

Arkansas Indistar

Health and Wellness School Improvement Priority

**Section I: School Information**

<b>School Name:</b>	Nemo Vista Middle School
<b>School LEA Number:</b>	1503018

**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.

<b>Reference Number:</b>	Nemo379918
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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 Middle School in 2018-2019 who approximately 21% of all children measured were OVERWEIGHT and 30.6% were OBESE. In 2017-2018, 16.4% of children measured were OVERWEIGHT and 25.5% were OBESE. In 2016-2017, 52.2% of children measured were in the OVERWEIGHT or OBESE category.

**Other Health and Wellness Related Data (Optional)**

Hint

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

We do not test every student in each and every grade 6-8th. Therefore, we do not have results complete for each grade over a period of three years to show any true trends. In middle school, the 7th grade is not tested at all. Students in grades 6 and 8 also have the choice to opt out of testing if the parent/guardian signs a release.

**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.

**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 ensure 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. Health life skills and relationships will be addressed through the nurse and counselor. Alcohol, tobacco, other drugs will be addressed by the counselor in an assembly.

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

- All grains are whole grain rich
- No trans fat
- Saturated fat must be less than 10 grams
- Fresh fruit is served 2-3 times weekly
- Canned fruit is in light syrup or natural juices
- All milk must be 1% or skim

The breakfast meal pattern for middle school is 400-500 calories (average per day) and 600mg sodium. Middle school should receive 8-10 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 milk daily. The lunch meal pattern for middle school is 600-700 calories (average per day) and 1,360mg sodium. The food items for lunch are:

- Meat/meat alternative 9-10 ounces
- Dark green vegetable 1/2 cup
- Red/orange vegetable 3/4 cup
- Beans/peas 1/2 cup
- Starchy vegetables 1/2 cup
- Other vegetable 1/2 cup

- Fruit 2 1/2 cups (1/2 cup daily)
- Whole grain 8-10 ounces
- Milk 5 cups (1 cup daily)

**Goal 1**

Activity	Person Responsible	Timeline
Meet quarterly with food service director	Drew Blocker	September 24, 2019 November 25, 2019 March 9, 2020 May, 14, 2020
Middle school curriculum via ADE	Clay Blake	Yearly
District Wellness policy in effect	Logan Williams	established 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**

Students in the middle school are required one day of physical education per week. They then have the choice between art, music, or physical education the other four days of the week. Students also have a thirty minute lunch break in which most students are active and playing games. The layout of Nemo Vista encourages students to be physically active throughout the day by having to change buildings for classes a minimum of twice per day. Also, during block classes, teachers allow students to take a break to get up and move around or take a bathroom break which allows students to move around.

The wellness committee meets to make sure the District's policy is in compliance with federal and state mandates.

**Goal 2**

Activity	Person Responsible	Timeline
Physical Education classes	Kyle Payne	weekly
District Wellness policy in effect	Logan Williams	established February 2017

**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**

The school nurse will coordinate with the health department to set a time in which all students and staff will be offered a free flu shot.

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 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.

**Goal 3**

Activity	Person Responsible	Timeline
Provide school wide flu clinic	Deb Hammett	October 2, 2019
Health and Wellness standards to teachers	Regina Riedmueller	After Health Fair
Red Ribbon Week	Regina Riedmueller Retha Smith	October 21-25, 2019
Health Fair	Regina Riedmueller	Spring 2020

**Reviewer Comments:**

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

Hint

**Goal 4 Measurable Objective**

**Goal 4**

Activity	Person Responsible	Timeline

**Reviewer Comments:**

**Reviewer Response:**

ADE Reviewed

**Reviewer Comments:**

Close