



Healthy Students = Healthy Schools

Gearing Up for Your Annual School Health Index

Many school districts' Wellness Committees completed the School Health Index for the first time during the 2005-06 school year. Here are some reminders to help Wellness Committees complete the SHI for the 2006-07 school year:

- ✓ SHI must be completed for each school building
- ✓ Use appropriate SHI version. There is one for elementary schools and one for middle/high schools
- ✓ Order or download a copy of a SHI from <http://apps.nccd.cdc.gov/shi/default.aspx> or call 1 (800) 232-4636
- ✓ Modules 1, 2, 3, 4, and 8 are required to be completed
- ✓ The first page of each module provides recommendations regarding personnel who could assist in that module's completion
- ✓ At least two people should complete each module and they should vary from module to module
- ✓ Each school building's School Health Improvement Plan is submitted to their school's principal to be included in the ACSIP
- ✓ Training and assistance is available from your area's Community Health Promotion Specialist or Community Health Nurse Specialist. See page 4 for details.



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Healthy Students = Health Schools Newsletter

The Community Health Nurse and Promotion Specialists are excited to reintroduce a monthly newsletter.

We welcome any comments or suggestions.

See Page 4 for your co-op's or region's contact information.

Vision Law Changes in 2006-07 School Year

The rules and regulations for vision screening changed beginning the school year 2006-2007. Every school nurse in the state was required to attend a vision training, and they were conveniently held in numerous areas around the state. It was the responsibility of each co-op's Community Health Nurse Specialist to conduct these training. Below is a list of some of the major changes...

1. Grades to be screened. We now screen pre-K, K, 1st, 2nd, 4th, 6th, 8th, and 10th grade students along with special education and transfer students.
2. The use of eye charts was added. Every child will be screened for visual acuity using a Snelling Eye Chart or an age appropriate eye chart.
3. A more comprehensive screening with the use of the vision machine was also added, along with color perception. (Continued pg 2)

Body Mass Index (BMI)

Appropriate personnel from all public schools in Arkansas have been trained to use a web-based system for BMI data collection and reporting. This system, which will be used for height and weight data reporting and BMI calculation during the 2006-2007 school year, will make the BMI assessment and reporting process easier and more efficient for school personnel. During the last school year (2005-2006), personnel in 16 districts used this system to collect BMI data and generate child health reports for almost 130,000 students- one-fourth of Arkansas Public school students.

The Arkansas Center for Health Improvement's (ACHI) BMI web-based reporting system uses a secure website. The system allows trained nurses or other school designees to enter BMI measurement data and immediately generate reports for parents.

The Electronic Data Entry System is now available for direct data entry!
For more information visit
www.achi.net

Category	Year 1 ('03-'04)	Year 2 ('04-'05)	Year 3 ('05-'06)
Overweight	20.9%	20.8%	20.4%
At risk for overweight	17.2%	17.2%	17.1%
Healthy weight	60.1%	60.1%	60.6%
Underweight	1.8%	1.9%	1.9%
Total students assessed*	348,710	372,369	371,082

*Results presented include all data for years 1 and 2 and data received by June 14, 2006 for year 3 analysis.

Vision Law Changes in 2006-07 School Year (Cont.)

A major change this school year regarding vision and hearing screenings is the opportunity for school districts to bill Medicaid on eligible children. For more information about this potential funding source, contact Tony Boaz at ADE, Medicaid in the Schools unit. Schools will need a provider number for



billing, and ADE will help with the enrollment process. Instructions on the completion of a Medicaid Provider Enrollment Application and a downloadable copy of the application is located on ADE Special Education website <http://arksped.k12.ar.us>. Click on the link for "Medicaid in the Schools." ADE can also provide information on other Medicaid billable services school districts can access.

Factoids

Did You Know?

-Your tongue naturally replaces all of your taste buds every 21 days. That means if you're trying to change your diet and switch to soy milk from cow's milk, for example, after 21 days the taste will seem right instead of foreign.—
www.alive.com

- It takes 21.2 pounds of whole milk to make one pound of butter and 12 pounds of whole milk to make one gallon of ice cream. Cows drink 35 gallons of water a day. That's the equivalent of a bathtub full of water! — **www.purinamills.com**



Schools in the Spotlight

Coordinated School Health

Nine schools in Arkansas have been chosen by the Arkansas Department of Education to be in a pilot project for developing a Coordinated School Health Program (CSHP). The CSHP was developed by the Centers for Disease Control and Prevention to help schools address the health and social problems that youth are facing. The program consists of eight interactive models that address all aspects of good health. The following nine school districts are currently participating:

