

AR  
 Mtn Home High School (Mountain Home School District)  
 500 Bomber Blvd  
 Mountain Home AR 72653  
 870-425-1215

**Health and Wellness School Improvement Priority**

**Section I: School Information**

<b>School Name:</b>	Mountain Home High School Career Academies
<b>School LEA Number:</b>	0303703

**School Year: 2018-2019**

**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.

<b>Reference Number:</b>	MHHS361507
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**Reviewer Comments:**

**Body Mass Index (BMI)**

<input checked="" type="checkbox"/>	<b>The school can verify the analysis of the School Level Body Mass Index screening data conclusions.</b>
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**Description/Conclusion**

The overall BMI classification results for Mountain Home High School Career Academies show:  
 Approximately 60.6% of students measured were in the Healthy or Underweight category.  
 Approximately 15.7 % of students measured were in the Overweight category.  
 Approximately 23.7% of students measured were in the Obese category.

[BMI Report](#)

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**Other health and wellness related data** (Optional)

**Description/Conclusion**

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**Reviewer Comments:**

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

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**Goal 1 Measurable Objective**

The LEA requires all students to complete a course in Health for graduation. The Arkansas Health and Wellness Curriculum Frameworks include a strand on nutrition. Content standard number seven states: Students shall understand concepts related to nutrition and develop skills for making healthy food choices. There are six related student learning expectations which fall under that strand.

In addition to this requirement, the LEA offers multiple courses with nutritional components.

493110 Food & Nutrition Credit: .5 Grade Levels: 912 This course focuses on the developing the skills to select, prepare, and serve food that meets the nutritional needs of individuals and families. Students will apply sound nutritional practices that will have a positive effect on overall health.

493200 Nutrition & Wellness Credit: .5 Grade Levels: 912 Nutrition and Wellness emphasizes the interaction of nutrition, foods, sports, and exercise for lifelong fitness and wellbeing of individuals and families

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**Goal 1**

Activity	Person Responsible	Timeline
Students will complete a graduation checklist. AAP advisors will verify that the student completed the required health class.	Steve Morris	May 31, 2019
The FACS teacher/FCCLA sponsor will verify enrollment is elective nutrition classes as well as verify the number of FACS completers.	Kim Fowler	May 31, 2019

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**Reviewer Comments:**

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**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.}

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**Goal 2 Measurable Objective**

The LEA requires every student to complete one-half credit of physical education for graduation. This course must be taught by a certified physical education teacher. The LEA offers numerous interscholastic sports for boys and girls. The LEA offers four years of NJROTC which incorporates physical activity throughout the curriculum.

The LEA will offer ideas and strategies to all teachers on ways to incorporate physical activities.

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**Goal 2**

Activity	Person Responsible	Timeline
Students will complete a graduation checklist. AAP advisors will verify that the student completed the required one-half credit of physical education.	Mary Beth Russell	May 31, 2019
Academies will serve as the means for creating and disseminating strategies for schoolwide physical activities (Academy Kick-Off day, Senior Picnic, Academy Celebration Day, CSI, and/or additional schoolwide events).	Brent Bogy	May 1, 2019

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**Reviewer Comments:**

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

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**Goal 3 Measurable Objective**

The LEA will provide professional development for all teachers regarding updated nutrition trends.

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**Goal 3**

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Activity	Person Responsible	Timeline
The school nurse will create a session on the newest nutrition related facts and fallacies. This information will be shared with the school staff through a school wide faculty meeting or through academy meetings.	Sue Wepprecht	March 31, 2019

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**Reviewer Comments:**

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

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**Goal 4 Measurable Objective**

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**Goal 4**

Activity	Person Responsible	Timeline

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**Reviewer Comments:**

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**Reviewer Response:**

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**Reviewer Comments:**