

Arkansas Indistar

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Pinkston Middle School
School LEA Number:	0303014

School Year: 2020-2021

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:	pink512821
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Reviewer Comments:

Body Mass Index (BMI)

Hint

The school has conducted an analysis of the School Level Body Mass Index screening data.

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

Pinkston Middle School, a public Middle/Junior School located within the Mountain Home School District in Baxter County, serves students in grades 6-7. Prior to the beginning of BMI measurement the Department of Elementary and Secondary Education (DESE) data systems indicate a total enrollment of 612 in the school and 297 in grades for which BMI assessments are required (2,4,6,8 or 10). BMI was assessed for 297 students.

Overall, BMI classification results for Pinkston Middle School show: approximately 42.1% of all children measured were in the OVERWEIGHT/OBESE category.

Other Health and Wellness Related 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 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: The LEA will provide coordination and support to create a healthy nutrition environment for students.

Hint

Goal 1 Measurable Objective

Pinkston will survey students to determine their food preferences (based on federal food guidelines) so that they will eat more of the prepared food on their trays instead of throwing it away. The LEA works with the district wellness committee monthly to ensure the district’s wellness policy is in compliance with federal and state mandates.

Goal 1

Activity	Person Responsible	Timeline
Ensure the district's wellness policy is in compliance with federal and state mandates.	Lindsey Blevins, Stephanie Hughes, Shelby Feeney	June 30, 2021
Meet with the Director of Food Services quarterly to discuss health and wellness in the cafeteria.	Lindsey Blevins, Stephanie Hughes, Shelby Feeney	June 30, 2021
Survey students about cafeteria meal satisfaction.	Lindsey Blevins, Stephanie Hughes, Shelby Feeney	September 30, 2021

Reviewer Comments:

Goal 2: The LEA will provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students.

Hint

Goal 2 Measurable Objective

Pinkston activity areas will be inspected for safety issues. Pinkston will take down old, unused tetherball and replace them with volleyball nets. Pinkston provided each team with two bags of sports equipment because students are not allowed to bring equipment from home during COVID.

Goal 2

Activity	Person Responsible	Timeline
Physical areas need to be inspected for safety.	Lewis Bishop, Freddy Penka	August 2020
Remove tether ball concrete and pole.	Lindsey Blevins	September 2020
Add volleyball poles and net.	Lindsey Blevins	October 2020
Sports equipment provided to team leaders.	Lindsey Blevins	August 2020
Team leaders will sanitize sports equipment daily.	Ashley Dunavan, Jackie Basinger, Kristie Thompson, Vonya Schaufler	May 2020

Reviewer Comments:

Goal 3: The LEA will provide professional development for school staff that promotes healthy nutrition and physical activity.

Hint

Goal 3 Measurable Objective

Pinkston students will meet with their advisory teachers on a weekly basis during the school year. During this advisory period, students are taught the skills necessary to develop a growth mindset, to make positive life choices in the areas of social, emotional, and physical health, and to appropriately deal with bullying situations in their lives. During some of our monthly meetings, our physical education teachers will present professional development that will assist teachers in understanding the benefit of movement for students at least once during a class period to increase mental engagement and physical activity.

Health and Physical education teachers attend yearly professional development that is incorporated into their classrooms including the statewide health summit. Teachers are also receiving training from the regional tobacco awareness coalition and integrating that information into their classrooms to encourage healthy lifestyles.

Pinkston Health and Wellness Committee meets annually to review our nutrition and physical activity. Female faculty members mentor a girls running club each Spring in preparation for running a 5K. PE teachers and coaches attend yearly professional development on hydration, heat illness, and concussion prevention each year as well as CPR and first aide training.

Goal 3

Activity	Person Responsible	Timeline
Pinkston Health and Wellness Committee meets monthly to review our nutrition and physical activity.	Stephanie Hughes, Shelby Feeney, Freddy Penka, Lewis Bishop, Calvin Henry, Ellen Hutchinson, Lindsey Blevins	June 30, 2021
Female faculty mentor girls running group after school in the Spring.	Thera Lashley	May 2021
Professional Development - Strategies and benefits for allowing student movement throughout class time to promote engagement and increased physical activity.	Freddy Penka, Lewis Bishop, Calvin Henry	May 2021
Professional Development - Pinkston staff will receive updates and advice on health, wellness, and nutrition on a quarterly basis. These updates will be provided by Ellen Hutchison (Nurse) and Laura Newth (Counselor) and will be either emailed to all staff or posted in central locations for all to see.	Ellen Hutchison, Laura Newth, Shelby Feeney, Stephanie Hughes.	May 2021

Reviewer Comments:

Goal 4: (Optional) The LEA will provide coordination to support a safe and healthy learning environment.

Hint

Goal 4 Measurable Objective

Goal 4

Activity	Person Responsible	Timeline

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Close