

Arkansas Indistar

Health and Wellness School Improvement Priority

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Section I: School Information

School Name:	Nemo Vista Elementary
School LEA Number:	1503016

School Year: 2019-2020

Section II: Needs Assessment**School Health Index Assessment**

Hint

- Check box if completing the SHI Assessment online
- Check box if the school completed the pdf version of the SHI Assessment, upload the Completed Overall Score Card and the School Health Improvement Plan to the Health & Wellness Folder.

If completing the SHI Assessment online, a reference number must be provided.

Reference Number:	Redh838889
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Reviewer Comments:**Body Mass Index (BMI)**

Hint

- The school has conducted an analysis of the School Level Body Mass Index screening data.**

Develop a brief narrative of student BMI trends based on the analysis of the data.

Overall BMI classification results for Nemo Vista Elementary School show: approximately 31.6% of all children measured were in the OVERWEIGHT category, and approximately 47.7% of all children measured were identified as OBESE. 46.1 % of the males and 33.3% of the females were overweight or obese. Therefore, we do not have results complete for each and every grade over a period of three years to show any trends. In elementary, for example, the grades 1, 3, and 5 are not tested at all. Students in grades K, 2, and 4 also have the choice to opt out of testing if parents sign a release.

Other Health and Wellness Related Data (Optional)

Hint

Develop a brief narrative of other health and wellness data. (Optional)

Reviewer Comments:

Section III: Health and Wellness Goals

Indicate the LEA's compliance with the following Act 1220 requirements:

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee.
 - The LEA will ensure that the district policy is in compliance with state and federal mandates.
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Goal 1: The LEA will provide coordination and support to create a healthy nutrition environment for students.

Hint

Goal 1 Measurable Objective

The wellness committee meets quarterly with the food service director to review menus and that healthy food choices are being marketed. All students meet the grade appropriate nutrition education standards through their PE classes. Human growth and development will be taught through Science classes and the nurse as needed. Community health and promotion will be taught through PE classes, Science classes, and the nurse combined. Healthy life skills and relationships will be addressed through the nurse and counselor. Alcohol, tobacco, and other drugs will be addressed by the counselor in an assembly.

Wellness committee meets to ensure the policy is in compliance with federal and state mandates. The Arkansas Department of Education Child Nutrition Unit Guidelines for Public Schools states:

All grains are whole grain rich

No Trans Fat

Saturated Fat must be less than 10 grams

Fresh Fruit is served 23 times weekly Canned fruit is in light syrup or natural juices

All milk must be 1% or Skim

The breakfast meal pattern for elementary is 350500 calories (average per day) and 540 mg

sodium. Elementary should receive 7-10 servings of whole grain per week, at least one serving per day. One cup of fruit offered daily, must take 1/2 cup fruit. One cup of milk daily. The lunch meal pattern for elementary is 550-560 calories (average per day) and 1230 mg Sodium. The food items for lunch are:

Meat/Meat Alternate 8-10 ounces

Dark Green Vegetables 1/2 cup

Red/Orange Vegetable 3/4 cup

Beans/Peas Vegetable 1/2 cup

Starchy Vegetable 1/2 cup

Other Vegetable 1/2 cup Fruit 2 1/2 cups (1/2 cup daily)

Whole grain 8-9 ounces

Milk 5 cups

Goal 1

Activity	Person Responsible	Timeline
Meet quarterly with food services director	Drew Blocker	September 24, 2019 November 25, 2019 March 9, 2020 May 14, 2020
Nutrition Elementary Curriculum- Arkansas State Standards	Brittany Paladino	Ongoing
District Wellness Policy established	Logan Williams	February 2017

Reviewer Comments:

Goal 2: The LEA will provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students.

Hint

Goal 2 Measurable Objective

Elementary students attend PE twice a week for 40 minutes each session which is 20 minutes more than is required. They get two 20 minute physical activity blocks daily. The elementary teachers utilize programs such as Brains Breaks and Go Noodle throughout the school day to keep students active. Also the layout of Nemo Vista encourages students to be physically active. Wellness committee meets to ensure the policy is in compliance with federal and state mandates.

Goal 2

Activity	Person Responsible	Timeline
Physical Education classes	Tori Biggers	Weekly
Physical Education classes	Tori Biggers	Weekly
District Wellness Policy	Logan Williams	Every Third Year

Reviewer Comments:

Goal 3: The LEA will provide professional development for school staff that promotes healthy nutrition and physical activity.

Hint

Goal 3 Measurable Objective

Teachers will be given a copy of their health standards which will indicate the standards that still need to be taught in the classroom and which standards that are covered in the Health Fair.

The district provides free flu clinic to all students, teachers, and staff. The Health Fair/ Red Ribbon Week will provide students with health and wellness information and a variety of resources through guest speakers, programs, and hands on activities. During the Teddy Bear Clinic, UCA nursing students teach kindergarten and first grade students lessons about going to the doctor to stay healthy.

Goal 3

Activity	Person Responsible	Timeline
Health and Wellness standards to teachers	Lindsey Ketchum	After Health Fair
Flu Clinic	Deb Hammett	October 2, 2019
Health Fair	Tresa Virden	November 4-8, 2019
Teddy Bear Clinic	Deb Hammett	April 2020

Reviewer Comments:

Goal 4: (Optional) The LEA will provide coordination to support a safe and healthy learning environment.

Goal 4 Measurable Objective

Parents will be given updates on school health on a regular basis.

Goal 4

Activity	Person Responsible	Timeline
Parent Newsletter	Regina Tilley	monthly

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments: