

Arkansas Indistar

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Nemo Vista High School
School LEA Number:	1503017

School Year: 2019-2020

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:	Redh476474
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Reviewer Comments:

Body Mass Index (BMI)

Hint

<input checked="" type="checkbox"/> The school has conducted an analysis of the School Level Body Mass Index screening data.

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

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According to 2018-19 ACHI report, overall BMI classification results for Nemo Vista High School show approximately 13.3% of all children measured were in the overweight category and approximately 23.3% of all children measured were identified as obese. Overweight females increased from 38.1% to 53.8%. However, under weight females decreased from 61.9%- 46.2%. This data is based on only the 13 female 10th grade students that were measured. This is not an accurate reporting of female students in the

high school. There is no way to track a particular cohort of students. State regulations do not require that every student in every grade in high school be measured every year.

Other Health and Wellness Related Data (Optional)

Hint

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.

Hint

Goal 1 Measurable Objective

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Nemo Vista High School promotes a healthy environment for all students. This goal is met through Science, Health and Wellness education, and Family and Consumer Science curriculum. Health and Physical Education courses are offered three times day for 55 minutes. Units of study included are Nutrition for Life, Weight Management and Eating Behaviors. High school students may take the courses titled, "Food Nutrition and Safety" "Food Production" or "Chemistry of Foods" to learn more about healthy eating and healthy food preparation. Menus are reviewed quarterly by the district wellness committee and healthy food choices are being marketed. The Wellness Committee meets to review and ensure the district's wellness policy is in compliance with federal and state mandates and menus follow USDA Dietary Guidelines. For example, all grains are whole grains with high school students receiving 910 servings per week, at least one per day. Regarding breakfast choices, high school student meals average 450-600 calories with no more than 640mg of sodium; lunch may contain 750-850 calories with no more than 1420mg of sodium. Food items offered weekly include: 10-12 ounces of meat/meat alternate, 1/2 cup of dark green vegetables, 1 and 1/4 cup of red/orange vegetables, 1-2 cup

Goal 1

Activity	Person Responsible	Timeline
Wellness Committee meets quarterly with Food	Drew Blocker, Wellness	September 24, 2019
Coordinate High School curriculum based on the mase	Johnna Setzer, principal	Spring 2020
Wellness policy established by the district and	Loan Williams,	February 2017

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

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Arkansas graduation requirements include 1/2 unit of Health and 1/2 unit of Physical Education to be completed in grades 9-12. Within the courses, the unit of Health and Your Body is covered. AR graduation requirements also include that students complete one unit of ADE approved Biology; Nemo Vista offers this course to students typically in the 9th grade. A chapter titled "Biochemistry" educates students on the importance of physical activity.

The master schedule currently allots 3- 55 minute periods in which students may fulfill the Health/PE requirement and allots 3 periods per day for PAP Biology. Students are allowed to select elective courses mentioned in Goal 1 creating an environment which promotes health

and physical activity. The Nemo Vista Wellness committee meets to review and ensure the district's wellness policy is in compliance with federal and state mandates and ensures the cafeteria is meeting the USDA Dietary Guidelines for students.

Repeat Remove

Goal 2

Activity	Person Responsible	Timeline
Provide Health, Nutrition, and Physical Education	Johnna Setzer, Principal	Spring, 2020
Health, PE, FACS, and Science curriculum embed	Coach Blocker, physical	ongoing
Wellness policy is established by Nemo Vista School	Logan Williams	February, 2017

Reviewer Comments:

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

Hint

Repeat Remove

Goal 3 Measurable Objective

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Nemo Vista High School is provided professional development that promotes health and physical activity. Based on data gathered in the Nemo Vista Health Index report, all staff need to be provided professional development in the areas concerning the importance of nutrition and physical activity, HIV, Student pregnancy, and STD education and prevention for students. The district will continue to host a free flu clinic for students, teachers, and staff provided by the Arkansas Department of Health. The Nemo Vista Student Council will coordinate Red Ribbon Week in order to educate the student body and staff about the dangers of alcohol, tobacco, vaping, and drug use. Senior students will participate in the annual 100 Proof Program which will educate students and attending staff about the dangers of drinking and driving. High school will provide a Health Week consisting of speakers and activities for students and staff promoting healthy nutrition, behaviors, and physical activity.

Goal 3

Activity	Person Responsible	Timeline
Provide professional development for all staff in the	Logan Williams	November, 2019
Flu Clinic	Deb Hammett, School	October 2, 2019
Red Ribbon Week	Retha Smith, Student	October 21-25, 2019
Health Week	Regina Riedmueller, HS	Spring, 2020

Reviewer Comments:

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

Hint

Goal 4 Measurable Objective

Rich text editor toolbar with icons for:

- Text color
- Background color
- Bold (B)
- Italic (I)
- Underline (U)
- Link (X')
- Unlink (X)
- Font size (12)
- Text color (A)
- Link icon
- List icon (bulleted)
- List icon (numbered)

Repeat Remove

Goal 4

Activity	Person Responsible	Timeline

Reviewer Comments:

Reviewer Response:

ADE Reviewed

Reviewer Comments:

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