Dyersburg City Schools Wellness Plan
Triennial Assessment

June 1, 2025

Name	Role
Jane Tosh	Parent, DHS
Jessica Gardner	Parent, DMS
Carrie Newsom	Parent, DIS
Kristy Klinkhammer	Nurse, Parent, DIS
Josh Rogers	Admin., Parent, Central Office

Dyersburg City Schools
Wellness Plan Assessment

This survey is a tool for measuring compliance with objectives stated in the Dyersburg City Schools Wellness Plan. For each objective stated, please select the choice that best describes your school's level of compliance. When completed, please return to: Monica Sharp, Coordinated School Health Coordinator.

Dyersburg City Schools Wellness Plan states that in order to send consistent messages to students, parents/guardians and the community and to further support nutrition education efforts, Dyersburg City Schools shall:

Nutrition

Objective	In Compliance	In the process of becoming compliant	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 compliant	Not Compliant
Dyersburg City Schools 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	✓		
Dyersburg City Schools Wellness Plan states that in accordance with the State Board of Education's Physical Education Policy, DCS shall offer developmentally appropriate physical education opportunities to all students every year that include components of a quality physical education program.	✓		
Dyersburg City Schools Wellness Plan states that moderate to vigorous physical activity shall be an integral part of all physical education classes	✓		

Health and Nutrition Education

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

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Developmentally appropriate nutrition education that provides the 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 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.	✓		

Other School-Based Activities Designed to Promote Wellness

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.	✓		
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.		✓	

Dyersburg High School

Name of School

Jane Tosh

Name of Person Completing Survey

Dyersburg City Schools
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Dyersburg Middle School

Name of School

Jessica Gardner

Name of Person Completing Survey

Dyersburg City Schools
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Dyersburg Intermediate School

Name of School

Carrie Newsom

Name of Person Completing Survey

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Name of School

Kristy Klinkhammer

Name of Person Completing Survey

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Dyersburg Middle School

Name of School

Josh Ross

Name of Person Completing Survey