

AR

Omaha Elementary School (Omaha School District)

522 W. College

Omaha AR 72662

870-426-3372

Health and Wellness School Improvement Priority

Hint

Section I: School Information

School Name:	Omaha Elementary
School LEA Number:	504022

School Year: 2017-2018**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.

Reference Number:	Omah287794
--------------------------	------------

Reviewer Comments:**Body Mass Index (BMI)**

<input checked="" type="checkbox"/>	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 student's access to health information and resources. It also guides leadership decisions.

Body Mass Index Data SY 16-17 Overall BMI Classification results for Omaha Elementary School. Approximately 28.3% of males and approximately 28.6% of females were considered overweight or obese. Over the past years 14-16 it is a 8.2% decrease in males and a 9% increase in females.

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.

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.

Other health and wellness related data (Optional)

Description/Conclusion

School Health Index: 16-17 Overall Score Card indicated the lowest area was Health Promotion for Staff (21-40%) We increased in Family & Community Involvement from 15-16 Low (21-40%) to 16-17 (61-80%). After reviewing the data, the committee determined that health awareness for staff needs to continue to be encouraged through professional development, assemblies, health trainings. A health and safety fair will be conducted district wide this year to promote health awareness to the school community. Last year, this was done at the elementary level. We are going to take it to scale this year.

Reviewer Comments:

Section III: Health and Wellness Goals

(Provide a detailed description of each required activity)

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.

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

Goal 1 Measurable Objective

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

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 of minutes, agenda, and sign-in is kept on file of what is required based on the Wellness Policy.

Goal 1

Activity	Person Responsible	Timeline
Coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee and healthy food choices are being marketed.	Amanda Green, K-6 Principal	Quarterly Meetings
Ensure that all students receive grade-appropriate nutrition education.	Amanda Green, K-6 Principal	Throughout the Year
District Wellness Committee will review the wellness policy to be sure that is in compliance with federal and state mandates.	Wynona McGehee, CNU; Amanda Green, K-6 Principal	Throughout the year

Reviewer Comments:

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? {Requirements: see 2 required activities.}

Goal 2 Measurable Objective

Goal #1: Scheduling is completed to ensure physical education and physical activity are being provided to all students. Students are receiving more than the minimum required per week. Description: Before school gross motor development K-3rd, 15 min., 4th-6th, 20 min; During School gross motor development K-3rd 25 min. per day, 5 days a week (125 per week) 4th -6th, 31 min per day-5 days a week (155 min per week) K-6, one fifty minute P.E. class per week.

Goal #2: Additional physical activity will occur throughout the year with assemblies, such as YOGA, GO NOODLE, Hygiene, 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 and documented through lesson plans and bringing in guest speakers in this area. One Goal this year is to offer Training to the community in CPR training/Babysitting.

Goal 2

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. Description: stated in goals.	Amanda Green, K-6 Principal	August-throughout the school year
Scheduling and lesson plans indicated to ensure that physical activity is implemented across the curriculum for all grade levels. (for example,	Amanda Green, K-6 Principal	August-throughout the year

classes are utilizing GONOODLE for exercise in classroom)		
Wellness Committee meets to ensure that the district policy is in compliance with federal and state mandates.	Wynona McGehee, CHU; Amanda Green, K-6 Principal	Throughout the year
Boone County Extension Office- Organ Wise Guys/ Farm to You Program	Amanda Green, K-6 Principal	Spring 2018

Reviewer Comments:

Goal 3: How will the LEA provide professional development for school staff on nutrition and physical activity? {Requirements: see 1 required activity.}

Goal 3 Measurable Objective

Goal #1: The LEA will provide Professional Development for staff on nutrition and physical activity. This will be done through our scheduled trainings for the district and building level. For example, staff receive training in CPR, USE of EPI-Pens, and other various trainings.

Goal #2: The LEA will offer activities to encourage staff to participate in a healthy lifestyle.

Goal 3

Activity	Person Responsible	Timeline
August Inservice- Health for Staff, use of EPI-Pens	Mandy Moore, School Nurse	August 2017
Assemblies for staff- Flu Shots, wellness, hygiene, stress management, etc...	Mandy Moore, School Nurse	Throughout the year
October/May- 5K Walk/Run for Staff	Amanda Green, K-6 Principal	October 2017/May 2018
Health and Safety Fair for Community	Pam Keafer, Community Liasion	Spring 2018
Fitness Center made available to staff/Yoga offered before, during, and after school for staff	Amanda Green, K-6 Principal	Throughout the Year

Reviewer Comments:

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

Goal 4 Measurable Objective

Goal #1: According to our 16-17 School Nurse Survey, we have at least 17 students with asthma and 3 students with a life threatening allergy. The LEA will offer professional development for staff to understand the use of an inhaler and epi-pen.

Goal 4

Activity	Person Responsible	Timeline
Professional development on use of inhaler for asthma and epi-pen	Mandy Moore, School Nurse	August 2017

Reviewer Comments:

Reviewer Response:

Reviewer Comments: