

Health and Wellness School Improvement Priority**Health and Wellness School Improvement Priority**

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Section I: School Information

School Name:	McRae Elementary
School LEA Number:	7311047

School Year: 2020-2021**Section II: Needs Assessment**

When creating a new school health index assessment for the school year, be sure to include the following school health topics: nutrition, physical activity, and tobacco use by checking the box for each area.

Schools are required to complete the following modules: 1,2,3,4, 10 and 11, along with the Plan for Improvement.

[Online version of the SHI Assessment](#)[Elementary PDF version of the SHI Assessment](#)[Middle/High PDF version of the SHI Assessment](#)**School Health Index Assessment**

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:	Sear179783
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Reviewer Comments:

Complete the school improvement plan portion within the SHI assessment. At least 2 actions are required. Re-submit the Indistar plan and completion. AEW 12/30/2020

Schools may access the most recent published BMI data using the following website:
[Arkansas Center for Health Improvement \(ACHI\) Public School BMI Reports](#)

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 BMI Classifications for students in Kindergarten and 2nd Grade at McRae Elementary School 2019-2020:

Males: Healthy weight: 41%, Overweight: 11.48%, Obese: 5.5%, Underweight: 3.58%

Females: Healthy weight: 46.46%, Overweight: 15.91%, Obese: 4.5%, Underweight: 3.23%

Overall, BMI Classification results for McRae Elementary school show:

- Approximately 13.7% of K and 2nd grade measured were in the OVERWEIGHT category.
- Approximately 5% of K and 2nd grade measured were in the OBESE category.

Other Related Health and Wellness Hint:

Vision and hearing screening data (Source: eSchool)

Alcohol, tobacco, other drug use, and violence (Source: Arkansas Prevention Needs Assessment <https://arkansas.pridesurveys.com/>)

Chronic conditions (asthma, diabetes, etc.) (Source: School Nurse Survey District Report)

Behavioral health (Source: Office/Behavior Referrals)

Additional school health index assessment modules:

- Module 5: School Health Services
- Module 6: School Counseling, psychological, and Social Services
- Module 7: Social and Emotional Climate
- Module 8: Physical Environment
- Module 9: Employee Wellness and Health Promotion

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.

Develop a measurable objective for improving outcomes related to the School Health Index (SHI) Module 4: Nutrition Environment and Services. The school should provide activities, person responsible and a timeline based on the plan for improvement generated by the school health index.

Note: Activities must include the provision of grade-appropriate nutrition education for all grade levels.

Goal 1: The LEA will provide coordination and support to create a healthy nutrition environment for students.

Goal 1 Measurable Objective

Ensure that all students served by the LEA receive grade-appropriate nutrition education.

Goal 1

Activity	Person Responsible	Timeline
Students are taught healthy eating and exercise through physical education classes, reading and science lessons.	James Mulvany	Aug 24, 2020 - May 27, 2021
Farm to School Program is implemented to allow students access to fruits and vegetables grown by local farmers during meal times.	Charlotte Davis	Aug 24, 2020 - May 27, 2021
Students participating with Lions Online (virtual learning) will also have access with fruits and vegetables provided by local farmers through our lunch program.	Charlotte Davis	Aug 24, 2020 - May 27, 2021

Reviewer Comments:

Good job on your team's efforts in addressing nutrition on the school campus! As you move forward developing meaningful health & wellness performance objectives, always include a target level of performance. An objective should clearly answer, one or all of the following questions:

- How much?
- How many?
- How will I know that it's accomplished? AEW 12/30/2020

Develop a measurable objective for improving outcomes related to the School Health Index (SHI). Module 3: Physical Education and Physical Activity Programs. The school should provide activities, person responsible and a timeline based on the plan for improvement generated by the school health index.

Note: Activities must include the provision of physical activity across the curriculum for all grade levels.

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

Ensure that minimum levels of physical education and physical activity are provided through physical education classes weekly for 40 minutes and 150 minutes of physical activity daily on the playground.

Ensure that physical activity is implemented across the curriculum for all grade levels through physical activity for 40 min/day on the playground and periodic breaks in instruction using exercise, breathing techniques, and movement while learning. Classes have "Go Moodle" breaks at least twice a day for 2 minutes.

Goal 2

Activity	Person Responsible	Timeline
Students receive physical education class for 40 min/week	James Mulvany	Aug 24, 2020 - May 27, 2021
Students receive physical activity for 40 min/day on the playground	James Gurchiek	Aug 24, 2020 - May 27, 2021
Teacher utilize "Go Noodle" twice daily for at least 2 min with students for physical breaks and relaxation techniques	James Gurchiek	Aug 24, 2020 - May 27, 2021
Teachers will provide Physical Education for students that are participating with Lions Online (virtual learning)	James Mulvany	Aug 24, 2020 - May 27, 2021

Reviewer Comments:

Good job on your team's efforts in addressing physical activity on the school campus! As you move forward developing meaningful health & wellness performance objectives, always include a target level of performance. An objective should clearly answer, one or all of the following questions:

- How much?
- How many?
- How will I know that it's accomplished? AEW 12/30/2020

Develop a measurable objective for improving outcomes related to the School Health Index (SHI) Modules 1-4. The school should provide activities, person responsible and a timeline based on the plan for improvement generated by the school health index.

Note: Activities may include professional development focused on staff wellness and healthy lifestyles and classroom resources for nutrition education or implementation of physical activity across curriculum.

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

Goal 3 Measurable Objective

School staff is informed of physical activity requirements and the importance of healthy habits through proper nutrition and exercise in August during professional development.

Staff is encouraged to participate in the annual District Fitness Challenge and awarded prizes at the end for completing the challenge.

Students receive nutrition and exercise instruction from all staff through reading, science, and physical education.

The importance of physical activity is emphasized through physical education classes 40 min/week and physical activity on the playground 40 min/day.

Goal 3

Activity	Person Responsible	Timeline
Farm to Table Project provides fresh fruit and vegetables for our cafeteria to serve during the school year.	Charlotte Davis	Aug 24, 2020 - May 27, 2021
Staff is encouraged to participate in the annual Fitness Challenge each Spring	Charlotte Davis	Aug 24, 2020 - May 27, 2021

Reviewer Comments:

This measurable objective may be used for improving outcomes related to any data sources referenced in Section II - Other Health and Wellness Related Data, including any additional School Health Index (SHI) modules completed. The school should provide activities, person responsible and a timeline to support the objective.

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:

Please review the comments in section II and revise as necessary. If you have any questions, contact Ashley Williams, Act 1220 Coordinator, at (501) 683-3604. 12/30/2020
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