

Triennial Assessment Report: Bernalillo Public School District - Triennial Assessment 2026 (12/2025)

District: BERNALILLO PUBLIC SCHOOLS

Introduction

Our school district adheres to federal requirements and best practices.
Our school district is following the state requirements.

This is our first time completing the triennial assessment.

A group of our SHAC members met to complete the triennial assessment to include food services director, special education and health director, deputy superintendent of leadership, and communications coordinator.

Strong Policies and Aligned Practices

Bernalillo Public Schools demonstrates strong success in meeting federal wellness policy requirements, as evidenced by consistently high policy and practice scores across the Federal Requirements section of the assessment. The district has established clear, comprehensive wellness policies and is effectively implementing practices that align with those policies, reflecting a strong commitment to student health and regulatory compliance

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The federal requirements addressed in this section include:

- Establishing district-wide goals for nutrition education
- Ensuring school meals meet USDA meal pattern, nutrient, and calorie standards
- Providing free drinking water to students during meals
- Meeting USDA professional standards for school nutrition staff
- Maintaining a representative district-level wellness committee
- Designating responsible officials for wellness policy implementation
- Making the wellness policy publicly available
- Conducting and reporting a triennial wellness policy assessment

For nearly all applicable items in this section, the district earned the highest possible scores for both policy and practice, indicating strong written policy language paired with full and consistent implementation. This alignment demonstrates that wellness expectations are not only clearly defined at the policy level but are also embedded in daily district operations.

Several of these items were areas of focus during previous triennial assessments. Since the last assessment cycle, the district has strengthened both policies and practices by clarifying accountability for wellness policy implementation at the school level, formalizing procedures for public access to the wellness policy, and ensuring that the triennial assessment process is conducted and communicated in accordance with federal requirements. Additionally, ongoing attention to professional development requirements for nutrition staff and continued compliance with USDA meal standards reflect sustained improvement and institutionalization of best practices.

Overall, the district's performance in this section reflects a mature and well-established wellness framework. Strong leadership, clear policy language, and consistent implementation have positioned Bernalillo Public Schools to not only meet but sustain compliance with federal wellness requirements, providing a solid foundation for continued improvement in student health and wellness outcomes.

		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	★

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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	☆
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	☆
NES1	Does the district offer breakfast every day to all students?	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	☆
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	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	☆
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	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	2	☆

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NE3	Do all middle 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	☆
PEPA5	How many minutes per week of PE does each grade in middle 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	☆
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	☆
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	☆
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	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	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

Create Practice Implementation Plan

This section of the scorecard highlights federal wellness requirements for which Bernalillo Public Schools has established strong or adequate policy language, but where practice implementation is limited, inconsistent, or not yet fully documented. These items represent important opportunities to strengthen alignment between the district's Local School Wellness Policy (LSWP) and day-to-day practices.

The primary federal requirements identified in this section include regulating foods and beverages served during classroom celebrations in elementary schools and ensuring consistent implementation of nutrition-related practices that support healthy school environments. While district policy clearly

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addresses these requirements, assessment results indicate that implementation varies across school sites, resulting in lower practice scores for specific items.

To address these gaps, the district will develop targeted practice implementation plans designed to support consistent, site-level execution of existing policy expectations. These plans will focus on clarifying expectations for schools, providing guidance and resources to staff, and improving communication with families. Implementation strategies may include developing standardized guidance for classroom celebrations, providing training or reminders to staff, and sharing best practices already in use at schools that demonstrate strong implementation.

The district-level wellness committee, in collaboration with district administration and relevant departments such as Nutrition Services and school leadership, will be responsible for creating the practice implementation plans. School principals and designated wellness leads will play a key role in supporting implementation at the building level and ensuring practices align with district expectations.

The practice implementation plan will be developed during the current school year, with completion targeted by the end of the academic year. Implementation of identified strategies will begin at the start of the following school year to allow for staff communication, preparation, and training as needed. Progress will be monitored through ongoing communication with school sites, review of implementation evidence, and future wellness assessments. Success will be measured by improved consistency in practice implementation and higher alignment between policy and practice scores in the next triennial assessment.

Through this structured approach, Bernalillo Public Schools will strengthen implementation of existing wellness policies, ensuring full compliance with all elements of the LSWP while supporting healthy, consistent practices across all schools.

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	2	0	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	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	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	1	0	
PEPA16	What proportion of students walk or bike to school?	2	1	

Update Policies

This section of the scorecard identifies areas in which Bernalillo Public Schools is fully or partially implementing wellness-related practices, but where written policy language is either limited, unclear, or not yet fully reflective of current practice. These findings present an opportunity to strengthen the Local School Wellness Policy (LSWP) by ensuring that all federally required items and district priorities are clearly documented and aligned with implementation.

