

AR
Westside Elementary School Jonesboro (Westside Consolidated School District)
1834 Highway 91 W
Jonesboro AR 72404
870-932-9235

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Westside Elementary School
School LEA Number:	1602056

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:	West318398
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Reviewer Comments:

For the SHI, please ensure that the school completes the required modules 1-4, 10 & 11 as well as the plan for improvement tab which should include at least 2 actions. AEW 5/18/2020

Body Mass Index (BMI)

☒	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.

Overall, BMI classification results for Westside Elementary School show 65.87% of students tested underweight or healthy and 34.13 of the students tested are overweight or obese.

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

The district cafeteria manager will calculate the nutritional value of each meal provided to students for both breakfast and lunch. All meals will be in compliance with state and federal mandates. Students will be educated by December 2020 on healthy food choices in grades K-4 by the physical education teacher. Students will sit on a council to assist in determining school lunches that meet guidelines and are well-received by the student body.

Goal 1

Activity	Person Responsible	Timeline
Nutrition education will be taught in all K-4 grade students.	Todd Nortier	December 2020
Six 4th grade students will be selected by peers to participate in selecting school lunch choices.	Heather Johnson	November 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

A certified physical education teacher is on staff full-time to provide students with forty minutes of physical education class time each week. Additionally, all students will receive up to 175 minutes each week of additional physical activity time. Each morning, students are encouraged to do Warrior Workout every morning in the gym to kick off their day.

Goal 2

Activity	Person Responsible	Timeline
Provide forty minutes each week of physical education with a certified teacher.	Todd Nortier	Ongoing
Provide two breaks in the day for a total of 35 minutes of time for physical activity.	Kelli Murray	Ongoing
Utilize morning assembly time to build internal motivation through movements and growth mindset.	Kelli Murray	Ongoing
GoNoodle/Brain Breaks will be implemented in all classrooms to increase physical activity throughout the day.	Kelli Murray	Ongoing
Promote morning running tribe information for parents and staff to participate along with students.	Nikki McGowan	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

Professional development will be provided to all staff on the importance maintaining a healthier lifestyle, including personal goal setting, being physically active, and taking care of personal needs.

Goal 3

Activity	Person Responsible	Timeline
Provide professional development related to goal setting for a healthier lifestyle.	Andrea Brackin, RN	December 2020
Updates will be provided at staff meetings concerning our health and wellness plan.	Kelli Murray	November 2020
Staff will complete a survey on ways we can better serve their health needs.	Kelli Murray	January 2021
Teacher Tribe will focus on mental and physical health of teachers in addition to emotional.	Margie Roach	Ongoing

Reviewer Comments:

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

Goal 4 Measurable Objective

We have various programs in place that assist in providing for students based on our needs assessment.

Goal 4

Activity	Person Responsible	Timeline
Food Backpack Program	Tammy Romines	Weekly
Shoes are provided for any student who needs them in order to participate in physical activity.	Counselor	Ongoing
Scholarships are available for students to participate in extracurricular activities but are unable to purchase supplies/uniforms.	Counselor	Ongoing
Self-health lessons will be provided to all students K-4 related to hand-washing, social distancing, coughing protocols, face mask rules, etc.	Andrea Brackin, RN	October 2020

Reviewer Comments:

Reviewer Response:

☒ ADE Reviewed

Reviewer Comments:

Please review the comments in section II and use for future references. If you have any questions, contact Ashley Williams, Act 1220 Coordinator, at (501) 683-3604. 5/18/2020