

AR

Parkers Chapel Elem School (Parkers Chapel School District)  
209 Parkers Chapel Road  
El Dorado AR 71730  
870-862-9767

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

<b>School Name:</b>	Parkers Chapel Elementary
<b>School LEA Number:</b>	7007-039

**School Year: 2022-2023****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.

<b>Reference Number:</b>	Park634708
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**Reviewer Comments:****Body Mass Index (BMI)**

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

Parkers Chapel Elementary BMI data were as follows.

56.44 % of students are underweight or at a healthy weight.

43.56% of students are overweight or obese.

This appears to be an improvement from previous years.

**Additional Health Data (Optional)**

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

Other health data is also collected. Vision and Hearing Screenings, Recognition and referral of mental health problems, Evaluation of chronic conditions. Our school nurses have been provided with updated equipment that have made great strides in recognizing and referring any health disparities in students.

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**Reviewer Comments:**

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**Section III: Health and Wellness Goals**

Indicate the LEA's compliance with the following State Mandates:

**These checkboxes are required.**

- ✓ The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee **(AR Code §6-20-709)**.
  - ✓ The LEA has implemented space in the facility to accommodate breastfeeding mothers **(AR Code §6-18-719)**.
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**Topic 1: Coordination and Implementation of Healthy Nutrition Environment for Students**

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**Goal 1 Measurable Objective**

For the current school year, Our health and wellness committee met to discuss research on trying to determine available resources on becoming a farm to table school. Mrs. Jackson will reach out to her co-workers at k-12 nutrition and report back to the committee at our next meeting on any additional resources found.

The Committee would like to discuss portion size adjustment for age. There is concern mentioned that our Kindergarten student sizes seem to be very comparable to our Senior student sizes.

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**Goal 1 Activities**

Activity	Person Responsible	Timeline
Research data on Farm to School	Teresa Jackson	Jan 2023
Identify portion size requirements and discuss any helpful things that could be done to alleviate the concern and problems voiced regarding this.	Keith Kluthe	Jan 2023

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**Reviewer Comments:**

Good job on your team's efforts to address nutrition on the school campus! Within the measurable objective section, a target level of performance should be included. An example may be, "After a review of past school



health assessments, 75% of students will engage in nutrition education one day per week by May 2023." An objective should clearly answer, one or all the following questions:

- How much?
- How many?
- How will I know that it's accomplished?

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

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### **Goal 2 Measurable Objective**

Ensure that all students are participating in grade level appropriate physical activity. Our school does a great job in implementing activities into the classroom for physical activity. Our teachers use the Gonoodle program and also use Jack Hartman instruction. They also have the students participate in 20 minutes of organized walking during recess. There has been interest in obtaining the Spark PE Training and we will look into becoming a certified school.

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### **Goal 2 Activities**

<b>Activity</b>	<b>Person Responsible</b>	<b>Timeline</b>
Physical activity will be scheduled weekly for all students and provided by classroom teachers and/or paraprofessionals under their direction.	April Cartwright	Jan 2023
Student's knowledge of a variety of physical activities will be increased through their physical education classroom time.	April Cartwright	Jan 2023
Student will be assessed quarterly in PE to determine skills that have been mastered or that need to be worked on additionally in PE classes.	April Cartwright	Jan 2023

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### **Reviewer Comments:**

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## **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)

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### **Goal 3 Measurable Objective**

Our Health and Wellness Committee will meet quarterly for review and discussion of all concerns voiced and ways to improve and meet our Whole Child goals.

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### **Goal 3 Activities**

<b>Activity</b>	<b>Person Responsible</b>	<b>Timeline</b>


**Reviewer Comments:**

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

**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
K12 Nutrition Training	Teresa Jackson	Aug 2022
Back to School Food Safety for Public School	Teresa Jackson	Aug 2022
Rules and Regulation, Health and Safety, Emergencies in Cafeteria	Carrie Burson	Aug 2022
Staff annual Fitness Challenge	Kaci Burton	March 2023

**Reviewer Comments:**

**Topic 5: Inclusion of Built Environment Strategies**

**In the box below, list the LEA's current efforts to create school spaces that increase opportunities for physical activity and promote access to nutritious foods for students:**  
The LEA will obtain requirements on starting additional venues out of the cafeteria for nutritious and additional food. The LEA also provides our Indoor/Outdoor facility for before and after school use as needed by the community. Efforts to increase PA are accomplished through additional organized exercise time during recess.

