

AR  
 Mena Middle School (Mena School District)  
 700 South Morrow Street  
 Mena AR 71953  
 479-394-2572

### Health and Wellness School Improvement Priority

#### Section I: School Information

<b>School Name:</b>	Mena Middle School
<b>School LEA Number:</b>	5703011

**School Year: 2021-2022**

#### **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.

<b>Reference Number:</b>	Mena646198
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##### **Reviewer Comments:**

##### **Body Mass Index (BMI)**

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

Data collected for BMI between 2020 & 2022 shows an improvement for students who were first measured as 6th graders, then again as 8th graders. The rate of obesity for 8th grade girls dropped 1.37% while 8th grade boys saw an obesity reduction by 5.18%. Both groups also showed a reduction in the number of 8th grade students classified as overweight.

**Additional Health Data** (Optional)

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**Develop a brief narrative of other health and wellness data.** (Optional)

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**Reviewer Comments:**

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**Section III: Health and Wellness Goals**

Indicate the LEA's compliance with the following State Mandates:

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**Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students**

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**Goal 1 Measurable Objective**

Along with the recent addition of second-chance breakfast carts, our school added a late afternoon snack, b which we will see a minimum of 10% increase in the number of students served a meal throughout the school day.

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**Goal 1 Activities**

<b>Activity</b>	<b>Person Responsible</b>	<b>Timeline</b>
Provide breakfast for student in Summer School	Yvette May	June 6, 2022
Establish two "second chance" breakfast carts in the hallways between 1st & 2nd class periods	Yvette May	September 5, 2022
Establish a healthy late-afternoon snack available to all students	Susan Bodey	September 5, 2022

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**Reviewer Comments:**

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**Topic 2: Coordination and Implementation of Physical Activity and Education for Students**

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**Goal 2 Measurable Objective**

Mena Middle School will continue its recently-added Lifetime Wellness class for 6th grade boys and girls with the focus of introducing our youngest students to practicing proper nutrition and exercise. We will see a 10% increase of the number of students actively participating in physical activities, both in classes and during their lunch recess.

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**Goal 2 Activities**

Activity	Person Responsible	Timeline
Lifetime Wellness Class (Boys)	Chad Arnold	August 22, 2022 & January 9, 2023
Lifetime Wellness Class (Girls)	Tia Fryar	August 22, 2022 & January 9, 2023

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**Reviewer Comments:**

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**Topic 3 (Optional): Coordination and Implementation of Health and Safety (Whole Child) for Students**  
**(NOTE- this goal may focus on any School Health Index (SHI) Assessment Module)**

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**Goal 3 Measurable Objective**

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**Goal 3 Activities**

Activity	Person Responsible	Timeline

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**Reviewer Comments:**

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**Topic 4: Inclusion of School-wide Health Related Professional Development**

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**List school-wide health related professional development sessions planned for school staff (Nutrition and Physical Activity staff development must be provided):**

Session Title	Trainer/Organization	Session Duration
Character Strong / SEL Training	Teresa Warner & Leilani Rose	August 22, 2022
Staff training & planning for second-chance breakfast	Todd Coogan	August 22, 2022
Staff training & planning for afternoon snack	Todd Coogan	September 5, 2022

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**Reviewer Comments:**

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**Reviewer Response:**

ADE Reviewed

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**Reviewer Comments:**

Keep all of the requested revisions in mind for future submissions:

Need to have check mark fields complete. It is a federal mandate

Section III: Health and Wellness Goals

Indicate the LEA's compliance with the following State Mandates:

The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (AR Code §6-20-709).