Holtville Unified School District
Triennial Assessment
Completed June 2025

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

Holtville USD used the WellSAT Triennial Assessment tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed on the subsequent pages.

Triennial Assessment Report: Holtville Unified School District (6/2025)
District: HOLTVILLE UNIFIED

Introduction

Holtville Unified School District completed its Triennial Local School Wellness Policy assessment in June 2025, reviewing both policy language and implementation practices. The process was led by the district wellness committee with input from school nutrition staff, administrators, and community representatives. Results show that the district meets federal requirements and has identified areas for growth within wellness policy & practice.

Strong Policies and Aligned Practices

The district fully complies with federal standards for school meals, including meeting all nutrition, calorie, and meal pattern requirements. Free drinking water is provided to students during meals, and breakfast is offered daily to all students. Nutrition education is also integrated into subjects beyond health education. These efforts demonstrate Holtville Unified's strong alignment between policy and practice and a clear dedication to 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**	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	**2**	**2**	☆
NES1	Does the district offer breakfast every day to all students?	**2**	**2**	☆
NE5	Is nutrition education integrated into other subjects beyond health education?	**2**	**2**	☆

Create Practice Implementation Plan

This section identifies areas where Holtville Unified has written policies in place but lacks full implementation in practice. Next steps will include partnering with other school staff to review all food and beverages sold or served on campus during and after school and to discuss how physical education practices can be strengthened.

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		Policy Score	Practice Score	
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	**1**	**0**	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	**1**	**0**	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	**1**	**0**	

Update Policies

While several practices are implemented, they are not adequately reflected in our written policies. In some cases, the existing policy language could be strengthened to fully reflect these efforts. The district wellness committee will review and update the policy as needed during future meetings to ensure that the policy accurately reflects the wellness practices in place. Strengthening policy language will ensure sustainability and accountability across all schools.

		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**	
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**	
FR13	Which groups are represented on the district-level wellness committee?	**1**	**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?	**1**	**2**	
FR15	How is the wellness policy made available to the public?	**1**	**2**	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	**1**	**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**	
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**	**2**	
NES10	Are foods or beverages containing caffeine sold at the high school level?	**0**	**2**	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	**1**	**2**	
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	**1**	**2**	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	**1**	**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?	**1**	**2**	
NE7	Does nutrition education address agriculture and the food system?	**1**	**2**	

PEPA3	How does your physical education program promote a physically active lifestyle?	**0**	**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**	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	**0**	**2**	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	**0**	**2**	
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	**1**	**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**	
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

Several areas, including food sold during the school day, comprehensive nutrition education, and consistent physical education policies, are meeting federal requirements, but have room for growth within both the policy and local practices. The wellness committee will meet to determine any needed updates to the policy and discuss how to ensure alignment across the district.

		Policy Score	**Practice Score**	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	**1**	**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**	
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	**1**	**1**	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	**1**	**1**	

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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**	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	**1**	**1**	
FR16	Is wellness policy implementation evaluated every three years?	**1**	**1**	
FR17	What is included in the triennial assessment report to the public?	**1**	**1**	
NES7	In your district, is it a priority to procure locally produced foods for school meals?	**0**	**1**	
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**	**0**	
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)?	**1**	**1**	
NES13	Do teachers or school staff give students food as a reward?	**1**	**1**	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	**1**	**1**	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	**1**	**1**	

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PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	**0**	**1**	
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	**1**	**1**	
PEPA16	What proportion of students walk or bike to school?	**1**	**1**	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**1**	**1**	

Conclusion

The 2025 Wellness Policy Triennial assessment shows that Holtville Unified is meeting all wellness policy requirements while making progress toward best practices in student health. Key strengths include meal program compliance, and daily access to healthy meals and water. Looking ahead, the district will continue to monitor for any needed policy updates and encourage committee engagement to support student wellness.

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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