

AR
 Hermitage High School (Hermitage School District)
 312 N. School Dr
 Hermitage AR 71647
 870-463-2235

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Hermitage High School
School LEA Number:	601007

School Year: 2019-2020

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.

Reference Number:	Herm511995
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Reviewer Comments:

Body Mass Index (BMI)

<input checked="" type="checkbox"/>	The school has conducted an analysis of the School Level Body Mass Index screening data.
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Develop a brief narrative of student BMI trends based on the analysis of the data.

- 22 males in the 8th grade were assessed. 63.6% were healthy or underweight. 36.4 were overweight or obese. 17 Females in the 8th grade were assessed. 29.4% were considered healthy or underweight. 70.6% were considered overweight or obese.
- 20 males in the 10th grade were assessed. 35% were health or underweight. 65% were overweight or obese. 19 females were assessed. 36.8% were considered healthy or underweight. 63.2% were considered overweight or obese.

Other Health and Wellness Related Data (Optional)

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

Reviewer Comments:

Section III: Health and Wellness Goals

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: The LEA will provide coordination and support to create a healthy nutrition environment for students.

Goal 1 Measurable Objective

- Health Teacher will teach the Essential Topics of Healthy Eating and MyPlate.
- Hermitage High School will implement "Grab and Go Breakfast" at the beginning of the year for those students who miss breakfast in the cafeteria before school. We will analyze the number of students served at each quarterly meeting.
- Menus are reviewed quarterly by the District Wellness Committee quarterly.

Goal 1

Activity	Person Responsible	Timeline
The Health Teacher will develop lessons to teach the Essential Topics for Healthy Eating and MyPlate.	Greg Mauldin	Quarterly for 7th/8th Grade and Once a semester for Grades 9th-12th. 2019-2020 school year
Grab and Go Breakfast will be implemented. Students will be allowed to eat it in the classroom. The time allotted will be between first and second period. Students will be allowed to eat in class at the beginning of second period.	Mistie McGhee	August 13th 2020- First Day of School
Breakfast and Lunch Menus reviewed at quarterly meeting.	Chase Ellis	Quarterly 2019/2020

Reviewer Comments:

Goal 2: The LEA will provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students.

Goal 2 Measurable Objective

Physical Education teachers will give students a fitness assessment. Students will test, follow a fitness routine, track their progress, and take a final fitness test to see their progress.

Goal 2

Activity	Person Responsible	Timeline
Physical Education teachers will select a fitness program.	Health and Wellness Committee	August 2019
Students will complete an initial assessment of their physical fitness.	Greg Mauldin/Susie Scott	Beginning of semester
Students will set fitness goals and track their progress.	Greg Mauldin/Susie Scott	Ongoing throughout each semester
PE teachers will give a final physical fitness assessment.	Greg Mauldin/Susie Scott	End of semester

Reviewer Comments:

Goal 3: The LEA will provide professional development for school staff that promotes healthy nutrition and physical activity.

Goal 3 Measurable Objective

- Hermitage High School will train all teachers on strategies to engage families in school health and assisting parents with seeking services.
 - All health and physical education classes will integrate quarterly activities which integrate parent-student involvement in healthy living.
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Goal 3

Activity	Person Responsible	Timeline
The school will provide staff with professional development on strategies to engage families in school health and assisting parents with seeking	Mistie McGhee	3/13/2020

services.		
Health and Physical Education teachers will integrate activities into their curriculum maps that allow for parent-student interactions for healthy living.	Greg Mauldin/ Susie Scott	5/20/2020

Reviewer Comments:

Goal 4: *(Optional)* **The LEA will provide coordination to support a safe and healthy learning environment.**

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 12/31/19