

Conejo Valley Unified School District
Triennial Assessment
Completed June 2026

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:

Step 1: Comparison to a model School Wellness Policy using the WellSAT

The WellSAT Policy was used to compare the written policy to model standards and assess compliance of LSWP with federal requirements.

Step 2: Local measurement of compliance with School Wellness Policy

The WellSAT Practice was used to assess the implementation of the Local School Wellness Policy and compliance of district practices with federal requirements via interviews with district and school-level personnel.

Step 3: Description of the district's progress toward achieving goals described in the policy

The results of the WellSAT Policy and WellSAT Practice were analyzed and summarized in the Triennial Assessment report, documenting our progress towards meeting wellness goals. Scores range from 0-2.

N/A - Not Applicable

0 - Not mentioned or the policy clearly detracts from requirement

1 - Information is implied, repeats language in the federal requirement or lacks specifics

2 - Specific goals and standards are met

Conejo Valley Unified School District used the [WellSAT Triennial Assessment](#) tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed on the subsequent pages.

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Introduction

As part of the triennial wellness policy assessment, the district conducted a comprehensive review of its policies and practices to evaluate alignment with federal requirements and identify areas of strength and opportunities for improvement. Directors from Education Services, Mental Health and Wellness as well as Child Nutrition Services helped complete the assessment of the wellness policy. This assessment provided valuable insight into how well current practices support student and staff wellness, where policy language needs to be strengthened, and which initiatives require enhanced implementation.

Strong Policies and Aligned Practices

The district demonstrates strong alignment between its wellness policy and daily practices. Federal requirements related to school meals, Smart Snacks standards, access to free drinking water, wellness committee representation, public notification, and triennial assessments are fully implemented. The district also takes steps to protect student privacy, reduce meal stigma, and maximize participation in school meal programs.

Nutrition education is provided across grade levels and reinforced through collaboration between teachers and nutrition services staff. Standards-based physical education and opportunities for physical activity before and after school further support student wellness. These efforts reflect the district's commitment to fostering healthy habits and promoting student well-being.

		Policy Score	Practice Score	
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	★
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	★
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	★

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FR17	What is included in the triennial assessment report to the public?	2	2	☆
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	☆
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	☆
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	☆
NES10	Are foods or beverages containing caffeine sold at the high school level?	2	2	☆
NE4	Do all high school students receive sequential and comprehensive nutrition education?	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	☆

Create Practice Implementation Plan

The district identified several areas where practices can be strengthened to fully support the Local School Wellness Policy, including nutrition education goals, Smart Snacks compliance for fundraisers and marketing, policy updates following the triennial assessment, staff use of food as rewards, classroom physical activity breaks, and staff role modeling of healthy behaviors. The wellness committee and designated school officials will develop implementation plans during wellness committee meetings. Progress will be reviewed annually, and practices will be evaluated during the next triennial assessment to ensure continued compliance and support student wellness.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	
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	0	
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	1	

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FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	1	
NES13	Do teachers or school staff give students food as a reward?	1	0	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	0	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	1	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	0	
NE5	Is nutrition education integrated into other subjects beyond health education?	2	1	
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	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	0	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	2	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	1	

Update Policies

The district will update its Local School Wellness Policy to better reflect current practices and ensure all federally required elements are included. Priority areas include documenting annual USDA Professional Standards training requirements and ensuring policy language addresses communication with families regarding meal eligibility. Additional updates will incorporate existing practices related to Farm to School activities, access to free drinking water throughout the school day, physical education and physical activity, and active wellness committees.

The wellness committee and designated district officials will review and revise the policy during wellness committee meetings. Updated language will be adopted during the next policy review cycle, and implementation will be monitored annually and evaluated during the next triennial assessment to ensure practices remain aligned with the written policy.

		Policy Score	Practice Score	
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?	1	2	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	0	2	

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NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	0	2	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	2	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	0	2	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	0	2	
PEPA6	How many minutes per week of PE does each grade in high school receive?	0	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0	2	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	2	
PEPA13	Is there daily recess for all grades in elementary school?	1	2	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	1	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	2	
PEPA18	Do teachers ever use physical activity as a punishment?	0	2	
IC1	Is there an active district-level wellness committee?	1	2	
IC2	Is there an active school-level wellness committee?	1	2	

Opportunities for Growth

The district identified several opportunities to strengthen both policy and practice to better support student and staff wellness. Priority areas include establishing guidelines for classroom celebrations, ensuring students have adequate seated time to eat meals, promoting nutrition standards for foods served and sold during after-school activities, increasing opportunities for family and community physical activity, encouraging the use of physical activity as a reward rather than withholding it, and expanding employee wellness initiatives.

The wellness committee and designated district staff will develop implementation plans and update policy language during wellness committee meetings.

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Progress will be monitored annually and evaluated during the next triennial assessment to determine whether the updated policies and practices have been successfully implemented. These efforts will help ensure continued progress toward creating a healthy school environment that supports the well-being of students, staff, and families.

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	1	
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?	0	1	
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)?	0	1	
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)?	0	1	
NE7	 Does nutrition education address agriculture and the food system?	1	1	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	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?	0	1	
EW1	 Are there strategies used by the school to support employee wellness?	1	1	

Conclusion

The district's triennial assessment demonstrates a strong commitment to supporting student wellness through high-quality school meals, nutrition education, physical activity, and active wellness committees. Many wellness policy areas show strong alignment between policy and practice, while several opportunities for improvement have been identified. The district will continue working through its wellness committee to strengthen policies, enhance implementation, and monitor progress. These ongoing efforts will help ensure a healthy school environment that supports the well-being and academic success of all students.

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



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

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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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