

AR
 Valley Springs Middle School (Valley Springs School District)
 P.O. BOX 640
 Valley Springs AR 72682
 870-429-9208

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Valley Springs Middle School
School LEA Number:	0505028

School Year: 2020-2021

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:	Vall323782
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Reviewer Comments:

Body Mass Index (BMI)

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.

The students in grades K, 2, 4, 6, 8 and 10 are assessed every school year. In 6th grade this year, 43.7% of the boys were overweight or obese. In 6th grade this year, 28% girls were overweight or obese. In 6th grade this year, there were more boys than girls overweight or obese. In 8th grade this year, there were more girls than boys actually reported as overweight or obese. There were 20% of the boys classified as being overweight or obese. As for the girls, there were 37% classified as being overweight or obese. There was a big change between boys and girls from the 6th grade to the 8th grade this year. The boys decreased obesity during this time, while the girls increased.

Other Health and Wellness Related Data (Optional)

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

We have partnered through a grant with Project Aware to assist in implementing PBIS into our school and to assist with our overall mental health. We are currently in the early stages of our kickoff this year with a focus on Responsibility and safety, as well as respect. We will continue to and will be further monitoring office referrals and link those referrals to behaviors of students to strive to improve and prevent issues when they arise. We have a therapist at our school, a behavior specialist and the program director at the OUR COOP that will assist and guide us in the implementation of the program. As data becomes more and more available this year and especially into next year we will be able to pinpoint and target problem areas and strive to make improvements. We have already been able to discern and address needs in building discipline, bullying issues and frequencies, and address specific students by connecting with them counselors, therapists, and specialists to work towards more behavioral improvement.

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.

Goal 1 Measurable Objective

Due to COVID 19, we have had to improve and focus on safety, delivery, and methods of meal service. The lunchroom seating has been spaced out, students can sit outside in grass areas, pavilions, and outdoor seating. Students in Virtual Valley can arrange to pick up meals. Meals will be served that will encourage students to eat breakfast and lunch. The meals will consist of colorful food and food choices. The principal will monitor classroom activities. The Food Director will monitor the menus to check to make sure food items meet the Dietary Guidelines. Teachers will include nutrition and wellness in their health and science classes. Continue to work to add varieties of fruits and vegetables at venues outside the cafeteria, and work to all allow for greater community involvement in meal, food, and beverage programs and offerings. These activities are ongoing.

Goal 1

Activity	Person Responsible	Timeline
Encourage students to eat outside, keep social distance, and wear masks when not eating.	Tony Mincer, Diana Young, duty staff	Ongoing
Encourage students to eat breakfast and lunch	Diana Young	Ongoing
Work to add more fruit and veggies to venues outside of school cafeteria.	Diana Young, staff, Tony Mincer	Ongoing
Monitor food menus to make sure they follow Dietary Guidelines	Diana Young, teachers, Tony Mincer	Ongoing

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

Keeping COVID regulations and distance as well as mask in mind, the Physical Education classes will increase cardiovascular activity. The Physical Education teacher will plan lessons using the Arkansas Standards. Instruction will be aligned to the standards. Physical activity/education will be included across the curriculum for all grade levels. Classroom teachers will look for and utilize opportunities in the regular school day to allow for breaks with quick physical activities in the classroom. Principals will schedule the correct number of minutes for Physical Education. Teachers in Physical Education classes will look to modernize and make applicable activities in class, as well as begin to individualize activities for greater effectiveness. This will be monitored through out the school year.

Goal 2

Activity	Person Responsible	Timeline
PE Classes will include Cardio vascular activities	PE Teachers	Ongoing
PE Teachers will use the Arkansas Standards in planning their instruction	PE Teachers	Ongoing
PE/Physical Activity will be included across the curriculum for all grades and used in instruction in classes.	Teachers	Ongoing
Principal will schedule the correct number of minutes for PE	Tony Mincer	Aug. 24, 2020
Modernize activities to increase effective instruction and participation	PE Teachers, Tony Mincer	Ongoing

Reviewer Comments:

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

Goal 3 Measurable Objective

The school nurses will discuss nutrition and physical activity with the faculty and staff. They will share articles during the year on a variety of topics relating to nutrition and wellness. The faculty and staff will monitor the students and staff daily to catch and address physical, social, emotional, and any nutritional issues. The staff will be provided with professional development from school nurses and the cafeteria supervisor that focuses on nutrition and physical activity. Staff may also receive this professional development from the Arkansas IDEAS portal. Staff have also been given the opportunity to participate in a Wellness Exercise Program with help from Project Aware available after school every day at no cost with a variety of programs and exercise instruction for them to get healthy and active.

Goal 3

Activity	Person Responsible	Timeline
The school nurse will provide nutrition and physical activity instruction through articles and sharing topics with staff as well as in PD opportunities	Shannon Tennison	Aug 24-May 2021
The Cafeteria Supervisor will provide nutrition instruction through articles, topic sharing, and PD opportunities.	Diana Young	Aug 24-May 2021
Monitor social, emotional, and physical needs of students and staff, especially with COVID and the changes and differences, as well as check on and monitor Virtual Valley students.	Natalie Roberts, Tony Mincer, Stacy Moore, teachers	Ongoing
Instruct and lead Wellness Exercise Program after school each day.	Melissa McDonald	Ongoing

Reviewer Comments:

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

Goal 4 Measurable Objective

The Health Education classes will continue to follow the required course curriculum and be taught by certified staff. The Health Education teacher will plan using the Arkansas Standards. Instruction will be aligned to the standards. Classroom teachers will look to strive for greater sequence and alignment of health instruction as well as search and utilize the best instruction materials for effective learning to take place. Principals will supervise instruction to help to ensure these changes and monitor their effects on learning. Teachers in Health Education classes will look to modernize and make applicable activities in class as well as begin to individualize activities for greater effectiveness. This will be monitored through out the school year

Goal 4

Activity	Person Responsible	Timeline
Health teachers will use the Arkansas Standards in planning their instruction	Health Teachers	Ongoing
Health teachers will strive for, meet, discuss, and	Health Teachers	Ongoing

implement greater sequence and alignment in their instruction		
Principal will supervise instruction to help ensure changes and learning	Tony Mincer	Ongoing
Modernize and individualize activities in instruction to increase effectiveness and greater participation	Teachers/Principal	Ongoing

Reviewer Comments:

Reviewer Response:

Reviewer Comments: