

Triennial Assessment Report: Napa Valley USD Triennial Assessment (6/2025)

District: NAPA VALLEY UNIFIED

Introduction

Napa Valley USD is dedicated to supporting student health and wellness, with notable strengths in meeting federal nutrition standards for school meals, providing free drinking water, and establishing nutrition education goals.

While we excel in these areas, we recognize that some policies—such as those regulating classroom foods and beverages, designating wellness coordinators, and ensuring public access to wellness information—are not yet fully implemented.

Additionally, certain practices, including regular policy evaluation, comprehensive nutrition education, and opportunities for family and community engagement in physical activity, need stronger implementation. We also have several areas where daily practices are strong but policy language needs to be updated, such as Smart Snacks compliance, food marketing, breakfast program availability, communication about meal eligibility, local food procurement, caffeine-free sales, physical education, employee wellness, and committee roles.

Finally, we have identified areas needing improvement in both policy and implementation, including compliance with USDA standards for all foods and beverages sold, fundraiser practices, staff training, meal time allotments, limiting food as a reward, and strengthening nutrition and physical activity policies. Addressing these areas will further enhance our efforts to create a healthy school environment for all students.

This Triennial Assessment was completed by 6/30/2025. The Food Service Director, Menu & Operations Specialist, and Curriculum Director played a part in completing this assessment.

Strong Policies and Aligned Practices

Our district wellness policy & practices are aligned and excelling in the following areas: meeting federal standards for meal patterns and nutrition requirements in the National School Lunch Program and School Breakfast Program, providing free drinking water to all students during meals and throughout the school day, and overall nutrition education goals.

		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	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆

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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	☆

Create Practice Implementation Plan

There are some areas where NVUSD has a policy in place, but the implementation of the policy is either absent or limited.






These areas include the following federal requirements: regulation of food & beverages served during class parties, designating officials responsible for implementation and compliance with the wellness policy at the building level for each school, and making the wellness policy & triennial assessment available to the public. Outside of the federal requirements, the following areas also need stronger implementation: evaluating the wellness policy every 3 years, sequential & comprehensive nutrition education for elementary and middle school students, and opportunities for families & community members to engage in physical activity at school.

The plan to improve implementation of practices is for the Food Service Director to relay messaging to faculty members (e.g. district administrators, curriculum directors, and site principals) of specific practices that need to adhere to the district wellness policy, such as not using food as a reward in the classroom. The implementation plan will be created and put into place during the 2025-2027 school years. Implementation will be assessed again at the next Triennial Assessment.

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
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	1	
FR15	How is the wellness policy made available to the public?	2	1	
FR16	Is wellness policy implementation evaluated every three years?	2	1	

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FR17	What is included in the triennial assessment report to the public?	2	0	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	0	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	0	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	0	

Update Policies

Our district has several areas where practices are strong, but the written policy language needs to be updated or strengthened to fully reflect what is happening in our schools. These areas include:

- Smart Snacks Compliance:

A la carte foods and beverages sold meet Smart Snacks standards, but the policy language could be clearer.

- Food and Beverage Marketing:

All marketing on campus meets Smart Snacks criteria, but the policy does not clearly state this requirement.

- Breakfast Program:

Breakfast is offered every day to all students, but this is not clearly written in the policy.

- Meal Eligibility Information:

Families receive information about eligibility for free or reduced-price meals, but the policy could better describe these communication efforts.

- Meal Participation Strategies:

We use strategies to maximize participation in the school breakfast and lunch programs, but these strategies are not well-documented in policy.

- Local Food Procurement:

The district prioritizes buying locally produced foods for school meals, but this is not clearly stated in the policy.

- Caffeine-Free Sales:

No foods or beverages containing caffeine are sold at the high school level, but this is not specified in the policy.

- Physical Education Curriculum:

There is a written physical education curriculum aligned with national and/or state standards, but the policy language could be stronger.

- Physical Education Minutes:

All grade levels receive adequate minutes of physical education, but the policy does not clearly outline these requirements.

- Certified Physical Education Teachers:

Physical education classes are taught by state-certified/licensed teachers with proper endorsements, but this

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is not clearly stated in the policy.

- Daily Recess:

All elementary grades have daily recess, but the policy does not clearly require this.









- Employee Wellness:

Employee wellness strategies are in place, but the policy does not fully reflect these efforts.













- Active Wellness Committee:

The district has an active wellness committee, but the policy could better describe its role and responsibilities.

For the federal requirements and other priority policies, the NVUSD Food Service Director will continue to host Wellness Committee meetings and relay messaging to the NVUSD administration that the Wellness Policy currently approved by the school board needs to be revised. The timeline will be to update the wellness policy by the end of the 2025-2026 school year and then send that policy to the school board to get approved (which might take a couple years to be adopted).







		Policy Score	Practice Score	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	1	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?	1	2	
NES1	Does the district offer breakfast every day to all students?	1	2	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	0	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	0	2	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	0	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	

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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?	0	2	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	2	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	2	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	2	
PEPA3	How does your physical education program promote a physically active lifestyle?	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	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0	2	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	2	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	2	

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PEPA13	Is there daily recess for all grades in elementary school?	1	2	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	
IC1	Is there an active district-level wellness committee?	1	2	
IC2	Is there an active school-level wellness committee?	0	2	

Opportunities for Growth









Our district has identified several areas where both policy and implementation require improvement to better meet wellness requirements. These include:

- Competitive Foods and Beverages: Not all foods and beverages sold to students during the school day consistently meet or exceed USDA nutrition standards (Smart Snacks).
- Fundraisers: Some fundraisers sell items for consumption during the school day, and these may not always comply with Smart Snacks standards.
- Staff Training: School nutrition program directors, managers, and staff may not always meet the USDA's required annual continuing education or training hours.
- Meal Time Policies: The district policy does not specify the number of minutes allotted for breakfast and lunch. As a result, some sites may not provide students with at least 20 minutes for lunch.
- Food as a Reward: The use of food as a reward in classrooms is still occurring.
- Nutrition Education: Nutrition education standards and curriculum could be stronger and better integrated with other subject areas.
- Physical Activity: The policy and implementation of physical activity in the classroom could be clearer and more consistently applied.
















The plan to improve implementation of practices is for the Food Service Director to relay messaging to faculty members (e.g. district administrators, curriculum directors, and site principals) of specific practices that need to adhere to the district wellness policy, such as not using food as a reward in the classroom. The implementation plan will be created and put into place during the 2025-2027 school years. Implementation will be assessed again at the next Triennial Assessment.

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		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?	0	1	
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?	1	1	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	1	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?	1	1	
FR13	Which groups are represented on the district-level wellness committee?	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)?	1	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	

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NES13	Do teachers or school staff give students food as a reward?	0	0	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	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?	1	1	
NE7	 Does nutrition education address agriculture and the food system?	1	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	0	1	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	1	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	1	
PEPA18	Do teachers ever use physical activity as a punishment?	0	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	

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Conclusion

Napa Valley USD remains committed to fostering student health and wellness by building on our strengths and addressing areas for improvement in both policy and practice. Moving forward, we will focus on clearer policy language, stronger implementation of wellness initiatives, and increased communication with staff and families. Our plan includes revising the wellness policy and improving implementation during the 2025-2027 school years, with progress to be reassessed at the next Triennial Assessment. Through these efforts, we aim to create an even healthier school environment for 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 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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