

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: 2023-2024

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 HS Nurse/Health and Wellness Coordinator
Committee Chair Email:	diana.gore@cavecity.ncsc.k12.ar.us
Committee Chair Phone:	(870) 283-3333 ext 4006
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)283-3333

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)283-3333	enix@cavecity.ncsc.k12.ar.us
Stu Smart	Physical Education Teacher	Physical Education	(870)283-3333	Stu.smart@cavecity.ncsc.k12.ar.us
Bridgett Huff	Parent	Community	(870)283-3333	bridget.huff@cavecity.ncsc.k12.ar.us
Jaxon Colvin	Student	Student	(870)283-3333	jaxon.colvin@cavecity.ncsc.k12.ar.us

Diana Gore	School Health Professional	Students and Community	5555 (870)283-3333	diana.gore@cavecity.ncsc.k12.ar.us

Reviewer Response:

Reviewer Comments:

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Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Cave City Elementary
School LEA Number:	6802001

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:	Cave722289
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Reviewer Comments:

Body Mass Index (BMI)

Hint

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

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Healthy weight 11.3%

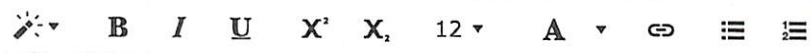
Over weight 14.3%

Obese 41.4%

Additional Health Data (Optional)

Hint

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



2nd Grade

under weight increased by 1.4%

Healthy wt. increased by 16.9%

Over wt increased by 8.9%

4th Grade

Under weight unchanged at 0%

Healthy wt. decreased by 10.2%

Over wt. decreased by 22.1%

Obese increased by 32.7%

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 Cave City Elementary School serves a traditional lunch provided in the lunch room. The Health and Wellness Committee will discuss ways to offer additional meal options during this school year and how to improve lunches as a whole. The Health and wellness committee will also discuss ways in which we can better promote healthy food and beverage choices in at least on more technique listed in question 4 Module 4. These discussions will be held by the end of this school year.

Repeat

Goal 1 Activities

Activity	Person Responsible	Timeline
Discuss ways to offer additional meal options	Melonie Koch RN	2023/2024 School Year
Discuss ways to promote healthy food and beverage choices.	Melonie Koch RN	2023/2024 School Year

Reviewer Comments:

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

Hint

Goal 2 Measurable Objective

The Cave City Elementary School is in a rural area with limited community resources for this age group. The Health and Wellness Committee will discuss ways to provide safer routes for students whom walk and or bicycle to and from school and for the possible need of a cross guard.

Repeat

Goal 2 Activities

Activity	Person Responsible	Timeline
Discuss safe routes that are available for students whom walk and or bicycle to and from school	Melonie Koch RN	2023/2024 School Year
Discuss the possible need of a cross guard	Melonie Koch RN	2023/2024 School Year
Educate families and students on safe routes	Melonie Koch RN	2023/2024 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)

Hint

Repeat

Goal 3 Measurable Objective

Repeat

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
LEA will provide coordination to support a safe and healthy learning environment.	Debbie Asberry	2023/2024 School Year
Encourage staff to attend co op training and school health competencies.	Co op Staff	2023/2024 School Year
Professional development will be offered on nutrition and physical activities.	Debbie Asberry	2023/2024 School Year
CPR and First Aid is offered to staff each year.	Melonie Koch RN	2023/2024 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

Students will be encouraged to take advantage of the walking tracks, play grounds and inside and outside basketball goals, baseball and softball fields and open gyms to promote and increase physical activity. Students will be encouraged to try new foods and learn about nutrition and fitness.

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

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Save and Send for Review

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Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Cave City Middle School
School LEA Number:	6802702

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:	Cave153040
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Reviewer Comments:

Body Mass Index (BMI)

Hint

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

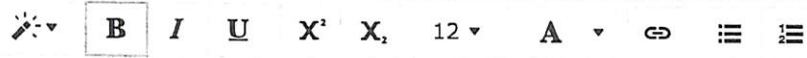
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Based on the analysis comparing school years 2020/2021 to 2021/2022 the underweight category increased from 1.3% to 3.1%. The Healthy category increased from 40.8% to 46.1%. The overweight category increased from 13.2% to 16.4% and the obese category decreased from 44.7% to 35.9%. All categories have made strides in the right direction except the overweight category. The obese category decreased the most by 8.8%.