The federal requirements reflected in this section include elements related to nutrition education, employee wellness, school-level wellness committee operations, and opportunities for physical activity. In several cases, the district demonstrated strong or improving practices—such as supporting employee wellness initiatives, integrating nutrition education beyond health classes, and maintaining active school-level wellness efforts—while policy language scored lower due to a lack of specificity or completeness. These areas are a priority for the district, as they represent successful practices that should be formally embedded in policy to ensure consistency, sustainability, and accountability across all schools.

Responsibility for updating the wellness policy language will rest with the district-level wellness committee, working in collaboration with district administration and relevant departments, including Nutrition Services, curriculum leaders, and Human Resources. Input from school administrators and staff will be incorporated as appropriate to ensure policy updates are practical and reflective of current operations.

Policy updates will be drafted during the current school year, with the goal of completing revisions by the end of the academic year. Once drafted, the updated policy will follow the district’s established review and approval process, including board consideration as required. Upon adoption, the updated

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policy will be communicated to school sites and made publicly available in accordance with federal requirements.

For items in this section where practices were only partially implemented, the district will pair policy updates with guidance and support to improve consistency. This may include clarifying expectations, sharing examples of effective practices already occurring within the district, and providing technical assistance to school sites. Future monitoring through wellness committee reviews and subsequent assessments will be used to evaluate progress and ensure that strengthened policy language leads to improved and consistent implementation.

By updating its wellness policy to better reflect both federal requirements and current district practices, Bernalillo Public Schools will reinforce its commitment to student and staff wellness while ensuring long-term compliance and continuous improvement.

		Policy Score	Practice Score	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	
IC2	Is there an active school-level wellness committee?	1	2	

Opportunities for Growth

This section of the scorecard identifies areas where Bernalillo Public Schools has either not fully addressed certain wellness topics in policy or practice, or where those topics have only been addressed in a limited or inconsistent manner. These results help the district identify priority areas for growth and guide future updates to both policy and implementation to ensure full compliance with all federally required elements of the Local School Wellness Policy (LSWP).

The federal requirements reflected in this section primarily relate to consistency and depth of implementation rather than the complete absence of wellness efforts. Areas identified for growth include aspects of nutrition education delivery, physical education time requirements at certain grade levels, and supports for active transportation (such as walking or biking to school). These areas are priorities for the district because they directly impact student health, access to physical activity, and equitable implementation across schools.

To address these opportunities, the district will take a two-pronged approach: strengthening implementation of practices while updating policy language where needed. Practice improvements will focus on increasing consistency across school sites by clarifying expectations, identifying barriers to implementation, and sharing strategies that have been successful in schools demonstrating stronger performance. Where appropriate, the district may establish additional wellness goals to further support student engagement in physical activity and comprehensive wellness education.

The district-level wellness committee, in collaboration with district administration and relevant departments, will be responsible for creating practice implementation plans for these areas. School administrators and designated wellness leads will support site-level implementation. The practice implementation plan will be developed during the current school year, with completion targeted by the end of the academic year. Implementation of new or revised practices will begin at the start of the following school year. Progress will be assessed through ongoing monitoring, feedback from school sites, and review of evidence during future wellness assessments, with success measured by improved consistency and higher practice scores.

Responsibility for updating policy language will rest with the district-level wellness committee, working alongside district leadership and subject-area experts as needed. Policy updates will be drafted concurrently with the practice implementation plan to ensure alignment between expectations and execution. The goal is to complete policy revisions by the end of the academic year, followed by approval through the district’s established policy review process. Once adopted, updated policies will be communicated to school sites and made publicly available.

By intentionally addressing these opportunities for growth, Bernalillo Public Schools will strengthen both its wellness policies and practices, ensure full compliance with federal requirements, and continue to build a comprehensive, sustainable approach to student and staff wellness.

	Policy Score	Practice Score	

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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?	1	1	
NES13	Do teachers or school staff give students food as a reward?	1	1	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	1	1	
NE7	 Does nutrition education address agriculture and the food system?	1	1	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	1	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	1	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	

Conclusion

This wellness review shows that Bernalillo Public Schools is doing many things well to support the health and well-being of our students. The district has strong wellness guidelines in place and, in most cases, schools are already putting those guidelines into practice through healthy meals, opportunities for physical activity, and support for student wellness throughout the school day.

The review also helped us identify a few areas where we can do better. In some cases, we need to make sure wellness practices are more consistent across all schools, and in other areas we plan to update our written policies so they better reflect the good work already happening. These improvements will help ensure that all students, no matter which school they attend, benefit from the same wellness supports.

Overall, this assessment confirms that our district is committed to creating safe, healthy, and supportive learning environments. By continuing to strengthen our policies, improve school practices, and work together with families and the community, Bernalillo Public Schools will keep student health and wellness a priority now and in the future.

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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