

Health and Wellness School Improvement Priority**Section I: School Information**

School Name:	Gosnell High School
School LEA Number:	4708031

School Year: 2021-2022**Section II: Needs Assessment****School Health Index Assessment**

Hint

- Check box if completing the SHI Assessment online
- Check box if the school completed the pdf version of the SHI Assessment, upload the Completed Overall Score Card and the School Health Improvement Plan to the Health & Wellness Folder.

If completing the SHI Assessment online, a reference number must be provided.

Reference Number:	Well226226
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Reviewer Comments:**Body Mass Index (BMI)**

Hint

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

8th grade females: 29.5% healthy, 41.3% obese, 29.2% overweight

8th grade males: 44.4% healthy, 29.6% obese, 26% overweight

10th grade females: 23.4% healthy, 32.1% obese, 41.6% overweight, 2.9% underweight

10th grade males: 29.1% healthy, 18.3% obese, 22.8% overweight

In summary, there are more females with BMI results in the unhealthy weight categories than the males. There are also some females that are considered underweight which is a concern as well.

Additional Health Data (Optional)

Hint

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

Gosnell Secondary screened 160 students vision. Of those students, 26 were rescreened, 20 students were referred to an ophthalmologist. Only 7 reported seeing an eye doctor and 7 were confirmed to have difficulties with vision.

There are 364 students that have medical alerts that have been identified and information given to the school nurse. The medical alerts range from different allergies to depression to diabetes to neurological disorders. There are 11 students that have been identified as having a disability.

Reviewer Comments:

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**).

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

Hint

Goal 1 Measurable Objective

Based on the data, it has been noted that children need more healthy foods available to them throughout the day. The Gosnell Nutrition department will complete the necessary paperwork needed to receive a grant to serve fresh fruit and vegetables to students after lunch three times a week. Students in grades 7 and 8 will receive snacks of fruit and vegetables three times a week to help promote healthier eating. The goal is to decrease the number of obese/overweight students by 5% over the next school year. Students in grades 9-12 will have an opportunity for a grab-n-go 2nd breakfast for those students who arrive late or do not have time to eat before school starts. This will be available every day. The goal is to increase the number of students eating breakfast by 30% over the next year. Currently only 19% of those students are eating breakfast.

Goal 1 Activities

Activity	Person Responsible	Timeline
Get grant approved	Judy Herron	October 2021
Serve healthy snacks	Judy Herron	December 2021
Serve 2nd breakfast	Judy Herron	August 2021

Reviewer Comments:

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

Hint

Goal 2 Measurable Objective

Gosnell secondary will improve its physical education program by incorporating new activities and offering more health and physical education classes to students. The goal is to increase the number of students taking physical education/health as extra electives by 25%.

Goal 2 Activities

Activity	Person Responsible	Timeline
Offer more health/PE classes	Steven Milligan	August 2021
Promote PE program	Jenna Weeks	December 2021

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)

Hint

Goal 3 Measurable Objective

Goal 3 Activities

Activity	Person Responsible	Timeline

Reviewer Comments:

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

Hint

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
Stress Management and Exercise	Jenna Weeks	1 hour
CPR/First Aid	Chandler Sullivan	4 hours

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

Close