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

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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 thru 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 effects the body.

Repeat

Goal 1 Activities

Activity	Person Responsible	Timeline
Educating all students on appropriate healthy snacks by providing student options in after school tutoring, second breakfast, testing days and physical activities after school.	Elaine Nix	2023/2024 school year
		2023/2024 school year

Reviewer Comments:

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

Hint

Goal 2 Measurable Objective

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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.

Repeat

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:

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

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Repeat

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
CPR training	Melonie Koch,RN	2023/2024 school year
AED Training	Coop Staff	2023/2024 school year
First aid	Melonie Koch,RN	2023/2024
Professional development will be offered on nutrition and physical activities.	Dr. Cheryl Bell	2023/2024

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

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) to promote and increase physical activity. Students will be encouraged to try new foods and learn about nutrition and fitness in their health class.

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

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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: 2023-2024

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.

Reference Number:	Cave692452
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Reviewer Comments:

Body Mass Index (BMI)

Develop a brief narrative of student BMI trends based on the analysis of the data.
 For 10th grade

1.4% underweight

38.4% are at a healthy weight

26% are overweight

34.2% obese

In comparing 2020/2021 to 2021/2022 BMI results the healthy weight range went down by 5.4%.

The overweight range went up by 6.8%.

The obese category went down by 2.8%

and for 2021/2022 we added an underweight category of 1.4%

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

Cave City High School serves a traditional lunch that is served and consumed in the lunch room. The Health and Wellness committee will discuss ways in which to offer additional meal options during this school year and how to improve lunches as a whole. The Health and Wellness Committee will also discuss ways in which we can better promote healthy food and beverage choices in at least one more technique listed in question 4 Module 4. These discussions will be held by the end of this school year.

Goal 1 Activities

Activity	Person Responsible	Timeline
Discuss ways in which to offer additional meal options	Diana Gore, LPN Health and Wellness Coordinator	2023/2024 school year
Discuss ways to better promote healthy food and beverage choices	Diana Gore, LPN Health and Wellness Coordinator	2023/2024 school year

Goal 1 Activities

Activity	Person Responsible	Timeline

Reviewer Comments:

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

Goal 2 Measurable Objective

Our state requirements are being met for all grades K-12. The Health and Wellness Committee will discuss if there is a need and if other schools in our area are providing individual physical activity and fitness plans and what they entail. Our HS does not offer 150 minutes of physical fitness each week. The students at the HS level are required to receive one half unit of physical education at some point from 9th through 12th grade, with no additional requirement for physical activity. Many intermural sports are offered to promote additional physical fitness each week through practices and games. The Health and Wellness committee will evaluate the percentage of students engaging in the athletic program and intermural sports activities this school year.

Goal 2 Activities

Activity	Person Responsible	Timeline
Discuss if there is a need and if other schools in our area are providing individual physical activity and fitness plans and what they entail.	Diana Gore, LPN Health and Wellness Coordinator	2023/2024 School year
Evaluate percentage of students engaging in athletic programs and intermural sports activities this school year.	Diana Gore, LPN Health and Wellness Coordinator	2023/2024 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	2023/2024 school year
Encourage staff to attend co-op training and school health conferences.	Co-op Staff	2023/2024 school year
Professional development will be offered on nutrition and physical activities.	Marc Walling	2023/2024 school year
CPR course taught to juniors and seniors each year with a expected pass rate of 100%.	Marc Walling	2023/2024 school year
Basic first aid taught in Health class	Russell Fowler	2023/2024 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) to promote and increase physical activity. Students will be encouraged to try new foods and learn about nutrition and fitness in their Health class.

Reviewer Comments:

Reviewer Response:

Reviewer Comments: