

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Mountain Home Kindergarten
School LEA Number:	0303018

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:	MOUN260691
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Reviewer Comments:

Body Mass Index (BMI)

Hint

<input checked="" type="checkbox"/> 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.

Overall, BMI classification results for Mountain Home Kindergarten show: Of all students measured, approximately 73.33% were healthy or underweight, 12.08% were overweight, and 14.58% were obese.

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

MHK offers free breakfast to all students, regardless of their free, reduced, or paid lunch status to maximize participation in the free breakfast program that provides opportunities for healthy eating. MHK will provide grade-appropriate nutrition education and provide students with the knowledge and skills to promote and protect their health.

Goal 1

Activity	Person Responsible	Timeline
Free Breakfast Program	Janet Wood	2020-2021
Grade-appropriate nutrition education through messages posted in the cafeteria.	Sharla Patrick Jeri Thomas	2020-2021

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

MHK ensures 100 minutes of physical education weekly and 55 minutes of recess. To encourage active play during recess, a basketball court was added for students. MHK is also researching ideas for painting diagrams, hopscotch, and blocks on sidewalks. Additional equipment for physical and educational purposes

will be added when funds become available. Regular inspections and repairs of indoor and outdoor facilities will be conducted.

Goal 2

Activity	Person Responsible	Timeline
Time for physical education and physical activity are in the master schedule.	Janet Wood	2020-2021
Research ideas for painting diagrams, hopscotch, and blocks on the sidewalk.	Janet Wood	2020-2021
Regularly inspect playgrounds and indoor facilities for safety.	Janet Wood, Roddy Patrick, Jill Daves	2020-2021
Physical Education teachers will use state standards to plan lessons that are appropriate for students.	Roddy Patrick, Jill Daves	2020-2021

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

The school will offer annual professional development for staff focused on promoting a healthy lifestyle for MHK students. This will include nutrition education about portion size of daily snacks and the benefits of movement for students in the classroom to increase mental engagement as well as physical activity. The Health and Wellness committee is currently researching professional development opportunities focused on the healthy nutrition and physical activity for the MHK staff.

Goal 3

Activity	Person Responsible	Timeline
Provide Professional Development for staff focused on promoting a healthy lifestyle for MHK students.	Janet Wood	2020-2021
The MHK staff will receive updates and information about health, wellness, and nutrition from the school nurse and counselor.	Ashley Looney, Sharla Patrick	2020-2021
Research Professional Development for staff focused on healthy nutrition and physical activity.	Janet Wood, Darrah Pitchford, Jeri Thomas	2020-2021

Reviewer Comments:

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

Hint

Goal 4 Measurable Objective

In order to provide coordination to support a safe and healthy learning environment, MHK will make instructions on proper hand washing available to all students.

Goal 4

Activity	Person Responsible	Timeline
Provide instructions on proper hand washing (e.g., posters) for all students.	Ashley Looney	

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Close