

AR  
Cutter-Morning Star School District  
2800 Spring Street  
Hot Springs AR 71901  
501-262-2414

### Health and Wellness District Improvement Priority

#### Section I: District Information

School Year: 2019-2020

#### LEA Information:

|                      |                            |
|----------------------|----------------------------|
| District LEA Number: | 2601                       |
| School District:     | Cutter Morning Star School |

#### Section II: District Committee Members:

|   |                             |
|---|-----------------------------|
| <b>District Wellness Committee Chair Name:</b>    | Dana Trott                  |
| <b>Committee Chair Position:</b>                  | Child Nutrition Director    |
| <b>Committee Chair Email:</b>                     | dana.trott@cmseagles.net    |
| <b>Committee Chair Phone:</b>                     | 501-262-2414                |
| <b>District Wellness Committee Co-Chair Name:</b> | Katee Fendley               |
| <b>Committee Co-Chair Position:</b>               | School Nurse                |
| <b>Committee Co-Chair Email:</b>                  | katee.fendley@cmseagles.net |
| <b>Committee Co-Chair Phone:</b>                  | 501-262-2414                |

#### Additional Committee Members:

| Name               | Position or Role           | Organization Represented | Phone                | Email                         |
|--------------------|----------------------------|--------------------------|----------------------|-------------------------------|
| Jim Harbin         | School Board Member        | Cutter Morning Star      | 501-262-2414         | jim.harbin@cmseagles.net      |
| Dr. Nancy Anderson | Administrator              | Cutter Morning Star      | 501-262-2414         | nancy.anderson@cmseagles.net  |
| June Keith         | Food Service               | Chartwells               | 501-262-2414         | june.keith@cmseagles.net      |
| Donnie Pogue       | Physical Education Teacher | Cutter Morning Star      | 501-262-2414         | donnie.pogue@cmseagles.net    |
| Brandi Harbin      | Parent                     | CMS High School Parent   | 360-929-6102         | brandtou57@gmail.com          |
| Masann Hamilton    | Student                    | 9th grade student CMS    |                      | masann.hamilton@cmseagles.net |
| Melody Reyes       | Community Member           |                          | 501-282-7652         |                               |
| Meg Myers          | School Health Professional | Life Strategies          | 501-262-2414 ext 132 | megan.myers@iscihelp.com      |
|                    |                            |                          |                      |                               |

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

---

Reviewer Response:

---

Reviewer Comments:

AR  
Cutter-Morning Star High School (Cutter-Morning Star School District)  
2801 Spring St  
Hot Springs AR 71901  
501-262-1220

**Health and Wellness School Improvement Priority**

**Section I: School Information**

|                           |                                 |
|---------------------------|---------------------------------|
| <b>School Name:</b>       | Cutter Morning Star High School |
| <b>School LEA Number:</b> | 2601002                         |

**School Year: 2018-2019**

**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> | CMS_589495 |
|--------------------------|------------|

**Reviewer Comments:**

**Body Mass Index (BMI)**

|                                     |  |
|-------------------------------------|--|
| <input checked="" type="checkbox"/> | The school can verify the analysis of the School Level Body Mass Index screening data conclusions. |
|-------------------------------------|--|

**Description/Conclusion**

Overall, BMI classification results for Cutter Morning Star High School show: - approximately 14.1% of all children measured were in the OVERWEIGHT category - approximately 26.6% of all children measured were identified as 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

Meals will be served that will encourage students to eat breakfast and lunch. The meals will consist of colorful food and food choices. Teachers will be educated on not using non-nutritious foods for rewards. The principal will monitor classroom activities. The Food Director will monitor the menus to check to make sure food items meet the Dietary Guidelines. Teachers will include nutrition and wellness in their health and science classes. These activities are on going.

---

#### Goal 1

| Activity  | Person Responsible | Timeline |
|---|--------------------|----------|
| Encourage students to eat breakfast and lunch                       | Dana Trott         | ongoing  |
| Offer students food choices   | Dana Trott         | ongoing  |
| Discourage the use of non-nutritious foods for rewards              | Dana Trott         | ongoing  |
| Monitor food menus to make sure that they follow Dietary Guidelines | Dana Trott         | ongoing  |
| Include nutrition and wellness in the health curriculum.            | Dana Trott         | ongoing  |
|   |                    | ongoing  |

---

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**

The Physical Education classes will increase cardiovascular activity. The Physical Education teacher will plan using the Arkansas Standards. Instruction will be aligned to the standards. Classroom teachers will look and utilize opportunities in the regular school day to allow for breaks with quick physical activities in the classroom. Principals will schedule the correct number of minutes for Physical Education. This will be monitored through out the school year.

---

**Goal 2**

| Activity   | Person Responsible | Timeline |
|--|--------------------|----------|
| Physical Education classes will include cardiovascular activities.                         | PE Teachers        | ongoing  |
| Physical Education teachers will use the Arkansas Standards in planning their instruction. | PE Teachers        | ongoing  |
| Physical activity will be used during the daily instructional day in the classroom.        | PE Teachers        | ongoing  |
| Principal will schedule the correct number of minutes for Physical Education.              | PE Teachers        | ongoing  |
|  |                    |          |

---

**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**

The school nurses will discuss nutrition and physical activity with the faculty and staff. They will share articles during the year on a variety of topics relating to nutrition and wellness. The faculty and staff will monitor the students and staff daily to catch and address emotional issues.

---

**Goal 3**

| Activity   | Person Responsible        | Timeline |
|--|---------------------------|----------|
| The school nurse will provide nutrition and physical education | School Nurse              | ongoing  |
| Monitor emotional needs of students and staff                  | Principals and Counselors | ongoing  |
| Develop, implement and practice crisis drills                  | School Resource Officer   | ongoing  |
|  |                           |          |

---

**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:

No revisions are needed at this time. Proceed to the Submissions Tab, and click the submit button in order to complete the submissions process. Thank you, AEW 4/4/19