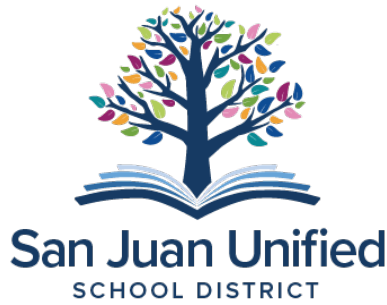




San Juan Unified School District

Triennial Assessment

Completed June 2025

Introduction

In accordance with the 2016 Final Rule, schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

1. Comparison of the district's School Wellness Policy to a model policy.
2. Extent of compliance for all schools with San Juan USD's LSWP.
3. Description of the district's progress toward achieving the goals described in the policy.
4. Triennial Assessment report to the public.

San Juan Unified School District used the WellSAT Triennial Assessment tool to fulfill the requirements of the Triennial Assessment.

Contents

Pg 1: Comparison to a model School Wellness Policy

- See completed WellSAT 3.0 Scorecard.

Pg. 8: Extent of compliance with School Wellness Policy

- The WSCC Chair surveyed all school site administrators.

Pg 11: Progress toward reaching goals

Pg 14: Triennial Assessment report to the public

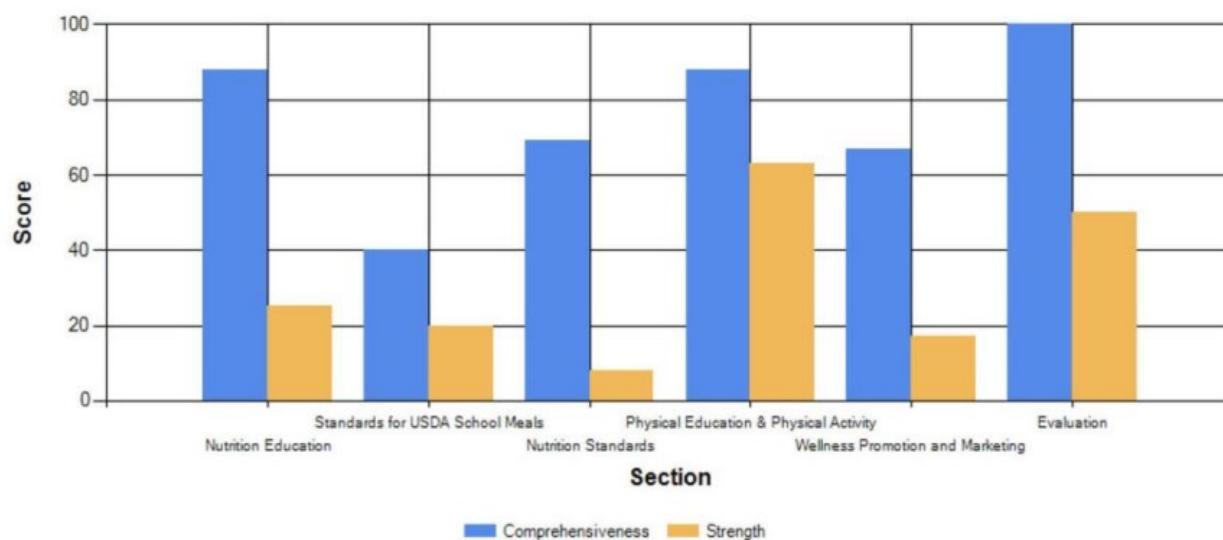
Pg 16: Attachment 1 – Survey Results

Pg.20: Attachment 2 – District Wellness Policies Report to the Public continued

Comparison to a Model School Wellness Policy

Representatives from the San Juan USD wellness committee completed a triennial assessment of current policies, procedures, practices, and compliance. To provide the most accurate assessment of the district's overall work, committee members included representatives from: Nutrition Services, Physical Education, Prevention Services, Health Services and Student Support Centers. For the purposes of objectively assessing the district's overall wellness policy and implementation, the committee selected to use the recommended research-based tool: WellSAT 3.0 (Rudd Center – University of Connecticut).

