



801 Parkwood Drive, Harrisonburg, VA 22802

Phone: 540-236-6000 • Fax: 540-236-6028

easternmennonite.org

Local School Wellness Policy: Triennial Assessment Tool 2025

School Division:

Eastern Mennonite School

Wellness Policy Contact Name and Email:

Chris Eberly

eberlyc@emhs.net

Wellness Policy can be found at:

<https://www.easternmennonite.org/>

Triennial Assessment can be found at:

<https://www.easternmennonite.org/>

Every three years the divisions must assess the Local School Wellness Policy and make it available to the public. That assessment must address:

- compliance with the division Local School Wellness Policy,
- how the policy compares to the model Wellness Policy, and
- progress made in attaining the goals of the Wellness Policy.



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Please visit the [Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](http://www.vdoe-scnp.org) for all tools and resources to help you complete your Triennial Assessment.

When finalized, please forward this Triennial Assessment or a link to your SCNP regional specialist.

Wellness Policy Requirements

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Policy Leadership	Designate the position or committee responsible for Wellness Policy oversight.	X	☐	☐	Click or tap here to enter text.
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	X	☐	☐	Click or tap here to enter text.
School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	X	☐	☐	Click or tap here to enter text.
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	X	☐	☐	Click or tap here to enter text.
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as	X	☐	☐	Click or tap here to enter text.



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	rewards, or classroom snacks.				
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	X	☐	☐	Click or tap here to enter text.
Nutrition Education	Include at least one evidence-based goal for nutrition education.	X	☐	☐	Click or tap here to enter text.
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	X	☐	☐	Click or tap here to enter text.
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	X	☐	☐	Click or tap here to enter text.
Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	X	☐	☐	Click or tap here to enter text.
Triennial Assessment	Complete a Triennial Assessment and notify the public.	X	☐	☐	Click or tap here to enter text.



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Public Update and Information	Specify how the public will be informed about content and implementation.	X	☐	☐	Click or tap here to enter text.
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school year to be exempt from the Smart Snacks.	X	☐	☐	Click or tap here to enter text.
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	X	☐	☐	Click or tap here to enter text.
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	X	☐	☐	Click or tap here to enter text.



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Additional Wellness Goal	Continue to offer options in our Family Consumer Science class that teach students how to meal plan and prepare nutritious meals.	X	☐	☐	Click or tap here to enter text.
Additional Wellness Goal	In our health classes continue to educate students about the dangers of vaping, drugs, unsafe sexual activity and social media trends.	X	☐	☐	Click or tap here to enter text.
Additional Wellness Goal	Continue to keep restorative justice as the core of our students' social/emotional wellbeing.	X	☐	☐	Click or tap here to enter text.

Additional Notes:

EMS continues to work towards a healthy lifestyle for each student.

How does your policy compare to the model policy?

Eastern Mennonite School compares well with the model policy and in some areas we feel like we excel.

Completed 10/13/2025

Karla Tierney

Chris Eberly