**Reviewer Comments:**

**Reviewer Response:**

✓ ADE Reviewed

**Reviewer Comments:**

At this time, please keep the comments mentioned above in mind for future submissions. Proceed to the Submissions Tab and click the submit button in order to complete the submissions process. Thank you, SW  
4/17/23



AR  
Parkers Chapel High School (Parkers Chapel School District)  
401 Parkers Chapel Road  
El Dorado AR 71730  
870-862-2360

**Health and Wellness School Improvement Priority**

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**Section I: School Information**

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<b>School Name:</b>	Parkers Chapel High School
<b>School LEA Number:</b>	7007-040

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**School Year: 2022-2023**

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**Section II: Needs Assessment****School Health Index Assessment**

☒ Check box if completing the SHI Assessment online

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

<b>Reference Number:</b>	High244300
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**Reviewer Comments:**

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**Body Mass Index (BMI)**

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

Parkers Chapel High School BMI data were as follows.

47.14 % of students are underweight or at a healthy weight.

52.86% of students are overweight or obese.

This appears to be an improvement from previous years.

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**Additional Health Data (Optional)**

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

Other health data is also collected. Vision and Hearing Screenings, Recognition and referral of mental health problems, Evaluation of chronic conditions. Our school nurses have been provided with updated equipment that have made great strides in recognizing and referring any health disparities in students.

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**Reviewer Comments:**

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**Section III: Health and Wellness Goals**

Indicate the LEA's compliance with the following State Mandates:

**These checkboxes are required.**

- ✓ The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee (**AR Code §6-20-709**).
  - ✓ The LEA has implemented space in the facility to accommodate breastfeeding mothers (**AR Code §6-18-719**).
- 

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

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**Goal 1 Measurable Objective**

For the current school year, Our health and wellness committee met to discuss research on trying to determine available resources on becoming a farm to table school. Mrs. Jackson will reach out to her co-workers at k-12 nutrition and report back to the committee at our next meeting on any additional resources found.

The Committee would like to discuss portion size adjustment for age. There is concern mentioned that our Kindergarten student sizes seem to be very comparable to our Senior student sizes.

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**Goal 1 Activities**

Activity	Person Responsible	Timeline
Research data on Farm to School	Teresa Jackson	Jan 2023
Identify portion size requirements and discuss any helpful things that could be done to alleviate the concern and problems voiced regarding this.	Teresa Jackson	Jan 2023

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**Reviewer Comments:**

Good job on your team's efforts to address nutrition on the school campus! Within the measurable objective section, a target level of performance should be included. An example may be, "After a review of past school health assessments, 75% of students will engage in nutrition education one day per week by May 2023." An objective should clearly answer, one or all the following questions:



- How much?
- How many?
- How will I know that it's accomplished?

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

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### Goal 2 Measurable Objective

Ensure that all students are participating in grade level appropriate physical activity. Our school does a great job in implementing activities into the classroom for physical activity. Our teachers use the Gonoodle program and also use Jack Hartman instruction. They also have the students participate in 20 minutes of organized walking during recess. There has been interest in obtaining the Spark PE Training and we will look into becoming a certified school.

### Goal 2 Activities

Activity	Person Responsible	Timeline
Physical activity will be scheduled weekly for all students and provided by classroom teachers and/or paraprofessionals under their direction.	Coach Looney	May 2023
Student's knowledge of a variety of physical activities will be increased through their physical education classroom time.	Coach Looney	May 2023
Student will be assessed quarterly in PE to determine skills that have been mastered or that need to be worked on additionally in PE classes.	Coach Looney	May 2023

### Reviewer Comments:

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## 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)

### Goal 3 Measurable Objective

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### Goal 3 Activities

Activity	Person Responsible	Timeline

# Arkansas Public School Student BMI Measurement Dashboard

School Year

2021-2022

District

PARKERS CHAPEL SCHOOL DIST.

