

Bristol City Schools Wellness Policy/ Wellness Plan Assessment

This survey is a tool for measuring compliance with objectives stated in the Bristol City Schools Wellness Policy and Wellness Plan. For each objective stated, please select the choice that best describes your school's level of compliance.

Health and Nutrition Education Objectives	In Compliance	In Progress	Not Compliant
Students will be encouraged to make nutritious food choices and will have an awareness of the benefit of eating a variety of foods including fruits, vegetables, and grains, as well as foods low in sugar and fat.	X		
Nutrition education will be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts or newsletters, bulletin board postings or banners, postings on the school or district website, community or student oriented presentations or other communications focused on promoting proper nutrition or healthy lifestyles.	X		
Encourage the use of non-food items when rewards are given.		X	
Encourage serving healthy foods for school or classroom events or celebrations when held during school hours.		X	
When fundraising events are permitted, encourage healthy fundraisers as alternatives to fundraising that involves the selling of food items not in compliance with Smart Snacks standards.	X		
Serving or sales of food items to students should not be in competition with breakfast or lunch programs (during serving times)	X		
Physical Education and Physical Activity Objectives	In Compliance	In Progress	Not in Compliance
In accordance with TCA 49-6-2021, all schools shall integrate a	X		

minimum of ninety minutes of physical activity per week into the instructional day for all elementary and secondary school students.			
Moderate to vigorous physical activity is an integral part of all physical education classes.	X		
Denying student participation in recess or other physical activities as a form of discipline is discouraged.	X		
The use or implementation of physical activity as a form discipline is discouraged.	X		

Additional comments about your school's compliance:

Name of person submitting the Wellness Policy/Plan Assessment: _____ Ashleigh Shu _____

School: Tennessee High School _____