

Once your Triennial Assessment is complete, you can revamp your Wellness Policy based on the results of the goals and guidelines defined in your Triennial Assessment. Additional areas you may consider adding to your Wellness Policy may include Alternate Breakfast Models, Farm to School Activities, healthy hydration behaviors and active transportation.

Eastern Mennonite School

Wellness Policy

2017-2020 Triennial Assessment

Overview & Purpose

In accordance with the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAC20-740, *Eastern Mennonite School* presents the 2017-2020 Triennial Assessment which includes the timeframe from 2017-2022. The Triennial Assessment indicates updates on the progress and implementation of Eastern Mennonite School's Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The school(s) included in this Triennial Assessment are: Eastern Mennonite School K-12.

Wellness Policy

The Eastern Mennonite School's Wellness Policy can be found at <https://www.easternmennonite.org/>. Eastern Mennonite updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through our website and also our weekly parents newsletter.

School Wellness Committee

Eastern Mennonite School established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. The Wellness Policy committee meets at least Wellness Policy team meets at annually for periodic review and update of the Wellness Policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, and representatives of the School Food Authority, teachers, school health professionals, and the School Board and school administrators.

Wellness Policy Compliance

Eastern Mennonite School must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years.

We take look at our policy annually to see if there are area's that could use improvement. This year we took at look at our neighborhood snacks that happen once a week. We have changed this up so that the students are now encouraged to bring healthy snacks.

Use the charts below to assess whether requirements are being met. Indicate that requirements are met by adding a checkmark to the "Met" column. If requirements are not met at all schools, indicate which schools are out of compliance in the "Not Met" column.

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question IV on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Intentionally ✓	
We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines.	✓	
We follow Eastern Mennonite School's policy on exempt fundraisers as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</i>	✓	
We no longer have drink machines in our school. May eventually go to bottled water drink machine.	✓	

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question V on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
We follow Eastern Mennonite School's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	✓	

**Policy for Food and Beverage Marketing
 (Question VI on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	✓	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Eastern Mennonite School permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators.	✓	

Description of Public Updates

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.	✓	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before November 30 2022.	✓	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Eastern Mennonite School established a Wellness Policy leadership of one or more LEA's and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.	✓	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
We will annually have our SLT, PTF, Dining Hall Manager and PE Department Head review and update any needed changes in our Wellness Policy.	✓	

Quality of Wellness Policy

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the final rule.

We feel that we have done a good job in following our Wellness policy. We in being a smaller private school can have more freedom to implement wellness strategies for our students.

Progress towards Goals

We have been working on our students bringing more healthy snacks to their group time once a week. We allow them to bring their own snack and request that it be in the smart snack guidelines if possible.

**Progress towards Nutrition Promotion and Education Goals
 (Question I on VDOE School Level Report Card)**

Description	Met	Not Met
We have placed posters in regards to healthy eating in our halls and nutritional promos in our weekly newsletter that goes out to parents.	✓	

**Progress towards Physical Activity Goals
 (Question II on VDOE School Level Report Card)**

Description	Met	Not Met
We provide a variety of sports programs for our students during school as well as after school.	✓	

**Progress towards other School-Based Wellness Activity Goals
(Question III on VDOE School Level Report Card)**

Description	Met	Not Met
We have been providing weekly free Covid testing for our employees and students.	✓	