

AR  
Omaha Elementary School (Omaha School District)  
522 W. College  
Omaha AR 72662  
870-426-3372

### Health and Wellness School Improvement Priority

#### Section I: School Information

<b>School Name:</b>	Omaha Elementary School
<b>School LEA Name:</b>	Omaha Elementary School

**School Year:**  
2016-2017

#### Section II: Needs Assessment

##### School Health Index Assessment

- Check box if completing the SHI Assessment online

If completing the SHI Assessment online you must provide a Reference Number.

<b>Reference Number:</b>	Omah287794
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##### Reviewer Comments:

##### Body Mass Index (BMI)

- The school can verify the analysis of the School Level Body Mass Index screening data conclusions.**

##### Description/Conclusion

The school is utilizing Body Mass Data to improve the health and academic performance of students. Wellness activities will address nutrition education and physical fitness activities for the development of life-long health habits and promotion of a healthy lifestyle for the student, school staff members, parents, and community. Based upon the data analysis, the school will ensure that it provides a pleasant environment and monitor schedules and /or other factors that interfere with students' access to health information and resources. It also guides leadership decisions.

Body Mass Index Data SY 15-16 Overall BMI Classification results for Omaha Elementary School. Approximately 31.8% of males and approximately 35.2% of females were considered overweight or obese. Over the past years 2013-2015 it is a 3% increase in males and 2.7% increase in females.

Body Mass Index Data SY 14-15 Overall BMI Classification results for Omaha Elementary School. Approximately 36.5% of males and approximately 19.6% of females were considered overweight or obese.

Body Mass Index Data SY 13-14 Overall BMI Classification results for Omaha Elementary School. Approximately 28.8% of males and approximately 32.7% of females were considered overweight or obese.

##### Other health and wellness related data (Optional)

##### Description/Conclusion

School Health Index: 15-16 Overall Score Card indicated the lowest area was Health Promotion for Staff and Family and Community Involvement. After reviewing this, the committee determined that health awareness for staff needs to be encouraged through professional development and assemblies throughout the year for students/families. A Health and Safety Fair will be conducted to promote health awareness in the school community.

##### Reviewer Comments:

#### Section III: Health and Wellness Goals

(Provide a detailed description of each required activity)

**Goal 1: How will the LEA provide coordination and support to create a healthy nutrition environment for students?** {HINT: see 3 required activities.}

Activity	Person Responsible	Timeline
Coordinate with child nutrition personnel to ensure	Amanda Green, K-12	Quarterly meetings

menus are reviewed quarterly by the district wellness committee and healthy food choices are being marketed	Principal; Wynona McGehee, Child Nutrition Director	throughout the year
Ensure that all students receive grade-appropriate nutrition education.	Amanda Green, K-12 Principal	Throughout the year
District Wellness Committee will review wellness policy to be sure it is in compliance with federal and state mandates	Wynona McGehee, Child Nutrition Director/ Amanda Green, K-12 Principal	Throughout the year

### Description

Goal #1: The wellness committee will meet with the child nutrition director at least quarterly to review menus and healthy food choice options. Minutes, agenda, and menus will be kept on file.

Goal #2: All Students will receive Health/Physical Education, and also the Boone County Extension Office will provide nutrition programs in the classrooms. This will be documented through scheduling and lesson plans.

Goal #3: The Wellness Committee will meet throughout the year and review the wellness goals/plan compared to practice. Documentation is kept on file of what is required based on the wellness policy.

### Reviewer Comments:

Due to increased federal and state monitoring requirements, a comprehensive response is required. Please provide specific nutrition goals based on the school's need. Provide specific activities/details of how the school will meet each requirement of the goal. Requirements can be viewed by clicking the yellow hint button. SAB

### Goal 2: How will the LEA provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students? {HINT: see 3 required activities.}

Activity	Person Responsible	Timeline
Ensure that minimum levels of physical education and physical activity are being provided. If more than the minimum is being provided, please provide a description to all students.	Amanda Green, K-12 Principal	Throughout the year
Scheduling and lesson plans indicated to ensure that physical activity is implemented across the curriculum for all grade levels.	Amanda Green, K-12 Principal	August- Throughout the year
Wellness Committee meets to ensure that the district policy is in compliance with federal and state mandates.	Wynona McGehee, Child Nutrition Director/ Amanda Green, K-12 Principal	Throughout the year

### Description

Goal #1: Scheduling is completed to ensure physical education and physical activity are being provided to all students. Students are receiving the required 150 minutes per week, plus also 20 minutes additional with a morning physical activity each day.

Goal #2: Additional physical activity will occur throughout the year with assemblies, such as yoga, gonoodle, and other events/activities. To ensure implementation it will be indicated in scheduling and lesson plans. Health and Nutrition is also taught at all grade levels documented through lesson plans and bringing in guest speakers in this area.

Goal #3 The Wellness Committee will meet throughout the year and review the wellness goals/plan compared to practice. Documentation is kept on file of what is required based on the wellness policy.

### Reviewer Comments:

Due to increased federal and state monitoring requirements, a comprehensive response is required. Please provide specific physical activity goals based on the school's need. Provide specific activities/details of how the school will meet each requirement of the goal. Requirements can be viewed by clicking the yellow hint button. SAB

### Goal 3: How will the LEA promote a healthy school environment that promotes learning throughout the school culture? {HINT: see 1 required activity.}

Activity	Person Responsible	Timeline
Provide professional development for staff that includes nutrition and physical activity	Mandy Moore, District Nurse	Throughout the year
Assemblies and events will be held to promote health/nutrition for students and school community	Mandy Moore, District Nurse/Amanda Green, K-12 Principal	Throughout the year


**Description**

August Inservice- Heath for Staff - Using Yoga in the Classroom  
 September- Assemblies for staff/students- Yoga, Germs, Headlice, Flu shots  
 October/May- 5K Walk/Run for staff  
 October- Health & Safety Fair for students, staff, parents, and community  
 May- Boone County Extension Office- Farm to You Program

**Reviewer Comments:**

**Goal 4: (Optional) How does the school address other health disparities trending among students identified from the Needs Assessment?**

Activity	Person Responsible	Timeline

**Description**

**Reviewer Comments:**

**Reviewer Response:**

**Reviewer Comments:**