
Section I: School Information

| | |
|---------------------------|---------------|
| School Name: | Western Grove |
| School LEA Number: | 6505016 |

School Year: 2023-2024

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: | West288159 |
|--------------------------|------------|

Reviewer Comments:

Body Mass Index (BMI)

Hint

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

17 females in elementary and 13 females in high school where screened. 79% in elementary where healthy weight and 77.78% in high school where healthy weight. 40% in elementary and 61% in high school where obese. 65% in elementary and 61% in high school where overweight.

44 males in elementary and 24 high school males where screened. 62.66% in elementary and 65% in high school where healthy weight. 28% in elementary and 26.66% high school where obese. 21.7% in elementary and 16.67% in high school where overweight.

Due to increase in physical activity and healthy nutrition and options there will be a %3 percent increase in students registering in the healthy weight category by the end of the 2024 school year as reported by the district in the annual BMI report

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.

- 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 district has implemented a food service and will continue to ensure healthy meals and snacks for all students. The overall obesity rate will decrease by 3% for the students at the Western Grove campus. Data will be completed in the spring and compared to the previous year.

Goal 1 Activities

| Activity | Person Responsible | Timeline |
|--|--------------------|------------------|
| Student will receive free meals. | Denise Turney | August 2023-2024 |
| Student will be given healthy snack and meals for free. | Denise Turney | August 2023-2024 |
| Meals are be prepared according to states guidelines. | Denise Turney | August 2023-2024 |
| Implement a food service management company to offer more healthy options that appeal to students. | Denise Turney | August 2023-2024 |
| Student are required to take one health class before graduation. | Lori Henthorne | August 2023-2024 |
| | | |

Reviewer Comments:

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

Hint

Goal 2 Measurable Objective

Reviewing the current physical activity in the school, opportunities for student engagement before school, during school, and after school will increase overall by 3% by the end of the school year.

Goal 2 Activities

| Activity | Person Responsible | Timeline |
|--|-----------------------|------------------|
| Brain breaks are utilized in grades K-6th. | Kelsey Treadwell, LPN | August 2023-2024 |
| Students grades K-6th will have 40 min of recess daily. | John McCleary | August 2023-2024 |
| The district will offer students the opportunity to participate in basketball, softball, PEEWEE basketball, trap shooting, archery, track, golf, fishing team, and cheerleading. | Kelsey Hudson | August 2023-2024 |
| | | |
| | | |

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

Goal 3 Activities

| Activity | Person Responsible | Timeline |
|----------|--------------------|----------|
| | | |
| | | |
| | | |
| | | |

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 | Nicole Fairchild | 1 hour |
| Mental Health First Aide | Nicole Fairchild/COOP | 6 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

Opportunities will be given to all students for extra recess, brain breaks, implementing Food Service Management to increase more healthy food options, healthy drinks will be provided free of charge, free healthy meals and snacks for all students.

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Job well done! 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, SW 1/23/24

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