

Arkansas Indistar

Health and Wellness School Improvement Priority

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Section I: School Information

School Name:	Woodlawn High School
School LEA Number:	1304015

School Year: 2019-2020**Section II: Needs Assessment****School Health Index Assessment****Hint**

- ☐ Check box if completing the SHI Assessment online
- ☒ Check box if the school completed the pdf version of the SHI Assessment, upload the Completed Overall Score Card and the School Health Improvement Plan to the Health & Wellness Folder.

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

Reference Number:	3123130415
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Reviewer Comments:**Body Mass Index (BMI)****Hint**

- ☐ **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 School Health Index (SHI) for the High School Overall Score Card includes the following percentages.

Module 1 - School Health Policies and Environment - High at 89%

Module 2- Health Education - High at 98%

Module 3 - Physical Education and other Physical Activity Program - High at 93%

Module 4 - Nutrition Services - High at 85%

Module 8- Family and Community Involvement - Medium at 44%

Each year, students are screened and receive a body mass index score. Parents are sent a copy of the student's data in the fourth nine weeks report card. The school health and wellness committee uses this data to address any present needs. According to the Arkansas Center for Health Improvement Report, the BMI classification for students by grade for High School are as follows:

Eighth Grade - 62.5% are considered Healthy or Underweight with 37.5% are considered Overweight or Obese.

Tenth Grade: 57.6% are considered Healthy or Underweight and 42.4% are considered Overweight or Obese.

Overall, BMI classification results for High School show: 49% measured healthy or underweight, approximately 59.2% of all children measured were in the overweight category, and approximately 40.8% of all children measured were identified as obese.

Other Health and Wellness Related Data (Optional)

Hint

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

During the 2019-2020 school year, the Woodlawn High School participates in a breakfast in the high school building where students are provided choice on meal selection. During the current year from August 15 to August 30, 2019, over 2099 Breakfasts were served which tripled the number of meals served for breakfast alone district wide.

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.

Hint

Goal 1 Measurable Objective

Woodlawn High School creates a healthy nutritional environment by providing all students breakfast in the classroom and lunch, while also following state standards to educate students on the importance of healthy nutrition each morning during breakfast and during health and physical education classes.

Goal 1

Activity	Person Responsible	Timeline
The Woodlawn High School provides and meets all federal guidelines for school nutrition. All students are given two healthy food choices each day for lunch and two healthy food choices for breakfast. Woodlawn High School provides offer verses a serve process that provides more options for children while giving students choices to make healthy nutrition decisions.	Director of Food Services	August 15, 2019 to May 2020
The Physical Education Teacher of the Woodlawn High School follows the appropriate Arkansas Physical Education and Health State Standards. Implementation of the State Standards allows all students to receive a grade appropriate nutrition education.	Principal and Physical Education Teacher	August 2019- May 2020
The Woodlawn School District's representative serves as the district wellness contact and leads the district wellness committees. The Woodlawn School District representative reports to the wellness committee all goals, plan implementation progresses, and outcomes from the improvement efforts of the committee and building staff. All activities are in place to improve the health education and well being of the students in the high school. The district representative works to ensure that all district wellness policies are updated and in compliance with the federal and state requirements.	Wellness Administrator of School Based Health	August 2019- May 2020
The Woodlawn High School follows all general requirements for food and beverages in public schools. All food or beverage items during the school day for up to nine (9) different events each annual school year. The items among the 9 items, are not to be provided during meal times nor in the areas where school meals are served or consumed. The nine (9) Food dates are submitted to the ADE for review annually.	Principal; Wellness Committee	August 2019- May 2020
The Woodlawn School District provides over 20 minutes of seat time for student lunch consumption in a pleasant and healthy environment. Scientifically sound, evidence and assessment based, sequential curriculum are used for 7-12 nutrition education.	Principal; Science/Health Classroom teachers	August 2019- May 2020
A High School Advisory Committee is offered through the alignment of the Woodlawn High School and K-12 Culinary Connection (2 students per grade) The recommendations from the selected students are gathered and criteria are set and shared with the student body. The Woodlawn High School will collaboratively work with the Center for Health Advancement from the Arkansas Department of Health to launch the use of a water filling station Kick off Event during the month of September of 2019. Students will have access to a water filling station during the time they are in the cafeteria.	Principal; K-12 Culinary Connection; Students, Teachers	August 2019- May 2020; September 13, 2019

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

The Woodlawn High School ensures students receive 40 minutes a day of Physical Education weekly.

Goal 2

Activity	Person Responsible	Timeline
The Woodlawn High School follows the district policies which are in compliance with federal and state mandates.	Principal; Wellness Committee	August 2019-May 2020
Students in grades 7-12 receive physical education from a certified physical education teacher.	Principal and PE Teacher	August 2019-May 2020
Scientifically sound, evidence and assessment based, sequential curriculum are used for 7-12 physical education.	Principal and Physical Education	August 2019-May 2020

Reviewer Comments:

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

Goal 3 Measurable Objective**Goal 3**

Activity	Person Responsible	Timeline

Reviewer Comments:

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

Goal 4 Measurable Objective

Goal 4

Activity	Person Responsible	Timeline

Reviewer Comments:

Reviewer Response:

☐ ADE Reviewed

Reviewer Comments:

Close