

Arkansas Indistar

Health and Wellness School Improvement Priority

Revise and Submit: This form has been reviewed and revisions are needed. Please make revisions, save, and then go to Submissions tab to submit.

Section I: School Information

School Name:	Southside Charter High School
School LEA Number:	3209703

School Year: 2022-2023

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:	Sout604593
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Reviewer Comments:

09/16/22 - Returned at District's request.

Chante'le' Williams, DESE

Body Mass Index (BMI)

Hint

Develop a brief narrative of student BMI trends based on the analysis of the data.

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According to the 2021-2022 BMI data for 10th graders a total of 63 were screened. There were 27 girls screened, and 37 boys. There were 14 girls at a healthy weight, 9 obese, and 4 overweight. There were 24 boys at a healthy weight, 8 obese, 3 overweight, and 2 underweight.

Additional Health Data (Optional)

Hint

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

Rich text editor toolbar with icons for Bold (B), Italic (I), Underline (U), Strikethrough (X), Link (A), and other formatting options. The editor area is currently empty.

Reviewer Comments:

Section III: Health and Wellness Goals

Indicate the LEA's compliance with the following State Mandates:

These checkboxes are required. Form will NOT save unless they are checked.

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (**AR Code §6-20-709**).
- The LEA has implemented space in the facility to accommodate breastfeeding mothers (**AR Code §6-18-719**).

Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students

Hint

Goal 1 Measurable Objective

Rich text editor toolbar with icons for Bold (B), Italic (I), Underline (U), Strikethrough (X), Link (A), and other formatting options. The editor area contains the following text:

The food service program will offer well balanced meals. Seasonally appropriate fruits and vegetables will be offered. Breakfast and lunch meals will offer a variety of options for students to choose from.

Menus are viewable on hallway screens. Menus are also read aloud on the announcements. Campus is closed and outside food is not allowed.

Breakfast and second chance breakfast is offered daily.

Samples of foods are offered at open house.

Samples of new foods are offered during lunch times.

Repeat

Goal 1 Activities

Activity	Person Responsible	Timeline
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Menus posted and read aloud	Kevin Qualls	August-May
Samples of foods at open house	Rhonda Fowler	August
Samples of new foods during lunch	Rhonda Fowler	August-May

Reviewer Comments:

Topic 2: Coordination and Implementation of Physical Activity and Education for Students

Hint

Goal 2 Measurable Objective

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Second chance is also a time students can be up and moving inside or outside.

Advisory team building time involves movement.

Advisory also offers stress coping strategies such as physical activity.

Lunch time games are offered after eating time is over such as baggo, volleyball, and soccer.

Spark physical education curriculum is used.

Mark McLeod strategies for movement is used in the high school.

Physical education offers movement, games, team building, skills, and sports.

Nutrition standards are taught in health and consumer science.

Repeat

Goal 2 Activities

Activity	Person Responsible	Timeline
Spark PE curriculum and standards	Jimmy Hodges	August-May
Health standards	Jimmy Hodges	August-May
Advisory movement and stress coping	Classroom teachers	August-May
Lunch movement	Duty teachers	August-May

Reviewer Comments:

Topic 3 (Optional): Coordination and Implementation of Health and Safety (Whole Child) for Students

(NOTE- this goal may focus on any School Health Index (SHI) Assessment Module)

Hint

Repeat

Goal 3 Measurable Objective

🔍 **B** *I* U X^2 X_2 12 ▾ **A** ▾ ↻ ☰ ☰

One touch communication is being added to all exterior doors.

Resource officer is posted in the building and at exterior doors during class change.

Doors are secure, no leaving doors propped open

Health standards are covered during health and consumer science classes.

