

AR  
 OZARK MIDDLE SCHOOL (OZARK SCHOOL DISTRICT)  
 P.O. BOX 339  
 ALTUS AR 72821  
 479-468-6111

### Health and Wellness School Improvement Priority

#### Section I: School Information

<b>School Name:</b>	Ozark Middle School
<b>School LEA Name:</b>	2404004

**School Year:**  
2016-2017

#### 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>	ozar492962
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##### Body Mass Index (BMI)

☒ The school can verify the analysis of the School Level Body Mass Index screening data conclusions.

##### Description/Conclusion

Our Physical Education teacher and school nurse coordinate together to gather BMI results for our students.

The results from the BMI data show that of the 70 male students assessed, 55.7% were of a healthy weight and 44.3% were considered over weight or obese. Of the 56 female students, 51.8% were of a healthy or under weight, and 48.2% were considered over weight or obese. With just under half of our 6th grade students reporting as over weight or obese, focus will be placed on identifying strategies to help students achieve a healthy weight.

##### Other health and wellness related data (Optional)

##### Description/Conclusion

#### Section III: Health and Wellness Goals

(Provide a detailed description of each required activity)

**Goal 1: How will the LEA provide coordination and support to create a healthy nutrition environment for students?** {HINT: see 3 required activities.}

Activity	Person Responsible	Timeline
Coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee and healthy food choices are being marketed.	Betty Richard	October 14, 2016
Ensure that all students served by the LEA receive grade-appropriate nutrition education.	Kendra Mainer	May 20, 2017
Ensure the district's wellness policy is in compliance with federal and state mandates.	Chad Haberer	October 1, 2016

##### Description

Food services works with cafeteria staff to ensure that the food presented in the school cafeteria meets federal, state, and local guidelines concerning nutrition.

Our Physical Educaiton Teacher teaches a unit on nutrition each year.

Chad Haberer works with food services to make sure we are meeting all mandates.

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**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?** {HINT: see 3 required activities.}

Activity	Person Responsible	Timeline
Ensure that minimum levels of physical education and physical activity are being provided. If more than the minimum is being provided, please provide a description. 6th graders required to take one full semester of Physical Education with 50 minutes of PE per day, five days a week. 7th graders required to take 7th grade PE or Athletics for a full year at at least 50 minutes of PE or Athletics per day, five days a week.	Matt Coleman	Augst 9, 2016
Ensure that physical activity is implemented across the curriculum for all grade levels.	Matt Coleman	August 9, 2016
Ensure that the district policy is in compliance with federal and state mandates.	Matt Coleman	August 9, 2016

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**Description**

6th graders required to take one full semester of Physical Education with 50 minutes of PE per day, five days a week.

7th graders required to take 7th grade PE or Athletics for a full year at at least 50 minutes of PE or Athletics per day, five days a week.

Every student is required to partake in physical activity in their schedule. The schedule ensures that they meet the minimum state guidelines concerning physical activity at school. The master schedule also ensures that the state mandates are met.

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**Goal 3: How will the LEA promote a healthy school environment that promotes learning throughout the school culture?** {HINT: see 1 required activity.}

Activity	Person Responsible	Timeline
Provide professional development for staff that includes nutrition and physical activity	Matt Coleman	October 24, 2016

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**Description**

We will provide professional development for staff concerning nutrition and physical health on October 24, 2016.

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**Goal 4: (Optional) How does the school address other health disparities trending among students identified from the Needs Assessment?**

Activity	Person Responsible	Timeline

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**Description**

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**Reviewer Response:**

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**Reviewer Comments:**