Results: The WellSAT 3.0 district assessment consists of six sections: Nutrition Education; Standards for USDA Child Nutrition Programs and School Meals; Nutrition Standards for Competitive and Other Foods and Beverages; Physical Education and Physical Activity; Wellness Promotion and Marketing; Implementation, Evaluation and Communication. Each section is broken into several scoring areas based on federal requirements and other wellness-related best practices. The sections are scored utilizing a standard scoring rubric (2 – meeting or exceeding, 1 – approaching, 0 – not evident) with scoring guide and template. Overall results for the district triennial assessment in these areas are included below (full results attached):



Section 1. Nutrition Education

Rating

NE1	 Includes goals for nutrition education that are designed to promote student wellness.	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	0
NE8	 Nutrition education addresses agriculture and the food system.	1
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	88
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	25

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	1
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	 Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	40
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	20

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	1

NS3	 Regulates food and beverages sold in a la carte.	1
NS4	 Regulates food and beverages sold in vending machines.	1
NS5	 Regulates food and beverages sold in school stores.	1
NS6	 Addresses fundraising with food to be consumed during the school day.	1
NS7	Exemptions for infrequent school-sponsored fundraisers.	0
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	0
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	1
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	0
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	69
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	8

Section 4. Physical Education and Physical Activity

Rating

PEPA1	 There is a written physical education curriculum for grades K-12.	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
	Addresses qualifications for physical education teachers for grades K-12.	

PEPA7		2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	1
PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	1
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	88
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	63

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
WPM2	 Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	1
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	1
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports	

WPM8	equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	1
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	0
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	67
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	17

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	1
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	1
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	50

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 75
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 31

Analysis:

Overall, the district scored well in both the comprehensiveness and strength of the Physical Education and Physical Activity section. The district comprehensiveness of our wellness policy was also strong in the following additional areas: Nutrition Education, Nutrition Standards, Wellness Promotion and Evaluation. An area for comprehensive growth was found in the Standards for USDA School Meals section. The overall “strength indicator” for the WellSAT 3.0 sections was also found to be an area of growth for the district. Most notably, strength of Nutrition Standards, Wellness Promotion and Marketing, Standards for USDA School Meals, and Nutrition Education will be more closely examined by members of the district’s wellness committee in the upcoming year(s). Full scoring of each section can be found in the attached document, which will also be posted to the district website, along with the triennial narrative.

Extent of Compliance for All Schools with the LSWP

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition and Physical Education Requirement The district's nutrition education program shall be based on research, shall be consistent with the expectations established in the state's curriculum and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.	19/65	2/65	44/65
Nutrition Promotion Requirement The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before-and after-school programs, and summer learning programs.	0/65	0/65	65/65
Physical Activity Requirement All students shall be provided with opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.	7/65	1/65	57/65

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Other Student Wellness Requirement The district prohibits bullying and harassment of all students, including bullying based on weight or health condition.	9/65	8/65	48/65
Federal/State Meal Standard All schools within the district participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals as determined by the U.S. Department of Agriculture (USDA).	0/65	0/65	65/65
Foods Offered but Not Sold Standard The district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snacks Standards.	0/65	0/65	65/65
Food and Beverage Marketing Goal To reinforce the district's nutrition education program, the board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means of on campus, following Smart Snacks standards, during the school day.	12/65	0/65	53/65

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement The WSCC Committee actively invites community members, stakeholders, and district partners to join the committee and participate in the assessment and development of the district's LSWP.	☒ Yes ☐ No
Public Notification District publications and the Whole School, Whole Community, Whole Child district webpage posts the LSWP and Triennial Assessment. Both are accessible for the public to access and view LSWP updates as well as opportunities to join committees involved in policy development.	☒ Yes ☐ No

Progress in Reaching LSWP Goals Template

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially / No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Nutrition and Physical Education Goals The district's nutrition and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.	Partially	Over 70% of San Juan USD schools are using a researched based curriculum aligned with state curriculum and content standards. Over 85% of schools use Physical Education curriculum that also meets the states curriculum and content standards. The Goal is to reach 100% for both. This was achieved through a districtwide survey, prompting schools to do so if they weren't already.	LSWP TA Site Compliance - Google Sheets See Attachment #1
Nutrition Promotion Goal The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before-and after-school programs, and summer learning programs.	Yes	The Nutrition Services webpage promotes healthy choices in their student meal plans as well as resources for parents including a direct link to the Dietary Guidelines for Americans 2020-25 edition where individuals such as students, parents, and educators can explore information to help promote and make healthy choices.	https://www.sanjuuan.edu/resources/school-meals/nutrition-services-overview
Nutrition Promotion Goal The district shall adopt specific goals for nutrition promotion including the promotion of school meals by posting content of meals on the nutrition webpage.	Yes	San Juan USD's Nutrition Services webpage posts a monthly menu schedule for every school day of the month throughout the school year for all grade levels. Included in the listed items served for the day is nutritional information to	https://www.sanjuuan.edu/resources/school-meals

