

CCS (LEA) Wellness Plan states that in order to send consistent messages to students, parents/guardians and the community and to further support nutrition education efforts, CCS (LEA) shall:

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Encourage the use of non-food items when rewards are used.	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 of limited nutritional value.	X		

**Physical Education and Physical Activity**

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
____ (LEA) Wellness Plan states that in accordance with TCS 49-6-1021, all schools shall integrate a minimum of ninety minutes of physical activity per week into the instructional day for all elementary and secondary school students	X		
____ (LEA) Wellness Plan states that in accordance with the State Board of Education's Physical Education Policy, KCS shall offer developmentally appropriate physical education opportunities to all students every year that include components of a quality physical education program.	X		
____ (LEA) Wellness Plan states that moderate to vigorous physical activity shall be an integral part of all physical education classes	X		

*This survey is a tool for measuring compliance with objectives stated in the \_\_\_\_\_ (LEA) Wellness Plan. For each objective stated, please select the choice that best describes your school's level of compliance. When completed, please return this survey to:*

Health and Nutrition Education

KCS Wellness Plan states that Nutrition education, a component of comprehensive health education, shall be offered every year to all students. It further states that Kingsport City Schools shall ensure the following:

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Developmentally appropriate nutrition education that provides the knowledge, skills, and values needed to adopt healthy eating behaviors will be integrated in to all areas of the curriculum when appropriate.	X		
Students will be encouraged to make nutritious food choices and will have an awareness of the benefits 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 and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.	X		

Other School-based Activities Designed to Promote Wellness

(LEA) Wellness Plan states that shall strive to create and maintain a healthy school environment in each school that promotes healthy eating, physical activity and well-being. In order to create and maintain this environment, (LEA) recognizes the importance of the following:

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
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 of discipline is discouraged.	X		
Students can learn healthy lifestyle habits by observing the activity patterns of school personnel and other adults in the school environment. Therefore, all adults in the school environment are encouraged to be positive healthy lifestyle role models for students at all times.	X		

Additional Comments about your school's compliance:

School: Tribe All Schools are Compliant  
 Name of person completing survey: Debra Clark, 5-17-23