

AR  
 Cave City School District  
 P.O. Box 600  
 Cave City AR 72521  
 870-283-5391

**Health and Wellness District Improvement Priority**

**Section I: District Information**

School Year: 2021-2022

LEA Information:

District LEA Number:	68020000
School District:	Cave City School District

✓ The LEA will ensure that the district wellness policy is in compliance with state and federal mandates.

**Section II: District Committee Members:**

District Wellness Committee Chair Name:	Diana Gore
Committee Chair Position:	Cave City High School Nurse
Committee Chair Email:	diana.gore@cavecity.ncsc.k12.ar.us
Committee Chair Phone:	870 283-3333
District Wellness Committee Co-Chair Name:	Elaine Nix
Committee Co-Chair Position:	Food Service Director
Committee Co-Chair Email:	enix@cavecity.ncsc.k12.ar.us
Committee Co-Chair Phone:	870 321-9120D

**Additional Committee Members:**

Name	Position or Role	Organization Represented	Phone	Email
Ashley Beller	School Board Member	School Board	870 834-5316	ashley@broodfarm.com
Marc Walling	Administrator	Cave City School District	870 283-3333	mwalling@cavecity.ncsc.k12.ar.us
Elaine Nix	Food Service	Child Nutrition	870 321-9120	enix@cavecity.ncsc.k12.ar.us
Stu Smart	Physical Education Teacher	Physical Education	870 283-3333	stu.smart@cavecity.ncsc.k12.ar.us
Sarah Vinson	Parent	Community	870 283-3333	svinson@cavecity.ncsc.k12.ar.us
Lilly Kirk	Student	Student	870 283-3333	lilyana.kirk@cavecity.ncsc.k12.us
David Edwards	Community Member	Community	870 612-2840	dwards@cavecity.ncsc.k12.ar.us
Diana Gore	School Health Professional	Students and Community	870 283-3333	diana.gore@cavecity.ncsc.k12.ar.us


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**Reviewer Response:**

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**Reviewer Comments:**

AR  
 Cave City Elementary School (Cave City School District)  
 P.O. Box 600  
 Cave City AR 72521  
 870-283-5393

**Health and Wellness School Improvement Priority**

**Section I: School Information**

<b>School Name:</b>	Cave City Elementary School
<b>School LEA Number:</b>	6802001

**School Year: 2021-2022**

**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.

<b>Reference Number:</b>	Cave159188
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**Reviewer Comments:**

**The SHI the reference number should read: Cave159188**

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.

The currently active SHI should be archived and a new SHI developed to assess the 2021/2022 school year for next year's School Health and Wellness Improvement Plan.

**In the future the submission will be returned for revisions for all of these reasons.**

**Currently, you must correct the SHI reference number and resubmit.**

**Body Mass Index (BMI)**

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

Cave City Elementary personnel will continue to compare yearly BMI numbers. In comparing previous years to 2020-21 school year, there was minimal upward trend. We think this can be attributed to many students being virtual during the Covid pandemic and not having access to nutritious and physical activity classes.

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**Additional Health Data (Optional)**

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

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**Reviewer Comments:**

Good narrative.

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**Section III: Health and Wellness Goals**

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

- ✓ The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (*AR Code §6-20-709*).

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

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**Goal 1 Measurable Objective**

Elaine Nix, our local Food Service Director, provides monthly menus to the Health and Wellness Committees to be reviewed and suggestions made for improvement, if needed. These menus are discussed at our quarterly Health and Wellness meetings.

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**Goal 1 Activities**

Activity	Person Responsible	Timeline
Students are given two menu choices daily for breakfast and lunch.	Elaine Nix	2021-22 SY
Menus are posted via digital platforms and around campus.	Elaine Nix	2021-22 SY

**Goal 1 Activities**

Activity	Person Responsible	Timeline

**Reviewer Comments:**

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.

Besides the mandated Objectives, are there any other opportunities the school offers to the students? Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

Objectives are to Specific, Measurable, Achievable, and Time-Bound.

**In the future the submission will be returned for revisions.**

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

**Goal 2 Measurable Objective**

Elementary students will participate in physical education classes every week with their PE teacher and have recess two times a day. One recess is 20minutes and the second recess is 30minutes.

**Goal 2 Activities**

Activity	Person Responsible	Timeline
Master schedule shows physical education courses.	Debbie Asberry	2021-22 SY
Physical activity periods are offered twice daily for K-5 students..	Debbie Asberry	2021-22 SY

**Reviewer Comments:**

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.

Besides the mandated Objectives, are there any other opportunities the school offers to the students? Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

Objectives are to Specific, Measurable, Achievable, and Time-Bound.

**In the future the submission will be returned for revisions.**

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**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)**

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**Goal 3 Measurable Objective**

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**Goal 3 Activities**

Activity	Person Responsible	Timeline

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**Reviewer Comments:**

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

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**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
The LEA will provide coordination to support a safe and healthy learning environment	Debbie Asberry	2021-22 SY
Encourage staff to attend co-op trainings and school health conferences.	co-op staff	2021-22 SY

**Reviewer Comments:**

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

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**Reviewer Response:**

✓ ADE Reviewed

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**Reviewer Comments:**

**Correct the SHI reference number and check Section III box and resubmit;** and see coaching comments for future submissions.

SB 4/12/22

## Arkansas Indistar

## Health and Wellness School Improvement Priority

Page 1 of 1

**Section I: School Information**

<b>School Name:</b>	Cave City Middle School Career & Collegiate Prep
<b>School LEA Number:</b>	6802702

**School Year: 2021-2022****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.

<b>Reference Number:</b>	Cave695079
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**Reviewer Comments:**

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.

**There is no PDF or SHI Reference Number; School Health and Wellness Improvement Plan is incomplete; submit the SHI Reference Number.**

The SHI should assess the school year preceding the School Health and Wellness Improvement Plan.

**Body Mass Index (BMI)**

Hint

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

Overall student BMI data shown on ACHI is not current; however, our campus data shows that BMI's are trending upward over the last year. This trend, we think, is partly due to quarantines, virtual school, in responses to COVID-19.



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**Additional Health Data** (Optional)**Hint****Develop a brief narrative of other health and wellness data.** (Optional)

Data from the ACHI over past five years of BMI screenings reveal that the distribution of students in each of the four categories (underweight, healthy weight, overweight, and obese) has remained steady.

Vision and hearing screening data up-to-date in eSchool

Alcohol, tobacco, other drug use, and violence Survey taken by 8th graders in Fall of 2021 (Source: Arkansas Prevention Needs Assessment <https://arkansas.pridesurveys.com/>)

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**Reviewer Comments:**

good

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**Section III: Health and Wellness Goals**

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

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (**AR Code §6-20-709**).
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**Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students****Hint****Goal 1 Measurable Objective**

Students are taught grade-appropriate nutrition education in each grade levels during their physical education class, science class, team sport, and monthly calendars for families.

Students in grades 6-8 will be provided with healthy snack during after school tutoring from 3:15-4:15 Monday-Thursday.

Students participating in a team sport will be provided with a healthy snack before and/or after they participate in sport.

Healthy breakfast and snacks are provided during testing to keep students alert and increase critical thinking ability.

During science class students are taught healthy eating habits and how food affects the body.

Nutritional facts are included for families on each monthly food calendar.

Increase in healthy eating and lower BMI.

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**Goal 1 Activities**

Activity	Person Responsible	Timeline
Educating all students on appropriate healthy snacks by providing students options in after school tutoring, second breakfast, testing days, and physical activities after school.	Elaine Nix	May 2023

**Reviewer Comments:**

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.

Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

Objectives are to Specific, Measurable, Achievable, and Time-Bound.

**In the future the submission will be returned for revisions.**

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

Hint

**Goal 2 Measurable Objective**

Students in grades 6-8 will be provided extra daily physical activity minutes outside of the physical education classes taught to promote more movement and lower BMI's.

**Goal 2 Activities**

Activity	Person Responsible	Timeline
Extra activity time between 1st and 2nd period each day	Administration	daily
Extra activity time during lunch each day	Administration	daily
Giving students physical activities as rewards	Administration/Teachers	quarterly

**Reviewer Comments:**

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.

Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

Objectives are to Specific, Measurable, Achievable, and Time-Bound.

**In the future the submission will be returned for revisions.**

**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**

In order to provide two healthy meals daily to all students, they will be provided a 2nd opportunity breakfast each day. This grab-and-go breakfast is available for students who did not have time to eat breakfast before school. The grab-and-go will be available between 1st and 2nd period each day. We will determine success by the increased number of student participating in either program.

**Goal 3 Activities**

Activity	Person Responsible	Timeline
2nd breakfast opportunity	Elaine Nix	May 2023
Backpack Program	Carrie Johnston	May 2023

**Reviewer Comments:**

Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

Objectives are to Specific, Measurable, Achievable, and Time-Bound.

**In the future the submission will be returned for revisions.**

**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
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CPR Training	School nurse	June 3, 2022
ADE	School nurse	July 18, 2022
First Aid	School nurse	August 8, 2022

**Reviewer Comments:**

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

**Reviewer Response:**

ADE Reviewed

**Reviewer Comments:**

Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

**Objectives are to Specific, Measurable, Achievable, and Time-Bound.**

**In the future the submission will be returned for revisions.**

**There is no PDF or SHI Reference Number; School Health and Wellness Improvement Plan is incomplete. Submit the SHI Reference Number and resubmit.**

**SB 4/12/22**

Close

AR  
 Cave City High School (Cave City School District)  
 P.O. Box 600  
 Cave City AR 72521  
 870-283-3333

**Health and Wellness School Improvement Priority**

**Section I: School Information**

<b>School Name:</b>	Cave City High School
<b>School LEA Number:</b>	6802703

**School Year: 2021-2022**

**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.

<b>Reference Number:</b>	Cave159188
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**Reviewer Comments:**

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.

The SHI Reference Number provided is the incomplete number for the Elementary School. Each LEA has an individual Reference Number.

**Resubmit with correct reference number for a completed SHI.**

**Body Mass Index (BMI)**

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

Cave City High School personnel will continue to compare yearly BMI numbers. In comparing previous

years to 2020-2021 school year, there was minimal upward trend. We think this can be attributed to so many students being virtual during the the current COVID pandemic and not having access to nutritious meals and physical activity classes.

**Additional Health 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 State Mandates:

- ✓ The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (*AR Code §6-20-709*).

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

**Goal 1 Measurable Objective**

LEA Elaine Nix, Food Service Director, provides monthly menus to the Health and Wellness committees to be reviewed and suggestions made for improvement if needed. Meal participation will increase because students are not allowed to leave campus for lunch.

**Goal 1 Activities**

<b>Activity</b>	<b>Person Responsible</b>	<b>Timeline</b>
Students are given at least two menu choices daily for breakfast and lunch. A third choice is offered at lunch.(chef salad)	Elaine Nix	2021-2022 school year
Menus are posted in several locations throughout the high school.	Elaine Nix	2021-2022 school year
Student meal participation will increase by 5%. Meal participation will increase due to the fact that all students will have the opportunity to have free meals	Elaine Nix	2021 -2022

**Reviewer Comments:**

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.

Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

Objectives are to Specific, Measurable, Achievable, and Time-Bound.

"We will increase student meal participation rates by 10%." (the listed activities would be great for this goal objective)

**In the future the submission will be returned for revisions.**

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

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**Goal 2 Measurable Objective**

Students will be offered courses in physical education and be allowed to participate in extracurricular activities. An outdoor grassy area will be provided so that students will have an activity area at lunch break. All students will be given the opportunity to participate in extra curricular athletic programs such as basketball, baseball, tennis, soccer, track, volleyball, cheerleading. Each student's transcript will reflect that they have completed state mandated physical education requirements and will also reflect that many other sports activities have been offered to students. All students are required to have 1/2 unit of health. Through these health classes, students will learn the importance of physical activities on their health and wellness. Students will be given the opportunity to participate in at least two field days per school year. The objective will be that at least 75% of the students will participate in these field day events.

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**Goal 2 Activities**

Activity	Person Responsible	Timeline
Master schedule showing physical education courses.	Vickie Green	2021-2022 school year
Sports activity schedules will be provided to the student body and the community. Students may attend sports events free of charge.	Athletic Director	2021-2022 school year
Implements PE standards according to the AR state standards	Marc Walling, Coaches	2021-2022

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**Reviewer Comments:**

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.

Besides the mandated Objectives, are there any other opportunities the school offers to the students? Within the measurable objective section, an objective should clearly answer, one or all the following questions:

- How much?
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Objectives are to Specific, Measurable, Achievable, and Time-Bound.

**In the future the submission will be returned for revisions.**

**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)**

**Goal 3 Measurable Objective**

**Goal 3 Activities**

Activity	Person Responsible	Timeline

**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
The LEA will provide coordination to support a safe and healthy learning environment.	Marc Walling	2021-2022 school year
Encourage staff to attend co-op training and school health conferences.	Co-op staff	2021-2022 school year
Professional development will be offered on nutritional and physical activities.	Marc Walling	2021-2022 school year
CPR course taught to juniors and seniors each year with an expected 100% pass rate.	WRMC Amy Finster	2021 - 2022 school year
Basic first aide taught in Health class	Russell Fowler	2021 - 2022 school year



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**Reviewer Comments:**

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**Reviewer Response:**

✓ ADE Reviewed

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**Reviewer Comments:**

**Within the measurable objective section, an objective should clearly answer, one or all the following questions:**

- How much?
- How many?
- How will I know that it's accomplished?

**Objectives are to Specific, Measurable, Achievable, and Time-Bound.**

**In the future the submission will be returned for revisions.**

**Need immediate attention:**

**Include proper SHI Reference # for LEA's completed SHI.**

**Mark checkbox for Section III.**

**SB 4/12/22**