Gender

(All)

School

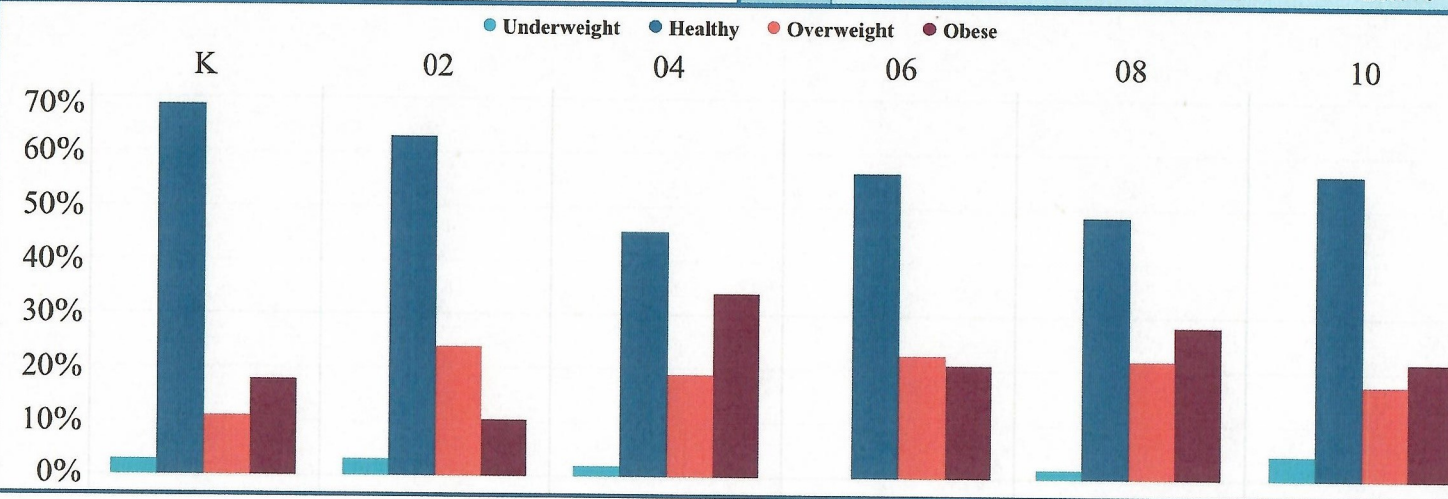
(All)

This dashboard contains searchable Body Mass Index (BMI) reports for individual school and school districts in Arkansas. Number of students with valid BMI measurements and BMI classifications are displayed both overall and for female and male students separately by grade.

Reports are available for schools and districts when at least 20% of the students had valid BMI Measurements. Cells where no data were collected have been left blank.

For questions about information contained in this dashboard please contact [BMI@achi.net](mailto:BMI@achi.net).

Grade	Underweight	Healthy	Overweight	Obese
K	2.7%	68.5%	11.0%	17.8%
02	3.0%	62.7%	23.9%	10.4%
04	1.9%	45.3%	18.9%	34.0%
06		56.5%	22.6%	21.0%
08	1.6%	48.4%	21.9%	28.1%
10	4.3%	56.5%	17.4%	21.7%
Total	2.2%	57.0%	19.2%	21.6%





## Wellness Committee Requirements Checklist – Implementation and Compliance

Federal requirements are highlighted below; Arkansas rules for nutrition and physical activity are noted by "Ark 0.00."

See Commissioner's Memo *Wellness Policies: Meeting Requirements of the Triennial Assessment* for instructions and guidance.

