

AR  
 Mena High School (Mena School District)  
 1200 Dallas Ave. P.O. Box 1810  
 Mena AR 71953  
 479-394-1144

### Health and Wellness School Improvement Priority

#### Section I: School Information

<b>School Name:</b>	Mena High School
<b>School LEA Number:</b>	5703012

**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>	MENA987081
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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.**

Due to the response to the Covid-19 pandemic, no BMI data was gathered for our students during the last school year. We plan on reimplementing the gathering of the students BMI data this year.

##### **Additional Health Data** (Optional)

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:

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee **(AR Code §6-20-709)**.
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**Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students**

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**Goal 1 Measurable Objective**

Beginning this year, we will provide a daily, nutritionally sound, snack to all of our students. The goal of this initiative is to help cut down behavioral incidents among students in the afternoon and on the bus ride home. Our goal is for behavioral incidents in the afternoon to decrease by 25%.

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**Goal 1 Activities**

Activity	Person Responsible	Timeline
Afternoon Snack	Amy Montgomery	9/1/2021

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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**

According to our SHI, one of the weakest areas is healthy eating. Our goal is to increase student awareness of healthy snack options. The health teacher will conduct a brief, weekly, lab to demonstrate healthy snack options during class.

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**Goal 2 Activities**

Activity	Person Responsible	Timeline
Weekly Healthy Snack Lab	Scott Wright	11/1/21

**Reviewer Comments:****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)****Goal 3 Measurable Objective**

One strength that was noted in the SHI was that water bottle filling stations have been provided, however, students were not provided with water bottles to fill. Additionally, we only have three shared bottle filling stations and that is not enough for the demand we have. With only 5 minutes between classes, 3 filling stations and over 500 students, there just isn't enough time to keep up with the demand. Supplying students with a reusable bottle they can carry every day will help, providing water vending machines with plastic bottles students can purchase, and installing additional bottle filling stations can help meet the demand. Additionally, purchasing disposable cups that students can get from the nurse to fill on days when they forget their bottles will help.

**Goal 3 Activities**

Activity	Person Responsible	Timeline
Additional Bottle Filling Stations	David Maxwell	11/1/2021
Reusable bottles	Celeste Ashcraft	11/1/2021
Bottle Vending Machines	Bobbie Landon	11/1/2021
Disposable Cups for Student Use	Bobbie Landon	11/1/2021

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

**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	Shannon Lyle	1.5 hours
Trauma Resource Initiative for Schools (TRIS)	Amy Montgomery	3 hours
ACES Training	Linda Shelley	1 hour

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**Reviewer Comments:**

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**Reviewer Response:**

ADE Reviewed

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**Reviewer Comments:**