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially / No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
		indicate the value of the meal. This was achieved through a districtwide survey, prompting schools to do so if they weren't already.	
Food and Beverage Marketing Goal To reinforce the district's nutrition education program, the board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means of on campus, following Smart Snacks standards, during the school day.	Partially	80% of San Juan schools prohibit the marketing of non-nutritious foods and beverages in any way including signage, vending machines, scoreboards, school publications, etc. This was achieved through a districtwide survey, prompting schools to do so if they weren't already.	LSWP TA Site Compliance - Google Sheets See Attachment #1
Physical Activity Goal All students shall be provided with opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.	Partially	Nearly 88% of San Juan schools guarantee all students are provided opportunities to be physically active on a regular basis as well as opportunities for moderate to vigorous physical activities provided through PE classes, recess, school sports programs, before and after-school programs while encouraging students to walk or bicycle to and from school. This was achieved through a districtwide survey, prompting schools to do so if they weren't already.	LSWP TA Site Compliance - Google Sheets See Attachment #1

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially / No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Other student wellness Goal The district prohibits bullying and harassment of all students, including bullying based on weight or health condition.	Yes	Every school adheres to the district's Anti-Bullying Policy and must include a plan to address bullying behavior including bullying based on weight or health condition. Each plan is posted on every school's webpage and on the district's webpage	https://www.sanjuan.edu/resources/student-support-services/prevention-on-programs https://www.sanjuan.edu/resources/student-support-services/prevention-on-programs/bullying-prevention
Additional Goal Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, nutrition services staff, and other staff as appropriate to enhance their health knowledge and skills related to student health and wellness.	Partially	The district's Learning Communities for School Success Program (LCSSP) Coordinator and Bullying Prevention Coordinator, under direction from Student Support Services offers ongoing professional development for all schools, and district level staff regarding mental health, student connectiveness, suicide, harassment and discrimination. Ongoing improvement to add professional development for staff regarding physical education/health continues to be a topic of discussion.	https://www.sanjuan.edu/resources/student-support-services/learning-communities-for-school-success-program-lcssp https://www.sanjuan.edu/resources/student-support-services/prevention-on-programs

TEA Report to the Public

Target Audience(s)	Method	Date
School Board	Presentation	
District Staff, Community Members, Parents, Board Members	Presentation during WSCC Meeting.	5/10/2022
District Staff, Parents, Students	Presentation during Youth Leadership Collaborative Event	5/15/24
District Staff, Students, Parents	Presentation During Youth Leadership Collaborative Event	5/14/25
District Staff, Community Members, Parents, Board Members	WSCC Website	6/16/25
District Staff, Community Members, Parents, Board Members	San Juan USD Newsletter	Fall 2025



2025 Wellness Policy Report San Juan Unified School District

Our Wellness Goals

We met these goals:

- ✓ Promotion of school meals on the Nutrition services webpage
- ✓ Promotion of healthy Food Choices
- ✓ All schools prohibit bullying or harassment of any kind including physical ability and weight.

We are still working on these:

- ✗ The district's nutrition education and physical education programs shall be based on research and be consistent with the expectations established in the state's curriculum standards.
- ✗ 80% of San Juan Schools indicate they are aligned district marketing requirements of unhealthy foods.
- ✗ Nearly all schools are providing opportunities for moderate to vigorous physical activity options for all students.
- ✗ Professional development for staff is offered to all districtwide in **most** areas where needed.

District Wellness Committee

Actively recruiting!

- ✓ Meets 3- 4 times per year regarding school health & safety
- ✓ Led by Gaylon Johnson who ensure that schools use the wellness policy

Current members include District staff including Board members, Program/Department Directors, Program Coordinators, school nurses, teachers, principals, district community liaisons, parents, and community partners.