Repeat

Goal 3 Activities

Activity	Person Responsible	Timeline
One touch communication	Jimmy Hodges	August-May
SRO	Matt Churchwell	August-May
Doors secured	Kevin Qualls	August-May
Nutrition standards	Jimmy Hodges	August-May

Reviewer Comments:

Topic 4: Inclusion of School-wide Health Related Professional Development

Hint

List school-wide health related professional development sessions planned for school staff (Nutrition and Physical Activity staff development must be provided):

Session Title	Trainer/Organization	Session Duration
Mental health first aid	Lindsey Bowers	6 hours
Health and wellness	District	3 hours

Reviewer Comments:

Topic 5: Inclusion of Built Environment Strategies

In the box below, list the LEA's current efforts to create school spaces that increase opportunities for physical activity and promote access to nutritious foods for students:

Hint

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The high school uses the outdoor courtyard for movement times during lunch, advisory and outdoor class times.

The quad areas are used for movement throughout the day.

Gyms and fields are used for classes and athletics.

Track is used for physical education, sports and is open to the public after school hours.

School buildings are used by the community for dance recitals, and other community events that promote physical activity.

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Revise and Submit: This form has been reviewed and revisions are needed. Please make revisions, save, and then go to Submissions tab to submit.

Save

Save and Preview

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For **Save and Preview, if pdf does not appear, please check pop-up settings.*

Close

Arkansas Indistar

Health and Wellness School Improvement Priority

Revise and Submit: This form has been reviewed and revisions are needed. Please make revisions, save, and then go to Submissions tab to submit.

Section I: School Information

School Name:	Southside Junior High School
School LEA Number:	3209042

School Year: 2022-2023

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:	Sout532077
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Reviewer Comments:

09/16/22 - Returned at District's request.

Chante'le' Williams, DESE

Body Mass Index (BMI)

Hint

Develop a brief narrative of student BMI trends based on the analysis of the data.

According to the 2021-2022 BMI data 115 junior high students in the mandated grade of 8th were screened. A total of 66 girls were screened with 36 at a healthy weight, 15 obese, 15 overweight. A total of 49 boys were screened with 19 at a healthy weight, 21 obese, and 9 overweight.

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Additional Health Data (Optional)

Hint

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

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Reviewer Comments:

Section III: Health and Wellness Goals

Indicate the LEA's compliance with the following State Mandates:

These checkboxes are required. Form will NOT save unless they are checked.

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (**AR Code §6-20-709**).
- The LEA has implemented space in the facility to accommodate breastfeeding mothers (**AR Code §6-18-719**).

Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students

Hint

Goal 1 Measurable Objective

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The food service program will offer well balanced nutritional meals. Seasonally appropriate fruits and vegetables will be offered. Breakfast and lunch meal will offer a variety of options for students to choose from.

Students can have first or second chance breakfast daily. Grab and go is provided in the hallway after first period.

Menus are provided on a scrolling screen in the hallways, and on the district page.

Samples are given out at open house.

Samples of new food are given out during lunch times.

Repeat

Goal 1 Activities

Activity	Person Responsible	Timeline
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Menus on screens and district page	Toray Hana	August-May
Food samples at open house	Rhonda Fowler	August
Second chance breakfast	Rhonda Fowler	August-May
Samples of new food	Rhonda Fowler	August-May

Reviewer Comments:

Topic 2: Coordination and Implementation of Physical Activity and Education for Students

Hint

Goal 2 Measurable Objective

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Mark McLeod strategies for movement during classroom learning will be used. Advisory time is a planned activities. The building counselor has created a school spirited student lounge for students to go for a brain break when needed.

Spark curriculum is used in the junior high. Coach Smith works on team building sports and activities such as baggo, canjam, spike ball, ladder ball plus sports and sport skills.

Nutrition standards are taught through health and science classes.

Activity during lunch time with equipment provided.

Repeat

Goal 2 Activities

Activity	Person Responsible	Timeline
Spark PE curriculum	Deerick Smith	August-May
Nutrition standards	Classroom teachers	August-May
Physical education standards	Deerick Smith	August-May
Brain breaks	Classroom teachers	August-May
Lunch activity	Duty teachers	August-May

Reviewer Comments:

Topic 3 (Optional): Coordination and Implementation of Health and Safety (Whole Child) for Students

(NOTE- this goal may focus on any School Health Index (SHI) Assessment Module)

Hint

Repeat

Goal 3 Measurable Objective

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The junior high added twelve security cameras in the building.

Resource officer is stationed in the building all day.

Doors are secure. Doors are not left propped open for any reason.

Teachers keep classroom doors locked during class times.

Nutrition standards are taught in health and science classes.

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Goal 3 Activities

Activity	Person Responsible	Timeline
SRO stationed in the building.	Torey Hana	August-May
Exterior doors secured	Torey Hana	August-May
Classroom doors locked	classroom teachers	August-May
Nutrition standards	science and health	August-May
One touch security	Mr. McDaniels	August-May

Reviewer Comments:

Topic 4: Inclusion of School-wide Health Related Professional Development

List school-wide health related professional development sessions planned for school staff (Nutrition and Physical Activity staff development must be provided):

Session Title	Trainer/Organization	Session Duration
Mental health first aid	Lindsey Bowers	6 hours
Health and wellness	District	3 hours

Reviewer Comments:

Topic 5: Inclusion of Built Environment Strategies





In the box below, list the LEA's current efforts to create school spaces that increase opportunities for physical activity and promote access to nutritious foods for students:

Lunch activity space has been made larger.

Physical education has a gym for their classes only during the school day.

The baseball and softball areas are used for reward times.

Reviewer Comments:

Reviewer Response:  **B** *I* U X^2 X_2 12 ▾ **A** ▾   

ADE Reviewed

Reviewer Comments:

Revise and Submit: This form has been reviewed and revisions are needed. Please make revisions, save, and then go to Submissions tab to submit.

Save

Save and Preview

Save and Send for Review

For **Save and Preview, if pdf does not appear, please check pop-up settings.*

Close

Arkansas Indistar

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Southside Middle School
School LEA Number:	3209041

School Year: 2022-2023

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:	Sout242461
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Reviewer Comments:

09/16/22 - Returned at District's request.

Chante'le' Williams, DESE

Body Mass Index (BMI)

Hint

Develop a brief narrative of student BMI trends based on the analysis of the data.

According to 2021-2022 BMI data for Southside Middle School there were a total of 231 students screened in the mandated grades 4th and 6th. There were a total of 114 girls and 117 boys screened. There were 55 girls at a healthy weight, 35 obese, 22 overweight, and 2 underweight. There were 61 boys at a healthy weight, 32 obese, 22 overweight, and 3 underweight. In 4th grade girls, 28 at a healthy weight, 17 obese, 8 overweight, and 1 underweight. In 6th grade girls, 27 at a healthy weight, 18 obese, 14 overweight, and 2 underweight. In 4th grade boys 38 were at a healthy weight, 18 obese, 12 overweight, and 1 underweight. In 6th grade boys, 23 at a healthy weight, 12 obese, 10 overweight, and 2 underweight.

Additional Health Data (Optional)

Hint

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 State Mandates:

These checkboxes are required. Form will NOT save unless they are checked.

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee **(AR Code §6-20-709)**.
- The LEA has implemented space in the facility to accommodate breastfeeding mothers **(AR Code §6-18-719)**.

Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students

Hint

Goal 1 Measurable Objective

The food service program will offer well balanced nutrition meals. Seasonally appropriate fruits and vegetables will be offered. Breakfast and lunch meals will offer a variety of options for students to choose from.

Students are encouraged to eat breakfast by sending all students to the cafeteria each morning. Each student is greeted and ask if they are going to eat breakfast. Menus are read on the daily announcements. Menus are shared with families on the school webpage an weekly newsletter and class DOJO. Menus are also posted on scrolling screens inside the building.

Samples of cafeteria foods are offered during open house.

Samples are randomly given out during lunch times with new foods.

