

AR  
 Armorel High School (ARMOREL SCHOOL DISTRICT)  
 P.O. BOX 99  
 ARMOREL AR 72310  
 870-763-7121

### Health and Wellness School Improvement Priority

**Hint**

#### Section I: School Information

<b>School Name:</b>	Armorel High School
<b>School LEA Number:</b>	4701002

**School Year: 2017-2018**

#### **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>	ARMO727387
--------------------------	------------

**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>
-------------------------------------	-----------------------------------------------------------------------------------------------------------

##### **Description/Conclusion**

BMI results for Armorel High School show: approximately 13% of all children measured were i the

overweight category and approximately 24.6% of all children measured were identified as obese.

57.1% of our 8th grade males are healthy or underweight and 42.9% of our 8th grade males are overweight or obese. In the 8th grade we have a higher percentage of males who are healthy or underweight.

38.1% of our 10th grade males are healthy or underweight and 61.9% of our 10th grade males are overweight or obese. In the 10th grade we have a higher percentage of males who are considered overweight or obese.

We do not have data for our 8th grade girls.

73.7% of our 10th grade females are healthy or underweight, and 26.3% of our females are overweight or obese.

---

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

**Description/Conclusion**

---

**Reviewer Comments:**

---

---

**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.
- 

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

---

**Goal 1 Measurable Objective**

Armored High School will ensure all students receive grade-appropriate nutrition education.

---

**Goal 1**

<b>Activity</b>	<b>Person Responsible</b>	<b>Timeline</b>
During advisory period teachers will focus on provide activities related to appropriate nutrition	Teresa Lawrence	Once a month for the entire school year.
Nutrition will be discussed during basketball, baseball, and softball practice	Gary Burnside Shannon Miller Charles Brown Michael Dobbins Deanna Carr	Weekly
Nutrition will be discussed and activities will be provided during health class and physical activity.	Lisa Reynolds Gary Burnside	weekly


---

**Reviewer Comments:**

---

**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.}

---

**Goal 2 Measurable Objective**

Armored High School students receive physical education in the 7th and 8th grade. They have the opportunity to participate above and beyond the minimum level of required activity. High school students are required to take a half a unit of physical education and a half a unit of health at some point during their 9-12th grade years. Students have the opportunity to take physical education and receive a whole credit.

---

**Goal 2**

Activity	Person Responsible	Timeline
Physical Activity classes are held daily	Lisa Reynolds Gary Burnside	August -May
Walking club has been initiated. Any student is welcome to join the club. The club walks for at least 30 minutes Monday-Friday after school. A small group walks for 15 minutes after lunch. We have a track with fitness equipment next to the track and students are encouraged to walk on the track during the weekends as well as through the week.	Melissa Booker Teresa Lawrence Fran McDonald	August-May

---

**Reviewer Comments:**

---

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

---

**Goal 3 Measurable Objective**

Armored High School will provide professional development for our staff that includes nutrition and physical activity.

---

**Goal 3**

Activity	Person Responsible	Timeline
Fitness and nutrition information is distributed to the staff at professional development meetings.	Teresa Lawrence	August, September, March

Healthy snacks are provided. Teachers are encouraged to join the walking club ad walk with the students.		

---

**Reviewer Comments:**

---

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

---

**Goal 4 Measurable Objective**

---

**Goal 4**

Activity	Person Responsible	Timeline

---

**Reviewer Comments:**

---

**Reviewer Response:**

ADE Reviewed

---

**Reviewer Comments:**

Thank you for your comprehensive responses and committment to improving wellness in your school. In the future, please ensure that you complete the Plan for Improvement when conducting the School Health Index assessment. - ALH 09/29/17