

AR
 University Heights School of Medical Arts (Nettleton School District)
 3901 Aggie Rd
 Jonesboro AR 72405
 870-336-4700

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	University Heights School of Medical Arts
School LEA Number:	Nettleton

School Year: 2019-2020

Section II: Needs Assessment

School Health Index Assessment

Check box if completing the SHI Assessment online

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

Reference Number:	
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Reviewer Comments:

The SHI was completed via pdf so the correct box to check is the second one. AEW 10/15/19

Body Mass Index (BMI)

<input checked="" type="checkbox"/>	The school has conducted an analysis of the School Level Body Mass Index screening data.
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Develop a brief narrative of student BMI trends based on the analysis of the data.

The school nurse enters the information into the BMI entry site after she has received notification from Arkansas Center for Health Improvement. The results are then reviewed by the Building Wellness Team.

In 2018-19 the school nurse recorded the following results for our 6th grade students:

FEMALES: underweight 51.5%; overweight 15.2%, obese 33.3%

MALES: underweight 57.3%; overweight 13.5%; obese 29.2%

Other Health and Wellness Related Data (Optional)

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.

Goal 1: The LEA will provide coordination and support to create a healthy nutrition environment for students.

Goal 1 Measurable Objective

Ensure all students served by LEA receive grade appropriate nutrition education.

Goal 1

Activity	Person Responsible	Timeline
Attend District Wellness meetings. Discuss with cafeteria coordinator school nutrition regulations. Allow parents and students to provide feedback.	Lisa Hogan	September 2019-April 2019
Limit the amount of unhealthy snacks that students receive as awards and/or during PBIS events.	Lisa Hogan	August 2019-May 2020
Encourage students to drink more water during lunch after they have had the required fluids. Allow students to carry water bottles to class to encourage drinking water throughout the day.	Lisa Hogan	August 2019-May 2020
Review nutrition curriculum.	Debbie Bean	August 2019-May 2020
Meet with District Wellness coordinator to ensure the district's wellness policy is in compliance with	Debbie Bean/Lisa Hogan	August 2019-May 2020

federal and state mandates.		
Infuse nutrition/healthy lifestyle into the existing Arkansas frameworks.	Debbie West	August 2019-May 2020

Goal 1

Activity	Person Responsible	Timeline
At least one member of the school wellness team will complete the CDC online course.	Ann Brown (2018), Lisa Hogan (2019)	September 2018
All students grades K-8 will receive free breakfast and lunch daily through the Community Eligibility Program.	Dawn Ragsdale	August 2019-May 2020
Provide flyers at UHSMA for the Jonesboro Community Health Fair sponsored by Arkansas Health and Wellness.	Lisa Hogan	August 2019-May 2020

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.

Goal 2 Measurable Objective

Ensure the minimum levels of physical education and physical activity are being provided.

Ensure that physical activity is implemented across the curriculum for all grade levels.

Goal 2

Activity	Person Responsible	Timeline
A recess occurring before school will be implemented.	Debbie Bean	August 2019-May 2020
At least three iTime sections (Couch to 5K, All About Sports) will be offered that students can choose from.	Lisa Hogan	August 2019-May 2020
UHSMA will sponsor a 5K.	Shelly Murray	October 2019
Ensure that the minimal levels of physical education and physical activity are being provided by creating a PE schedule and monitoring lessons.	Debbie Bean	August 2019-May 2020
Host a Game Night for families to work together on physical activities.	Julie Barker	March 2020

Goal 2

Activity	Person Responsible	Timeline
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Incorporate music with PE using the DrumFit curriculum.	David Utley	September 2019-May 2020
Partner with Nestle to purchase physical education products not available through current budget.	Debbie Bean	September 2019-May 2010
Advertise community events such as the St. Bernards Color Run.	Lisa Hogan	September 2019

Reviewer Comments:

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

Goal 3 Measurable Objective

Provide professional development for staff that includes nutrition and physical activity.

Goal 3

Activity	Person Responsible	Timeline
Provide professional development and wellness days that includes nutrition and physical activity.	Nancy Gribble	August 2019-May 2020
Make staff aware of local gyms that offer discounts for teachers.	Nancy Gribble	August-September 2019
Prepare food that follows nutrition guidelines. Offer salads for staff as an optional lunch.	Dawn Ragsdale	August 2019-May 2020
Partner with Nestle to collaborate physical and nutrition lessons for students and staff.	Lisa Hogan	August 2019-May 2020
Medical Arts IF will keep staff and student abreast of upcoming nutritional and physical activity events. She will also co-teach with classroom teachers regarding these topics.	Debbie West	August 2019-May 2020

Reviewer Comments:

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

Goal 4 Measurable Objective

Make student aware that there is a need to take care of the physical environment.

Goal 4

Activity	Person Responsible	Timeline
Promote recycling/garden iTime elective.	Paige Hill	August 2019-May 2020
Provide recycling containers for students and staff to recycle.	Paige Hill	August 2019
Create a Garden Club for students to learn the value of fruits and vegetables.	Marcia Appleby	August 2019-May 2020
Incorporate Medical Arts into the existing curriculum. An emphasis will be made on health and nutrition.	Debbie West	August 2019-May 2020

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

No revisions are needed at this time. Proceed to the Submissions Tab, and click the submit button in order to complete the submissions process. Thank you, AEW 10/15/19