

AR
Westside High School Jonesboro (Westside Consolidated School District)
1630 Highway 91 W
Jonesboro AR 72404
870-935-7501

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Westside High School
School LEA Number:	1602-055

School Year: 2018-2019

Section II: Needs Assessment

School Health Index Assessment

☒ Check box if completing the SHI Assessment online

If completing the SHI Assessment online you must provide a Reference Number.

Reference Number:	west182556
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Reviewer Comments:

Body Mass Index (BMI)

☒	The school can verify the analysis of the School Level Body Mass Index screening data conclusions.
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Description/Conclusion

The high school has completed a year BMI for 8th and 10th graders. These results have helped us develop

more opportunities for PE elective class for the schedule.

36% of our the students measured are overweight or obese

Other health and wellness related data (Optional)

Description/Conclusion

Reviewer Comments:

Section III: Health and Wellness Goals

(Provide a detailed description of each required activity)

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: How will the LEA provide coordination and support to create a healthy nutrition environment for students? {Requirements: see 1 required activity.}

Goal 1 Measurable Objective

Coordinate with child nutrition personnel to ensure

menus are reviewed quarterly by the district wellness

committee and healthy food choices are being marketed.

We only allow water and juice only in the vending

machines. We installed 4 water bottle filling stations to

increase hydration and reduce the need for unhealthy

drinks. The elementary school has started a walking club to

promote physical activity. Middle School using exercise

balls for seats. AFJROTC is building an obstacle course

open to AFJROTC Cadets and the general public for

events.

Goal 1

Activity	Person Responsible	Timeline
Coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee and healthy food choices are being marketed. We only allow water and juice only in the vending machines. We installed 3 water bottle filling stations to increase hydration and reduce the need for unhealthy drinks. Elementary school has started a walking club to promote physical activity. Middle School using exercise balls for seats. AFJROTC is building an obstacle course open to AFJROTC Cadets and the general public for events.	Hedge, Graham, Dooley	Oct 1
Ensure that all students served by the school grade- appropriate nutrition education through health classes. Most students take health in the 8th and 9th grade. Appropriate Arkansas Health Frameworks are taught and guest speakers teaching healthing eating and promotion of physical fitness . AFJROTC has a built in PE and health component - Fitness classes are offered to teach fitness Michael Graham Devin Montgomery Chris George Oct 1 Page 1 of 3 for life and recreational sports.		

Reviewer Comments:

Goal 2: How will the LEA provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students? {Requirements: see 2 required activities.}

Goal 2 Measurable Objective

Goal 2

Activity	Person Responsible	Timeline

Reviewer Comments:

Goal 3: How will the LEA provide professional development for school staff on nutrition and physical activity? {Requirements: see 1 required activity.}

Goal 3 Measurable Objective

Goal 3

Activity	Person Responsible	Timeline

Reviewer Comments:

Goal 4: (Optional) How does the school address other health disparities trending among students identified from the Needs Assessment?

Goal 4 Measurable Objective

Goal 4

Activity	Person Responsible	Timeline

Reviewer Comments:

Reviewer Response:

Reviewer Comments: