

Arkansas Indistar

Health and Wellness District Improvement Priority

Section I: District Information

School Year: 2022-2023

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:	870-283-5391

Repeat

Additional Committee Members:

Hint

Name	Position or Role	Organization Represented	Phone	Email
Ashley Beller	School Board Member	School Board	870-834-	ashley@broodfarm.com
Marc Walling	Administrator	Cave City School	870-283-	mwalling@cavecity.ncsc.k
Elaine Nix	Food Service	Child Nutrition	870-321-	enix@cavecity.ncsc.k12.ar
Stu Smart	Physical Education Teacher	Physical	870-283-	stusmart@cavecity.ncsc.k
Sarah Vinson	Parent	Community	870-283-	svinson@cavecity.ncsc.k1
Lilly Kirk	Student	Student	870-283-	lillyana.kirk@cavecity.ncs
David Edwards	Community Member	Community	870-612-	dedwards@cavecity.ncsc.
Diana Gore	School Health Professional	Students and	870-283-	diana.gore@cavecity.ncsc.

Reviewer Response:

ADE Reviewed

Reviewer Comments:

No revisions are needed at this time. Proceed to the Submissions Tab and click the submit button in order to complete the submissions process. Thank you, SRW 9/30/22

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

Page 1 of 1

Section I: School Information

School Name:	Cave City Elementary
School LEA Number:	6802001

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:	Cave159188
--------------------------	------------

Reviewer Comments:

Three topics must always be checked when completing the annual school health index assessment - nutrition, physical activity, and tobacco. Please complete all required modules and re-submit the report.

Complete the school improvement plan portion within the SHI assessment. At least 2 actions are required. Re-submit the Indistar plan and completion. SW 2/2/23

Body Mass Index (BMI)

Hint

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 results. In comparing previous years 2021/2022 to 2020/2021 the elementary students showed improvement and more students are at a healthy weight.

Additional Health Data (Optional)

Hint

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

🔍 **B** *I* U X^2 X_2 12 ▾ **A** ▾

Reviewer Comments:

Section III: Health and Wellness Goals

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

These checkboxes are required.

- 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

🔍 **B** *I* U X^2 X_1 12 ▾ **A** ▾

LEA Elaine Nix, Food Service Director, will continue to provide monthly menus to the Health and Wellness Committee to be reviewed and suggestions made for improvement, if needed. These menus are discussed at the quarterly Health and Wellness meetings. Will start documenting number of students eating for breakfast and lunch each quarter and share with Health and Wellness committee to ensure students are participating in school meals.

Repeat

Goal 1 Activities

Activity	Person Responsible	Timeline
Students are given two menu choices daily for	Elaine Nix	2022/2023 school year
Menus are posted via digital platforms, social	Elaine Nix	2022/2023 school year
To measure the percentage of students eating lunch in	Elaine Nix	2022/2023 school year

Reviewer Comments:

Besides the listed activity, are there any other nutrition and/or health-related activities that promote a healthy nutrition environment or assist in reaching the above-stated objective? Within the measurable objective section, an objective should clearly answer, one or all of the following questions:

- How much?
- How many?
- How will I know that it's accomplished? Please modify the objective and resubmit. SW 2/2/23

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

Hint

Goal 2 Measurable Objective

🔍 **B** *I* U X^2 X_1 12 ▾ **A** ▾

Elementary students will participate in physical education classes every week with their P.E. teacher and have recess two times a day. Healthy Lifestyle and Nutrition education is implemented in the classroom curriculum. Cave City Elementary exceeds state mandated minutes for physical activity requirements.

Repeat

Goal 2 Activities

Activity	Person Responsible	Timeline
Master schedule includes Physical Education courses	Debbie Asberry	2022/2023 school year
Students have 2 recess times throughout the school	Debbie Asberry	2022/2023 school year

Reviewer Comments:

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

- How much?
- How many?
- How will I know that it's accomplished? Please modify the objective and resubmit. SW

S.M.A.R. T. Goal=(S)pecific (M)easurable (A)ttainable (R)elevant & (T)ime-bound

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 ^{X²} _{X₂} 12 ▾ **A** ▾ ↺ ☰ ☷

The community has a yearly 5K in the summer months. It is advertised and school children as well as their parents are encouraged to participate and complete the 5K. The city also has a city park. Many students play basketball at the basketball court. The city also has a community pool and families are encouraged to attend and enjoy the pool.

Repeat

Goal 3 Activities

Activity	Person Responsible	Timeline
Encourage students and Families to participate in	Debbie Asberry	2022/2023 school year

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
LEA will provide coordination to support a safe and	Debbie Asberry	2022/2023 school year
Encourage staff to attend Co-op trainings and school	Debbie Asberry	2022/2023 school year

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

✖ **B** *I* U ^{X²} _{X₂} 12 ▾ **A** ▾ ↻ ☰ ☰

Encourage students to walk on sidewalks, walking tracks, play on playground and playground equipment. Students are offered a nutritional snack daily. Students are encouraged to eat school breakfast and lunch and try new foods.

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Please make the requested revisions and resubmit. (Refer to the reviewer comments above). sw 2/2/23

At this time, please keep the comments mentioned above in mind for future submissions. Proceed to the Submissions Tab and click the submit button in order to complete the submissions process. Thank you, SW 4/25/23

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

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

School Name:	Cave City High School
School LEA Number:	6802703

School Year: 2022-2023

Section II: Needs 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:	Cave159188
--------------------------	------------

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. SW

There should be green check marks next to Modules 1-4, 10 & 11. Please complete these modules and resubmit.

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 2020/2021 and 2021/2022 BMI results there was minimal upward trend. In reviewing we think this can be attributed to so many students being virtual during the Covid 19 pandemic and not having access to nutritious meals and physical activity classes. With more students on campus for the 2021/2022 school year we will be hopeful that more students will measure in the healthy weight category upon next measurement.

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:

These checkboxes are required.

- 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

Goal 1 Measurable Objective

Elaine Nix, Food Service Director, provides monthly menus to the Health and Wellness Committees to be reviewed and suggestions made if need be. Meal participation will increase because students are not allowed to leave campus for lunch and more students physically on campus. The Health and Wellness Committee will review the amount of students eating breakfast and lunch at each meeting.

Goal 1 Activities

Activity	Person Responsible	Timeline
Students are given at least two menu choices daily for breakfast and lunch.	Elaine Nix	2022/2023 school year
Menus are posted in several locations throughout the high school allowing students to see what lunches are planned.	Elaine Nix	2022/2023 school year
Student meal participation will increase by 10%.by Meal participation will increase as more students are on campus and have the opportunity to eat a well balanced meal.	Elaine Nix	2022/2023 School year

Goal 1 Activities

Activity	Person Responsible	Timeline
Student meal participation will increase by 10% for the 2022-2023 school year as students are not allowed to leave campus any longer and have the opportunity to eat a well balanced meal. Will discuss and look at percentages @ each Health and Wellness meeting to measure compliance and review menus to ensure the meals offered are enticing to the adolescent age group.		

Reviewer Comments:

Meal participation will increase by how much? By when? Remember, goals are S.M.A.R. T.=(S)pecific (M)easurable (A)ttainable (R)elevant & (T)ime-bound

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

Goal 2 Measurable Objective

Students will be offered classes in Physical education and be allowed to participate in extracurricular activities. An outdoor grassy area with picnic tables 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, football and cheer. Each students 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 these 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 80% of the students will participate in these field day events.

Goal 2 Activities

Activity	Person Responsible	Timeline
Master schedule showing physical education courses.	Vickie Green	2022/2023 school year
Sports activity schedules will be provided to the student body and the community. Students may attend sports activities for free.	Athletic Director	2022/2023 school year
Implements PE standards according to the AR state standards.	Marc Walling, Coaches	2022/2023 school year

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)

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
LEA will provide coordination to support a safe and healthy learning environment.	Marc Walling	2022/2023 school year
Encourage staff to attend co-op training and school health conferences.	Co-op Staff	2022/2023 school year
professional development will be offered on nutritional and physical activities.	Marc Walling	2022/2023 school year
CPR course taught to juniors and seniors each year with an expected pass rate of 100%.	Marc Walling	2022/2023 school year
Basic first aid taught in Health Class	Russell Fowler	2022/2023 school year

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:

Students will be encouraged to take advantage of the walking track on campus, basketball goals inside and outside. Baseball and softball fields, open gyms, weight rooms (with supervision) for physical activity. Students will be encouraged to try new foods and learn about nutrition and fitness in their Health classes.

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Please make the requested revisions and resubmit. (Refer to the reviewer comments above). sw 2/3/23

At this time, please keep the comments mentioned above in mind for future submissions. Proceed to the Submissions Tab and click the submit button in order to complete the submissions process. Thank you, SW 4/25/23