

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

School Name:	Mountain Home High School Career Academies
School LEA Number:	0303703

School Year: 2020-2021

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:	MHHS361507
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Reviewer Comments:

Body Mass Index (BMI)

<input checked="" type="checkbox"/>	The school has conducted an analysis of the School Level Body Mass Index screening data.
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Develop a brief narrative of student BMI trends based on the analysis of the data.

Total students: 318

% healthy/underweight: 59.9% (191 students)

% overweight: 16.2% (52 students)

% obese: 23.5% (75 students)

Other Health and Wellness Related 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 Act 1220 requirements:

Goal 1: The LEA will provide coordination and support to create a healthy nutrition environment for students.

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.

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 Lunsford	May 31, 2021
The FACS teacher/FCCLA sponsor will verify enrollment in elective nutrition classes as well as verify the number of FACS completers	Kim Fowler	May 31, 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.

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.

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, 2021
Academies will serve as the means for creating and disseminating strategies for school wide physical activities (Academy Kick Off day, Senior Picnic, Academy Celebration Day, CSI, and/or additional school wide events).	Brent Bogy	8/24/20 - 5/31/21

Reviewer Comments:

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

Goal 3 Measurable Objective

Educate staff and students on the negative effects of vaping. Reduce the overall number of students self reporting for vaping

Goal 3

Activity	Person Responsible	Timeline
Increase curriculum material related to vaping. Course taught on a semester basis (material covered 2x a year)	Mark Paden	Dec 2020 & May 2021

Conduct survey to determine the number of students vaping (given before curriculum covered).	Laurie Bergenstock	Oct 31, 2020 & Feb 28, 2021
Conduct second vaping survey to measure effectiveness of vaping education program (given after curriculum covered).	Laurie Bergenstock	Dec 31, 2020 & May 31, 2021

Reviewer Comments:

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

Goal 4 Measurable Objective

"LEA will provide coordination to support a safe and healthy environment."

Goal 4

Activity	Person Responsible	Timeline
Bring in a guest speaker and expert on bullying/mental health to speak to students, staff, and community members	Matt Sutton	09/01/2020-01/01/2021
Mental Health staff to attend conferences/trainings to gain awareness and knowledge and then impart this knowledge to appropriate school staff relative to mental health literacy and trauma-informed practices	Matt Sutton	09/01/2020-06/30/2021
Utilize curriculum to bring about substance abuse and mental health awareness among students and families.	Matt Sutton	09/01/2020-06/30/2021

Reviewer Comments:

Reviewer Response:

Reviewer Comments: