Triennial Assessment Report: SY 25-26 LSWP Triennial Assessment (1/2026)
District: RIALTO UNIFIED

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:

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 in the areas of Federal Requirements (FR), Nutrition Environment and Services (NES), Nutrition Education (NE), Physical Education and Physical Activity (PEPA), Employee Wellness (EW), and Integration and Coordination (IC).

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 in the same areas listed in the WellSAT Policy 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

Rialto Unified School District used the WellSAT Triennial Assessment tools to fulfill the requirements of the Triennial Assessment. The results are detailed on the subsequent pages.

Strong Policies and Aligned Practices

Rialto USD is in compliance with all federally-required areas of the Local School Wellness Policy.

Additionally, we had strongly aligned policies and practices in the area of Nutrition Environment and Physical Activity.

		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**	☆
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**	☆
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**	☆

Triennial Assessment Report: SY 25-26 LSWP Triennial Assessment (1/2026)
District: RIALTO UNIFIED

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**	**2**	☆
FR13	Which groups are represented on the district-level wellness committee?	**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**	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	**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**	☆
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**	☆
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	**2**	**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?	**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**	☆
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**	☆

Triennial Assessment Report: SY 25-26 LSWP Triennial Assessment (1/2026)
District: RIALTO UNIFIED

PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	**2**	**2**	☆
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	**2**	**2**	☆
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	**2**	**2**	☆
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**2**	**2**	☆
IC1	Is there an active district-level wellness committee?	**2**	**2**	☆

Create Practice Implementation Plan

In general, our policy and practices are aligned - without any major discrepancies between the two. Additionally, our district continues to meet all Federally-Required areas.

Should the district decide, we will structure our Practice Implementation efforts using this assessment as well as input from any stakeholders from our district and larger school community.

		Policy Score	Practice Score	
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**	**1**	
NES7	In your district, is it a priority to procure locally produced foods for school meals?	**2**	**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)?	**2**	**1**	
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**	**1**	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	**2**	**1**	
NE5	Is nutrition education integrated into other subjects beyond health education?	**2**	**1**	
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	**2**	**1**	

PEPA4	How many minutes per week of PE does each grade in elementary school receive?	**2**	**1**	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	**2**	**1**	
PEPA6	How many minutes per week of PE does each grade in high school receive?	**2**	**1**	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	**2**	**1**	
PEPA18	Do teachers ever use physical activity as a punishment?	**2**	**1**	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	**2**	**1**	

Update Policies

Our district excels in the area of federall-required wellness regulations, and therefore will not be making any policy changes in that area.

However, we will be updating the Non-discrimination Statement, as it is out of date.

Any policy updates in other areas will be considered at the district's discretion, given stakeholder input.

		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**	
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**	**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**	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	**1**	**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**	
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?	**1**	**2**	

Triennial Assessment Report: SY 25-26 LSWP Triennial Assessment (1/2026)
District: RIALTO UNIFIED

NES10	Are foods or beverages containing caffeine sold at the high school level?	**0**	**2**	
NE7	Does nutrition education address agriculture and the food system?	**1**	**2**	
PEPA13	Is there daily recess for all grades in elementary school?	**1**	**2**	
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	**1**	**2**	
PEPA16	What proportion of students walk or bike to school?	**1**	**2**	
EW1	Are there strategies used by the school to support employee wellness?	**1**	**2**	

Opportunities for Growth

Rialto USD is meeting all federal requirements in regards to our policy and practices.

Any future updates to the wellness policy, or practice efforts, will be considered using the results of this assessment and stakeholder input, at the district's discretion.

		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**	
NES13	Do teachers or school staff give students food as a reward?	**1**	**1**	
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	**0**	**1**	
PEPA17	Are teachers encouraged to use physical activity as a reward for students?	**1**	**1**	
IC2	Is there an active school-level wellness committee?	**1**	**1**	

Conclusion

In summary, Rialto Unified School District is compliant with all federally-mandated Local School Wellness Policy requirements. We continue to strive to implement the best wellness environment and policies and practices for our students. We will use the results of this assessment and input from our stakeholders as tools in making future wellness decisions and updates.

Triennial Assessment Report: SY 25-26 LSWP Triennial Assessment (1/2026)
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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

Triennial Assessment Report: SY 25-26 LSWP Triennial Assessment (1/2026)
District: RIALTO UNIFIED

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