Our District Wellness Policies

- ☐ The district adopts nutrition standards consistent with 42 USC 1758 and federal regulations and objectives of promoting student health and reducing childhood obesity.
- ☐ All schools shall participate in a variety of school nutrition programs, including School Lunch and School breakfast Program, the Child and Adult Care Food Program After-school Meals Program, to the extent possible.
- ☐ All students will have access to free, potable water during mealtimes in the food service area in accordance with Ed Code 38086 and 42 USC 1758 and will be encouraged to consume water by educating them about the health benefits.
- ☐ Fundraising activities will only involve foods that meet nutrition and portion size standards for foods and beverages as specified by law.
- ☐ Competitive Food regulations apply to ALL foods sold to students by ANY entity. Any foods and beverages sold on any school campus must meet the nutrition and portion size standards as required by USDA guidelines as well as SB 12 and SB 965.
- ☐ Student organizations must also follow competitive food sales regulations as listed in the California Code of Regulations 15500 and 15501.
- ☐ Food items cannot be prepared on premises and must adhere to the following guidelines.



Planning, Tracking, & Sharing

- ☐ The Whole School Whole Community, Whole Child Committee works continuously to improve our LSWP. Actions working towards this goal include meeting 3 times per year providing policy assessment updates, scheduling additional subcommittee workshops designed to address specific improvements to our policy and checking in with all schools to ensure site compliance. Public notifications are scheduled throughout the school year during parent information nights, collaboration meetings, district webpages, social media, and district newsletters.

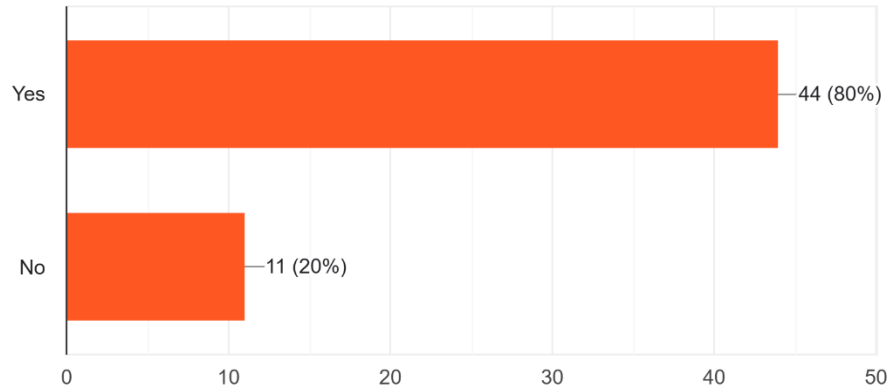


Attachment #1

School Site Compliance Survey Results (Oct 2024 – June 2025)

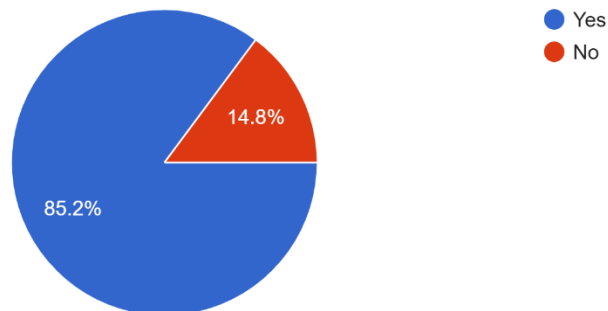
Nutrition Education is included in classroom instruction

55 responses

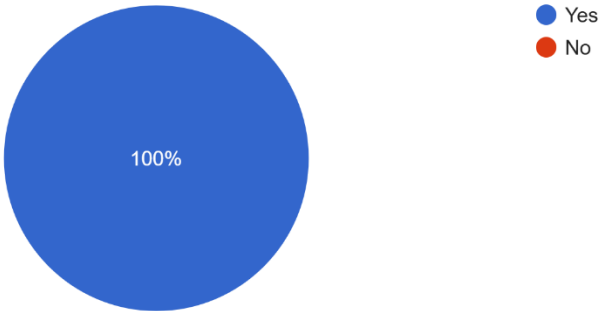


Nutrition Education is researched based, aligns with the state's curriculum and content standards, and shall be designed to build the skills and knowled... all students need to maintain a healthy lifestyle.

