Triennial Assessment Report: YES Prep Public Schools 5-7-26 (5/2026)
District: YES PREP PUBLIC SCHOOLS INC

Introduction

The WellSat Assessment Tool compared the current YES Prep Wellness Policy to that of model school wellness policies. The full version of this assessment is available upon request. The YES Prep Wellness Policy included required compliance language when describing goals and implementation strategies compared to the model wellness policy and received a comprehensive score of 94%. The YES Prep Wellness policy was strong in Federal regulation areas and nutrition standards for competitive and other foods and beverages. In Physical Education and Physical Activity, there is room for improvement.

The WellSat Assessment 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 strong relationship with the Food vendor with student meals and student focused initiatives.
• Physical education requirements are met across the district.
• Professional Development requirements for nutrition compliance are maintained throughout the district.
• Strategies for increasing meal participation are defined across the district.

Weaknesses
• Walk and Bike initiatives are not visually present throughout the district.
• Minimal local foods purchases.
• Little nutrition education integration into other subjects beyond health education.

Strong Policies and Aligned Practices

Based on the YES Prep Public Schools Wellness Policy and results from our triennial wellness assessment, YES Prep has demonstrated strong implementation of federal wellness requirements and a districtwide commitment to supporting student and staff well-being. This section reflects compliance with requirements established by the United States Department of Agriculture for Local School Wellness Policies, the National School Lunch Program, School Breakfast Program, Smart Snacks in School standards, Professional Standards training, and public reporting requirements. Across all measured areas, YES Prep earned "Strong Policies and Aligned Practices," demonstrating that district policies are effectively translated into daily operations.

In school nutrition, YES Prep continues to ensure that all reimbursable meals served through the National School Lunch Program and School Breakfast Program meet federal meal pattern, nutrient, and calorie requirements for all grade levels served. Students have access to free drinking water during meals and throughout the school day, and systems are in place to protect the privacy of students receiving free or reduced-price meal benefits. The district also maintains practices that support students with unpaid meal balances in a way that avoids stigma. In addition, all Child Nutrition leadership, managers, and staff meet or exceed USDA professional standards training requirements, supporting ongoing compliance and operational excellence.

YES Prep has also maintained strong compliance with Smart Snacks standards. All competitive foods and beverages sold during the school day—including vending machines, school stores, and approved fundraisers—meet federal nutrition standards. Since the previous triennial assessment, the district has strengthened campus oversight, improved staff training, and standardized product approval processes to ensure consistent implementation. Food and beverage marketing on campus also aligns with Smart Snacks requirements, reinforcing healthy choices for students.

Nutrition education remains a key focus within the YES Prep Wellness Policy. The district's goals center on providing students with skills-based, behavior-focused, and interactive nutrition education that promotes lifelong healthy habits. Students across elementary, middle, and high school grade levels receive nutrition education through classroom instruction, wellness initiatives, cafeteria promotions, and hands-on learning experiences. School nutrition staff collaborate with teachers and campus leaders to reinforce healthy messaging and connect students to topics such as agriculture, food systems, and balanced nutrition.

Physical education and physical activity are also strong areas of success. YES Prep maintains a written physical education curriculum aligned with state and national standards, delivered by certified physical education teachers. Students have access to physical education, movement breaks, recess opportunities where applicable, and before- and after-school physical activity opportunities aligned with the Comprehensive School Physical Activity Program model.

In addition, YES Prep continues to prioritize employee wellness and stakeholder engagement. Active district and campus wellness committees include representation from school leadership, nutrition services, staff, families, and community partners. Wellness policy implementation is reviewed annually, results are shared publicly, and practices are revised based on assessment findings. Through continuous improvement, strong accountability, and a culture that values wellness, YES Prep continues to create healthy school environments that support student achievement and lifelong wellness.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	**2**	**2**	☆

FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	**2**	**2**	☆
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	**2**	**2**	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	**2**	**2**	☆
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	**2**	**2**	☆
FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	**2**	**2**	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	**2**	**2**	☆
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	**2**	**2**	☆
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	**2**	**2**	☆
FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	**2**	**2**	☆
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	**2**	**2**	☆
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	**2**	**2**	☆
FR13	Which groups are represented on the district-level wellness committee?	**2**	**2**	☆
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	**2**	**2**	☆
FR15	How is the wellness policy made available to the public?	**2**	**2**	☆
FR16	Is wellness policy implementation evaluated every three years?	**2**	**2**	☆
FR17	What is included in the triennial assessment report to the public?	**2**	**2**	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	**2**	**2**	☆

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NES1	Does the district offer breakfast every day to all students?	**2**	**2**	☆
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	**2**	**2**	☆
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	**2**	**2**	☆
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	**2**	**2**	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	**2**	**2**	☆
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	**2**	**2**	☆
NES8	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	**2**	**2**	☆
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	**2**	**2**	☆
NES10	Are foods or beverages containing caffeine sold at the high school level?	**2**	**2**	☆
NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	**2**	**2**	☆
NES12	Do all foods or beverages SOLD (not served) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	**2**	**2**	☆
NES13	Do teachers or school staff give students food as a reward?	**2**	**2**	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	**2**	**2**	☆
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	**2**	**2**	☆
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	**2**	**2**	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	**2**	**2**	☆
NE4	Do all high school students receive sequential and comprehensive nutrition education?	**2**	**2**	☆

NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	**2**	**2**	☆
NE7	 Does nutrition education address agriculture and the food system?	**2**	**2**	☆
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	**2**	**2**	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	**2**	**2**	☆
PEPA3	How does your physical education program promote a physically active lifestyle?	**2**	**2**	☆
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	**2**	**2**	☆
PEPA5	How many minutes per week of PE does each grade in middle school receive?	**2**	**2**	☆
PEPA6	How many minutes per week of PE does each grade in high school receive?	**2**	**2**	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	**2**	**2**	☆
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	**2**	**2**	☆
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	**2**	**2**	☆
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	**2**	**2**	☆
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	**2**	**2**	☆
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	**2**	**2**	☆
PEPA13	Is there daily recess for all grades in elementary school?	**2**	**2**	☆
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	**2**	**2**	☆

PEPA17	Are teachers encouraged to use physical activity as a reward for students?	**2**	**2**	☆
PEPA18	Do teachers ever use physical activity as a punishment?	**2**	**2**	☆
EW1	Are there strategies used by the school to support employee wellness?	**2**	**2**	☆
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**2**	**2**	☆
IC1	Is there an active district-level wellness committee?	**2**	**2**	☆
IC2	Is there an active school-level wellness committee?	**2**	**2**	☆

Create Practice Implementation Plan

Based on the results of the triennial assessment and the YES Prep Public Schools Local School Wellness Policy, the district has identified key areas for improvement to ensure full compliance with all wellness policy requirements. This section aligns with federal wellness requirements established by the United States Department of Agriculture, including nutrition promotion, nutrition education, physical activity, stakeholder engagement, implementation, and continuous improvement.

To strengthen implementation, YES Prep will develop a district practice implementation plan focused on identified growth areas. Priority goals include increasing the purchase of locally sourced foods for school meal programs, integrating nutrition education into subjects beyond health education, expanding joint or shared-use agreements to increase physical activity opportunities at schools, supporting active transportation initiatives such as Safe Routes to School for students living within walkable or bikeable distances, and reinforcing district expectations that physical activity will not be withheld as punishment.

Success will be measured through campus wellness reviews, compliance monitoring, stakeholder feedback, and annual wellness committee evaluations. Progress will be reviewed regularly to ensure goals are implemented effectively and to support continuous improvement across all campuses. Through this process, YES Prep will continue building a strong culture of wellness that supports student health, learning, and lifelong success.

Update Policies

Based on the triennial assessment, YES Prep Public Schools identified areas within the Local School Wellness Policy that require updates to ensure full compliance with federal wellness requirements established by the United States Department of Agriculture. Priority areas for policy improvement include joint or shared-use agreements for physical activity participation at all schools and ensuring physical activity is not withheld as punishment.

These areas received partial implementation scores on the WellSAT assessment, showing opportunities to strengthen both policy language and districtwide consistency. Policy updates will be led by the District Child Nutrition team in collaboration with Physical Education leadership, campus administrators, Operations, Student Support Services, and the District Wellness Committee.

To improve implementation, YES Prep will explore community partnerships for shared-use agreements, reinforce campus expectations that physical activity will never be withheld as punishment, and identify opportunities to support Safe Routes to School initiatives. Success will be measured through annual wellness reviews, campus monitoring, and stakeholder feedback to ensure consistent implementation across all campuses.

Opportunities for Growth

Based on the triennial assessment and the YES Prep Public Schools Local School Wellness Policy review, several opportunities for growth have been identified as the district works to strengthen compliance with federal wellness requirements established by the United States Department of Agriculture and further align district practices with wellness goals.

Opportunities for Growth:
Strengthen Policy Language and Consistency
Update wellness policy language to more clearly address physical activity expectations, including shared-use agreements, Safe Routes to School initiatives, and the prohibition of withholding physical activity as punishment. This will help ensure consistent implementation across all campuses.

Expand Community Partnerships
Increase collaboration with local community organizations, parks, and recreation partners to create joint or shared-use agreements that expand student and family access to physical activity opportunities outside of the school day.

Formalize Active Transportation Practices
Develop district guidelines that support safe walking and biking opportunities for students who live within walkable or bikeable distances, including exploration of Safe Routes to School partnerships and campus-specific safety plans.

Increase Staff Training and Accountability
Provide additional training for campus leaders, teachers, and student support teams on wellness policy expectations, including appropriate behavior management practices that do not restrict physical activity.

Strengthen Monitoring and Evaluation
Create a more structured implementation monitoring process, including campus wellness checklists, annual compliance reviews, and stakeholder feedback surveys to measure progress and identify areas needing additional support.

Improve Communication and Stakeholder Engagement
Increase communication with families, staff, and community partners regarding wellness policy updates, implementation goals, and opportunities to participate in district wellness initiatives.

These growth areas will help YES Prep continue building a stronger, more consistent wellness culture while ensuring full compliance and continuous improvement across the district.

		Policy Score	Practice Score	
NES7	In your district, is it a priority to procure locally produced foods for school meals?	**1**	**1**	
NE5	Is nutrition education integrated into other subjects beyond health education?	**1**	**1**	
PEPA15	Does the district have “joint-use” or “shared-use” agreements?	**1**	**1**	
PEPA16	What proportion of students walk or bike to school?	**1**	**1**	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	**1**	**1**	

Conclusion

In conclusion, the YES Prep Public Schools triennial wellness assessment highlights strong districtwide progress in supporting student health, nutrition, physical activity, and overall wellness. The assessment shows that YES Prep has strong policies and aligned practices in many federally required areas, including healthy school meals, nutrition education, physical activity opportunities, staff wellness, and stakeholder engagement. The review also identified opportunities for growth, including strengthening policy language, expanding community partnerships, and increasing consistency in implementation across campuses. Moving forward, YES Prep remains committed to continuous improvement, transparency, and creating healthy school environments that support student success, lifelong wellness, and strong partnerships with families and the community.

Key

Strong Policies and Aligned Practices - District has a strong policy and is fully implementing practices that align with the policy

Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited

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 **Update Policies Update Policies** - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy

 **Opportunities for Growth** - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources

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