

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)

<input checked="" type="checkbox"/>	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.

In 2017-18 42.8% of our students measured are overweight or obese. These students are encouraged by their counselor to take the offered elective PE classes - Fitness for Life, Adaptive PE (special education), Recreational Sports. It will be a part of our Comprehensive School Counseling Plan to have small group meetings on topics related to Health Wellness and Physical Activity. Support groups and

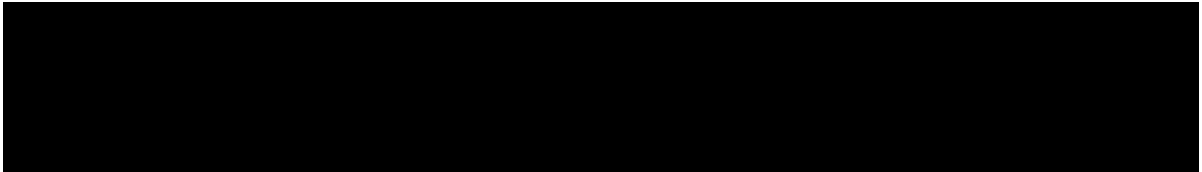
health education.

Other health and wellness related data (Optional)

Description/Conclusion

1602000 WESTSIDE CONS SCHOOL

WESTSIDE HIGH SCHOOL 55.4 57.2 15.3 27.5 42.8



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.

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 and provided each student with their own water bottle to increase hydration and reduce the need for unhealthy drinks. Our student handbook and teacher expectation encourage frequent water breaks as well as using the water bottle in the classroom. 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.

Our elementary and middle school playgrounds are open to the public during nonschool hours. Also we have

recently partnered with the Craighead Co. Judge to improve the track around the FB field. This project is finished and we have seen an increase in public use and student use. We are actively recruiting elementary students in the Warrior Running Tribe

All students in the High School grades 8-12 are taking the required PE/Health classes mandated by the state. We also go above and beyond this requirement with PE electives.

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 healthy 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

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

High school students are required to earn a half credit of health and a half credit of physical education in order to graduate at Westside High School. Our counselors and registrar regularly check the status of each student in eSchool and follow up with students that may have missed the credit by the 10th grade. The physical education requirement can be met with Personal Fitness for Life (0.5 credits) or Physical Education and Leisure (1 credit). Recreational Sports and Activities (0.5 credits) can be used as a follow-up to either course. We offer this class as a followup to every student and encourage students to participate.

We provide more than the minimum in conjunction with our Advisory Periods that meet every Wednesday. In these meetings, we provide supplemental health, sex education and safe driving speakers throughout the year. In addition, our Advisory Teams called Tribes compete in various physical activity intramurals throughout the year. Curriculum teams coordinate with health and PE teachers to formulate lesson plans to connect physical activity and health in their daily lesson plans.

Goal 2

Activity	Person Responsible	Timeline
Required PE?Health credits to graduate	Michael Graham, Julie Tubbs, Carol Little, Chris George, Tracy Wiseman	August 1 each year before schedules are made.
Tribe Time Intramurals	Katie Edlemon, Mark Whitmire, Lori Kercheval	August 19
PE Electives	Mark Whitmire, Julie Tubbs, Carol Little, Tracy Wiseman	August 1

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

Each year during our PD week. Nurse Lori Kercheval provides PD on various aspects of physical activity and nutrition. In addition she trains the staff on the AED, EpiPen Injections, Naloxone and Albuterol Inhalers for emergencies.

The teachers are then asked to develop talking points for their Advisory Teams to discuss certain topics based on the PD... Katie Edlemon our Advisory Team Leader makes a schedule on these topics and ensures that the teachers are making this a reality.

Goal 3

Activity	Person Responsible	Timeline
PD Week Nurse	Lori Kercheval, Michael Graham	Aug 1
Advisory Team Schedule	Katie Edlemon, Michael Graham	Aug 1

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

In our needs assessment vaping, sexual health and depression were the top issues facing our students. We have committed a special Advisory Team meeting and guest speaker to each of these issues with followup meetings in small groups led by the counselors.

Goal 4

Activity	Person Responsible	Timeline
Guest Speakers	Katie Edlemon	Aug 1
Counseling Groups	Julie Tubbs, Carol Little	Aug 1

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 5/13/19