

Commissioner's Memo  
3/27/2018

## Wellness Committee Responsibilities: School Health Index Assessment

### Memo Information

Memo Number **LS-18-080**

Memo Date 3/27/2018

Memo Type Regulatory

Unit Learning Services

Regulatory Authority Arkansas Act 1220 of 2003 and the Arkansas Department of Education Rules Governing Nutrition, Physical Activity, and BMI, updated May 2016

Response Required NO

Attention Federal Programs; Superintendents; Principals

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### Memo Text

**ATTENTION: CO-OP DIRECTORS, CHILD NUTRITION DIRECTORS, WELLNESS COMMITTEE CHAIRS**

The purpose of this memo is to provide guidance for school wellness committees when completing the School Health Index (SHI) Assessment. Pursuant to Arkansas Code 20-7-135(e)(1) and the Rules Governing Nutrition, Physical Activity, and BMI; every school district shall annually assess each school campus using the SHI Assessment for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle using the following modules.

- Module 1 - School Health Policies and Environment
- Module 2 - Health Education
- Module 3 - Physical Education and/or Other Physical Activity Programs
- Module 4 - Nutrition Services
- Module 10 - Family Engagement (formerly Module 8)
- Module 11 - Community Involvement (formerly Module 8)

The “Plan for Improvement” portion of the SHI should then be used to review the results of the assessment and develop health and wellness goals that will be incorporated into the school level improvement plan.

The SHI Assessment may be completed online or on paper. The assessment tool is available here: <https://www.cdc.gov/healthyschools/shi/>.

The following links provide additional information and resources to assist with implementing school wellness committees:

- A brief instructional video for completing the online assessment <https://adesandbox.arkansas.gov/iframe?v=YmNjNGYxMWExM2IzYzc1MmE4N2EyY2FINTFkNW13ZmQ>,
- ADE Rules Governing Nutrition, Physical Activity Standards and Body Mass Index For Age Assessment Protocols in Arkansas Public Schools: [https://dese.ade.arkansas.gov/admin/Files/20201105103629\\_Nutrition\\_and\\_Physical\\_Activity\\_Standards\\_Rules](https://dese.ade.arkansas.gov/admin/Files/20201105103629_Nutrition_and_Physical_Activity_Standards_Rules)
- Commissioner’s Memo CNU-18-021 <https://adecm.ade.arkansas.gov/ViewApprovedMemo.aspx?Id=3410>