Education WE DESERVE

5455 South Loop E. Fwy. • Houston, Texas 77033
TEL 713.967.9000
yesprep.org

FFA (LOCAL): YES Prep Public Schools, 00496, WELLNESS POLICY

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity. All students will have equitable access to healthy meals, physical activity, and nutritional education.

DEVELOPMENT, IMPLEMENTATION, AND REVIEW OF GUIDELINES AND GOALS

The local School Wellness Council (SWC) and the local School Health Advisory Council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SWC and SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, nutrition staff, school administrators, staff, community members, and members of the public.

WELLNESS PLAN

The SWC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals.
The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus;
5. The District's standards for foods and beverages sold to students during the school day on a school campus;
6. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SWC shall review and revise the plan annually and recommend revisions to the wellness policy when necessary.
The SHAC can review and revise the plan as needed and recommend revisions to the wellness policy when necessary.

NUTRITION GUIDELINES: FOODS AND BEVERAGES

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold. marketed or provided 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, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

Nutrition Guidelines: Foods and Beverages Provided

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.

Nutrition Guidelines: Foods and Beverages Sold

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.

5455 South Loop E. Fwy. • Houston, Texas 77033
TEL 713.967.9000
yesprep.org

WELLNESS GOALS: NUTRITION PROMOTION AND EDUCATION

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

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.
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.
3. The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors at school-based activities.
2. The District shall make nutrition education a Districtwide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. 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.
4. The District shall establish and maintain a school gardening culture which could include farm-to-school programs.
5. The District shall participate in community initiatives to promote healthy eating for our students from community stakeholders.

WELLNESS GOALS: PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

The District establishes the following goals for physical activity:

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.
2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

5455 South Loop E. Fwy. • Houston, Texas 77033
TEL 713.967.9000
yesprep.org

4. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.
5. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
6. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.

SCHOOL-BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. 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.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

IMPLEMENTATION

The Child Nutrition Director shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures. Child Nutrition designees will also be responsible for portions of the wellness policy that is outlined in the wellness Plan.

EVALUATION

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website the wellness policy, the wellness plan, and the required implementation assessment.

RECORDS RETENTION

The District shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program. Records will be maintained for 5 years.

NON DISCRIMINATION STATEMENT

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing

5455 South Loop E. Fwy. • Houston, Texas 77033
TEL 713.967.9000
yesprep.org

deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, **AD-3027**, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form.
To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:
1. **Mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410 Washington, D.C. 20250-9410;
2. **Fax:**
(202) 690-7442; or
3. **Email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

EFFECTIVE DATE
Revised April 9, 2026

Board Approved
May 7, 2026

Education WE DESERVE

5455 South Loop E. Fwy. • Houston, Texas 77033
TEL 713.967.9000
yesprep.org