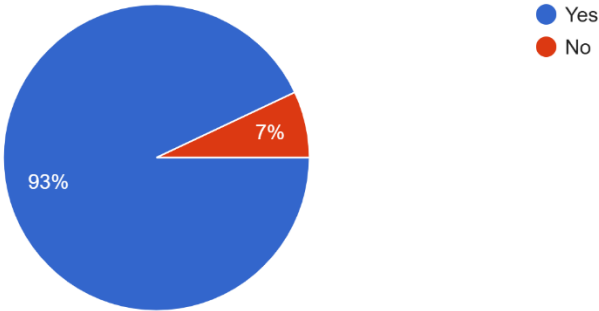
54 responses



Physical Education is researched based, aligns with the state's curriculum and content standards, and shall be designed to build the skills and knowled... all students need to maintain a healthy lifestyle.
57 responses

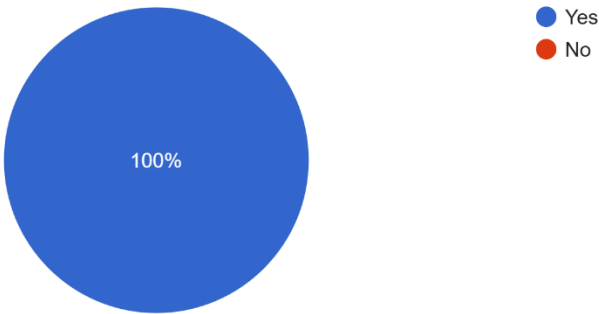


Our school prohibits marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboar...ng Smart Snacks standards, during the school day.
57 responses



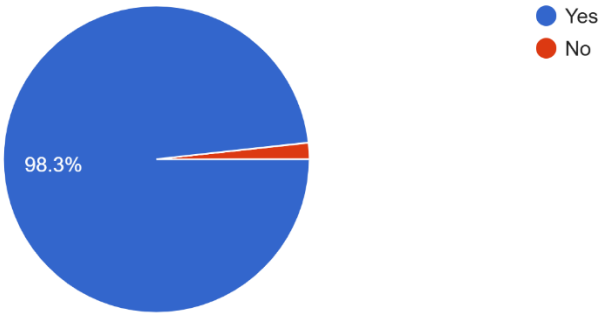
Students are provided opportunities to be physically active on a regular basis.

58 responses



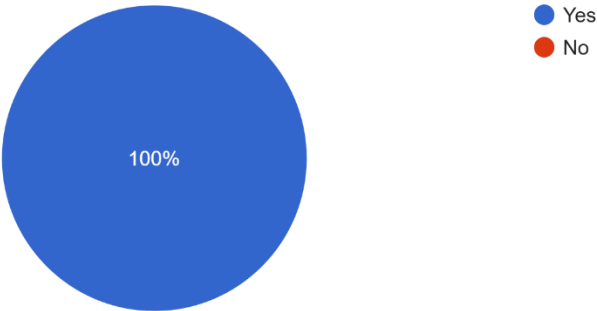
Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided thro...and other structured and unstructured activities.

58 responses



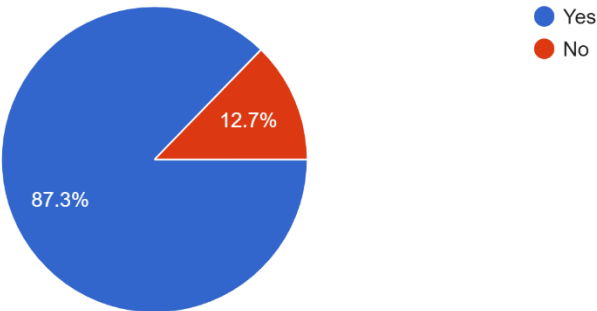
Our school is a safe and positive environment and is conducive to students' physical and mental health and thus prohibits bullying and harassment of...lying on the basis of weight or health condition.

56 responses



Professional development is regularly offered to health education and physical education teachers, coaches, activity supervisors, nutrition services sta...e and skills related to student health and wellness.

55 responses



Attachment #2 Report to the Public: Our District Wellness Policies Continued

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's nutrition services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal Smart Snacks standards.

Schools are encouraged to use healthy food items or non-food items for fundraising purposes and shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Food or beverage items sold or given are prepared or purchased through a facility that has a health permit.

Parents and schools can work collaboratively to ensure healthy outside/private purchased foods and beverages are provided at celebrations and events for our students. Parents and guardians shall check with classroom teachers or administrators to ensure outside/private purchased foods and beverages are within the district's guidance on known and potential dietary restrictions and allergens, prior to bringing outside/private purchased foods and beverages into the classroom. This requirement is relevant to celebrations during the day, during off or on-campus activities. Class parties or celebrations shall be held after lunch when possible.