district. The district participates in the six exemption days per school year for fundraising in which foods do not need to meet the smart snack requirements. Processes for systematic, centralized reporting of exemption days are documented in Child Nutrition.</p>
<p>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.</p>	X			<p>The Wellness plan has clear processes on procedures for foods provided but not sold to students.</p>
<p>The district shall establish standards for all foods and beverages sold to students during the school day. These standards shall be addressed in the District’s wellness plan.</p>	X			<p>The Wellness plan has clear processes on procedures for foods sold to students.</p>



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