

## Youth Town Wellness Assessment Tool

This survey is a tool for measuring compliance with objectives stated in the Youth Town 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 your cafeteria supervisor.

### Health and Nutrition Education

Youth Town's Wellness Plan states that nutrition education, a component of comprehensive health education, shall be offered every year to all students. It further states that Youth Town shall ensure the following:

Objective	In Compliance	In The Process of Becoming	Not Compliant
Developmentally appropriate nutrition education that provides, knowledge, skills, and values needed to adopt healthy eating behaviors will be integrated into all areas of the curriculum when appropriate.			
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.			
Nutrition education will be made available to parents/guardians and to 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.			

Youth Town's Wellness Plan states that in order to send consistent messages to students, parents and the community and to further support nutrition education efforts, Youth Town shall:

Objective	In Compliance	In The Process of Becoming	Not Compliant
Encourage the use of non-food items when rewards are used.			
Encourage serving healthy foods for school or classroom events or celebrations when held during school hours.			
When fundraising events are permitted, encourage healthy fundraisers as alternatives to fundraising that involves the selling of food items of limited nutritional value.			

### Physical Education and Physical Activity

Objective	In Compliance	In The Process of Becoming	Not Compliant
Youth Town's Wellness Plan states that in accordance with TCA 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.			
Youth Town's Wellness Plan states that in accordance with the State Board of Education's Physical Education Policy, Youth Town shall offer developmentally appropriate physical education opportunities to all students every year that include components of a quality physical education program.			
Youth Town's Wellness Plan states that moderate to vigorous physical activity shall be an integral part of all physical education classes.			

**Youth Town's Wellness Plan states that Youth Town 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, Youth Town recognizes the importance of the following:**

Objective:	In Compliance	In The Process of Becoming	Not Compliant
Denying student participation in recess or other physical activities as a form of discipline is discouraged.			
The use or implementation of physical activity as a form of discipline is discouraged.			
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.			

Please feel free to include additional comments about your school's compliance:

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Please check your position:

Resident	
Supervisor	
Staff	

Name of Person Completing Survey

## Youth Town of Tennessee

School