	Part 1										Part 2
	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Included in Policy?
<b>Ark 6.07.1.1</b> Include in the local Wellness Policy, goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the LEA determines is appropriate (may have standards in the Wellness Policy and annually updated goals in the ACSIP School Form)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Ark 6.07.1.2</b> Include in the local Wellness Policy, nutrition guidelines selected by the LEA for all foods available (both sold and provided) on each school campus under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Ark 6.07.1.3</b> Include in the local Wellness Policy, guidelines for reimbursable meals, which are no less restrictive than regulations and guidance issued by USDA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Ark 6.07.1.4</b> Include in the local Wellness Policy, a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the LEA charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy (ACSIP District Form – chair and co-chair)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
LEA's are required to inform and update the public about the content and implementation of the local wellness policy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



LEA's must measure periodically and make available to the public an assessment of the local wellness policy including (Triennial Assessment):											
• Extent to which schools are in compliance with the local wellness policy (using this checklist)			✓								
• Extent to which the LEA's local wellness policy compares to model local school wellness policies (using the "Included in Policy?" checkbox on this form)	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
• And progress made in attaining the goals of the local wellness policy (using BMI data, SHI, and ACSIP)											
Include in the Wellness Policy, a standard for food and beverage marketing that allows marketing and advertising of only those foods and beverages that meet the Smart Snacks nutrition requirements.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Include in the Wellness Policy, a description of public involvement, public updates, policy leadership, and evaluation plan.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.06.5 The Wellness Committee shall review and make written recommendations to the district's Child Nutrition Director regarding the district's school meal menus and other foods sold in the cafeteria.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
*District's Child Nutrition Program will provide the district Wellness Committee information on the requirements and standards of the National School Lunch Program (NSLP), and menus for the NSLP and other foods sold in the school cafeteria on a QUARTERLY basis.											✓
Ark 6.02 The **school nutrition and physical activity advisory committee will help raise awareness of the importance of nutrition and physical activity and assist in the development of local policies that address issues and goals, including, but not limited to the following:											✓
Ark 6.02.1 Assist with the implementation of nutrition and physical activity standards developed by the school nutrition and physical activity advisory committee with the approval of the Arkansas Department of Education and the State Board of Health (The Rules Governing Nutrition, Physical Activity, and BMI – updated October 2020, including Federal Smart Snack Regulations)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.02.2 Integrate nutrition and physical activity into the overall curriculum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.02.3 Ensure that professional development of staff includes nutrition and physical activity issues	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.02.4 Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



Ark 6.02.5 Improve the quality of physical education curricula and increase training of physical education teachers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.02.6 Enforce existing physical education requirements	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.02.7 Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of competitive foods	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.06 At a minimum, the School Nutrition and Physical Activity Advisory Committee will:											
Ark 6.06.1 Annually, assess each school campus, using the School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle using the following modules: #1 – School Health Policies and Environment #2 – Health Education #3 – Physical Education and other Physical Activity Programs #4 – Nutrition Services #10 – Family Engagement #11 – Community Involvement	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.06.2 Compare the physical education and health education assessment from the School Health Index to the standards defined by the Arkansas Department of Education Physical Education and Health Curriculum Frameworks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X
Ark 6.06.3 Compile the results of the School Health Index and provide a copy to the principal of each school in the district to be included in the individual school improvement priority (ACSIP)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.06.6 Assist the schools in implementing the Arkansas Child Health Advisory Committee recommendations for all foods and beverages sold or served anywhere on the school campus, including all foods and beverages other than those offered as part of reimbursable meals, including a la carte, vending machines, snack bars, fundraisers, school stores, class parties, and other venues that compete with healthy school meals	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.06.7 Annually maintain and update a written list of recommended locally available healthier options for food and beverages available for sale to students	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.06.8 Encourage the use of non-food alternatives for fundraisers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



Ark 6.06.9 Review and make written recommendations to the local school board regarding the components to be included in food and beverage vending contracts		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ark 6.06.10 Include as part of the district's annual report to parents and the community the amount of funds received and expenditures made from competitive food and beverage contracts		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Arkansas Required Members: School Board Administration Food Service Teacher Organization Parents Students Professional Groups — Nurses Community Members	USDA Required Members: School Board Administration Food Service Teachers of Physical Education Parents Students School Health Professionals Public	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
List additional policies adopted at the local level and implemented through the Local Wellness Policy:											

\*Arkansas Act 2285 of 2005 "An Act to Provide Statewide Standards for School Lunch Programs; And for Other Purposes"

\*\*Wellness Committee = School Nutrition and Physical Activity Advisory Committee

Please refer to the *Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools* – October 2020, the USDA Food and Nutrition Service Smart Snack Regulations, and the USDA FNS Local School Wellness Policy Implementation Final Rule.