Goal 1 Activities

Activity	Person Responsible	Timeline
Menus sent home	Classroom teachers	August-May
Food samples available at open house	Rhonda Fowler	August
Special holiday meals	Rhonda Fowler	November, December, April
Special student days	Rhonda Fowler	October

Reviewer Comments:

Topic 2: Coordination and Implementation of Physical Activity and Education for Students

Hint

Goal 2 Measurable Objective

Spark curriculum is used to teach physical education in grades 4-6. Standards will be covered throughout the school year for physical education and nutrition. Nutritional standards are also covered in science classes and enrichment classes. Go noodle and Marcia Tate and Mark McLeod strategies are used for brain breaks and movement. Yoga, dance, sports, and archery are offered in enrichment times. All grades have a extra morning recess in addition to before or after lunch recess. All students have physical education. Athletics is offered in enrichment time.

Goal 2 Activities

Activity	Person Responsible	Timeline
Spark pe curriculum	Coach Miller	August-May
Nutrition standards	Classroom and enrichment teachers	August-May
Physical education standards	Coach Miller	August-May
Brain breaks	Classroom teachers	August-May

Reviewer Comments:

Topic 3 (Optional): Coordination and Implementation of Health and Safety (Whole Child) for Students

(NOTE- this goal may focus on any School Health Index (SHI) Assessment Module)

Hint

Goal 3 Measurable Objective

All exterior are locked and all visitors must be buzzed into the office area when necessary. A resource officer is posted outside during recess.

A variety of equipment is available to students to use during recess. Classrooms earn extra outside time for good behavior. During enrichment time yoga, dance, archery, and athletics is offered. The middle school has two large playground areas, plus a nature trail.

Goal 3 Activities

Activity	Person Responsible	Timeline
Exterior doors secured	Brad McGhee	August-May
SRO at recess	Dion Stevens	August-May
Office doors locked, visitors have to be buzzed in	Brad McGhee	August-May
Activities during enrichment, extra recess	Kayla Turner	August-May
One touch security	Brad McGhee	August-May

Reviewer Comments:

Topic 4: Inclusion of School-wide Health Related Professional Development

Hint

List school-wide health related professional development sessions planned for school staff (Nutrition and Physical Activity staff development must be provided):

Session Title	Trainer/Organization	Session Duration
Mental health first aid	Lindsey Bowers	6 hours
Wellness and nutrition	Kayla Turner	August 3 hours

Reviewer Comments:

Topic 5: Inclusion of Built Environment Strategies

In the box below, list the LEA's current efforts to create school spaces that increase opportunities for physical activity and promote access to nutritious foods for students:

Hint

The middle school has a sensory used for time when a student is overwhelmed or needs a brain break. The middle school has a nature trail which is used for classroom behavior rewards and brain breaks. The outdoor classroom is used for outdoor observations, learning, and creativity. On the hard surface outside there are painted games used for rewards and extra recess that help create more opportunities for physical activity.

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Close

Health and Wellness School Improvement Priority

Revise and Submit: This form has been reviewed and revisions are needed. Please make revisions, save, and then go to Submissions tab to submit.

Section I: School Information

School Name:	Southside Elementary
School LEA Number:	3209038

School Year: 2022-2023

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:	South656063
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Reviewer Comments:

09/16/22 - Returned at District's request.

Chante'le' Williams, DESE

Body Mass Index (BMI)

Hint

Develop a brief narrative of student BMI trends based on the analysis of the data.

According to the 2021-2022 BMI data there was a total of 212 in the two testing grades (k and 2nd) screened. A total of 101 girls screened and total of 111 boys screened. There were 65 girls at a healthy weight, 22 obese, 12 overweight, and 2 underweight. There were 64 boys at a healthy weight, 24 obese, 18 overweight, and 5 underweight. In kindergarten, 37 girls at a healthy weight, 12 obese, and 5 overweight. In kindergarten boys, 33 at a healthy weight, 7 obese, 10 overweight, and 3 underweight. In second grade girls 28 at a healthy weight, 10 obese, 7 overweight, and 2 underweight. In second grade boys, 31 at a healthy weight, 17 obese, 8 overweight, and 2 underweight.

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Additional Health Data (Optional)

Hint

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

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Reviewer Comments:

Section III: Health and Wellness Goals

Indicate the LEA's compliance with the following State Mandates:

These checkboxes are required. Form will NOT save unless they are checked.

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (**AR Code §6-20-709**).
- The LEA has implemented space in the facility to accommodate breastfeeding mothers (**AR Code §6-18-719**).

Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students

Hint

Goal 1 Measurable Objective

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The food service program will offer well balanced nutritional meals. Seasonally appropriate fruits and vegetables will be offered. Breakfast and lunch meals will offer a variety of options for students to choose from.

Students are encouraged to eat breakfast by the duty teachers asking if they have eaten each day. Menus for lunch and breakfast are sent home by classroom teachers. Menus are also posted on the elementary webpage.

Samples of cafeteria foods are offered during open house.

To encourage students to try different menu options, samples are randomly given out during lunch times of new foods.

Repeat

Goal 1 Activities

Activity	Person Responsible	Timeline
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Menus set home	Teachers	August-May
Food samples are available at open house	Rhonda Fowler	August
Special holiday meals	Rhonda Fowler	November, December,
Special student days	Rhonda Fowler	October
Student fun days	Rhonda Fowler	May

Reviewer Comments:

Topic 2: Coordination and Implementation of Physical Activity and Education for Students

Hint

Goal 2 Measurable Objective

🔍 **B** *I* U **X'** **X,** 12 ▾ **A** ▾

Spark curriculum will be used to teach physical education in grades K-3. Students will take ownership in helping create classroom rules and procedures. Students will work toward physical activity reward days. Standards will be covered throughout the school year for physical education and nutrition.

Brain breaks will be used throughout the school day. Go noodle will be incorporated during the school day between transition times in the academic day. Mark McLeod strategies will be used for movement in the classrooms. A variety of equipment is available for students to use during recess time to encourage more activity.

Repeat

Goal 2 Activities

Activity	Person Responsible	Timeline
Spark PE curriculum	Grayson Pinkett	August-May
Nutrition standards	Grayson Pinkett	August-May
Physical education standards	Grayson Pinkett	August-May
Special activity reward days for students	Grayson Pinkett	August-May
Brain breaks, go noodle McLeod strategies	Classroom teachers	August-May

Reviewer Comments:

Topic 3 (Optional): Coordination and Implementation of Health and Safety (Whole Child) for Students

(NOTE- this goal may focus on any School Health Index (SHI) Assessment Module)

Hint

Repeat

Goal 3 Measurable Objective

🔍 **B** *I* U **X'** **X,** 12 ▾ **A** ▾

A school resource officer is posted outside during recess times. Doors are secured during the school day and night time. No doors are left propped open for any reason. There are access panels that have been added to each door. Each recess teacher has a radio for communication. Go noodle, Mark McLeod strategies, brain breaks are used throughout the school day in the classrooms to promote brain breaks and physical movement.

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Goal 3 Activities

Activity	Person Responsible	Timeline
SRO posted outside during recess	Dion Stevens	August-May
Doors are secure, access panels	Rick Keller	August-May
Go noodle, McLeod strategies for movement	classroom teachers	August-May
One touch security	Rick Keller	August-May

Reviewer Comments:

Topic 4: Inclusion of School-wide Health Related Professional Development

List school-wide health related professional development sessions planned for school staff (Nutrition and Physical Activity staff development must be provided):

Session Title	Trainer/Organization	Session Duration
Mental health first aid	Lindsey Bowers	6 hours
Nutrition and wellness	Kim Poole	3





Reviewer Comments:

Topic 5: Inclusion of Built Environment Strategies

In the box below, list the LEA's current efforts to create school spaces that increase opportunities for physical activity and promote access to nutritious foods for students:

The elementary has a sensory room for times when a student is overwhelmed. The elementary also has a shaded nature trail that is used for rewards. The elementary has two seperate age appropriate playgrounds. The nature trail and playgrounds are open to the public during non school times in our playgrounds to play yard program.

Reviewer Comments:

Reviewer Response:  **B** *I* U X^2 X_2 12 ▾ **A** ▾   

ADE Reviewed

Reviewer Comments:

Revise and Submit: This form has been reviewed and revisions are needed. Please make revisions, save, and then go to Submissions tab to submit.

Save

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