- **Batesville**
- **Dollarway**
- **Forrest City**
- **Green Forest**
- **Harrison**
- **Hot Springs**
- **Marvell**
- **Monticello**
- **Paragould**



Harrison School District at the "Kick Off" to Coordinated School Health workshop

Some of the criteria that school districts were chosen on were their percent of free and reduced lunch participation, economic factors, demographics, existing programs like ABC and 21st Century, and a willingness and interest from the district. These programs are getting technical support from the Department of Health and Human Service's Division of Health through Community Health Nurse Specialists and Community Health Promotion Spe-

cialists. DHHS-DOH employs Tamara Baker, Coordinated School Health Project Coordinator, (501) 280-4780. Also available is Laura McDowell, Program Manager of ADE's Office of Coordinated School Health, (501) 683-3600.

This coordinated effort to make a difference in the health of our youth will help to reduce absenteeism, decrease behavior problems, and improve student performance. CSHP emphasizes partnerships and collaboration at all levels. School districts implementing CSHP can tailor the model to fit the needs of their students and communities. For more information on coordinated school health go to www.cdc.gov/HealthyYouth/CSHP/

Fun Opportunities for Teachers & Students!!!

PE4Life Grant

Thanks to the Blue and You Foundation for a Healthier Arkansas, PE4LIFE will award 15 scholarships in Arkansas for school teams to train at the PE4Life Academy in Rogers. Scholarships have a value of \$2,300 which includes a two-day training, travel expenses, assessment software and follow-up consultations for a team of individuals from a school community.

A team consisting of a minimum of five individuals and a maximum of 12 must be able to attend PE4Life Academy Training, and the training must be completed during the 2007 calendar year. At least one team from each education cooperative and Pulaski County schools will be selected from the applicant pool. Applications due February 15, 2007. Contact your area's CHNS or CHPS (see page 4) for more info or Carrie Gibson at cgibson@pe4life.org or visit www.pe4life.org.

AR AFHK 3rd Annual Poster Contest

Arkansas Action for Healthy Kids and the Arkansas Dietetic Association are sponsoring the Third Annual Nutrition and Physical Activity Essay Contest for students enrolled in grades 7-12 in an Arkansas school.

The theme for this year's essay contest is, "It's How You Eat and Move Your Feet." Incentives for winners range from \$50 to \$150, Certificates of Achievement, and public recognition. Guidelines, requirements, and judging criteria are available on the ADE Child Nutrition Unit website <http://cnn.k12.ar.us/> and click Healthy Schools. See Commissioner's Memo FIN-07-043 for more details.

We are here for you!!!

Community Health Nurse and Promotion Specialist Contact Information
South Arkansas

South Arkansas				North Arkansas			
Name	Position	Location	Phone	Name	Position	Location	Phone
Cheryl Lindly	Supervisor	Polk Co. Health Unit	479-3942707	Nancy Green	Supervisor	Van Buren Health Dept	501-745-2485
Cassie Lewis	CHNS	Great Rivers Coop	870-338-6461	Marilyn Cone	CHNS	Northcentral Ed Center	870-368-7955
Kim Hooks	CHNS	Arkansas River Coop	870-534-6129	Laura Cook	CHNS	Crowley's Ridge Coop	870-578-5426
Lisa England	CHNS	Southeast AR Coop	870-367-6848	Mary Wells	CHPS	Crowley's Ridge Coop	870-578-5426
Rosemary Withers	CHPS	Arkansas River Coop	870-534-6129	Karen Davis	CHNS	Northeast AR Coop	870-886-3201
Tommie Rogers	CHNS	Dawson Coop	870-246-3077	Becky Lamb	CHNS	Wilbur D Mills Coop	501-882-8614
Vacant	CHPS	Dawson Coop	870-246-3077	Mary Glasscock	CHNS	Arch Ford Coop	501-354-2269
Cheryl Byrd	CHNS	DeQueen/Mena Coop	870-386-2251	Nancy Marsh	CHNS	Northwest AR Coop	479-267-7450
Rhonda McDonald	CHNS	South Central Coop	870-836-2213	Susanne Hill	CHPS	Northwest AR Coop	479-267-7450
Eddie Greenwood	CHNS	Southwest AR Coop	870-777-3076	Susan Butler	CHNS	Ozarks Unlimited Coop	870-743-9100
Cynthia Wilborn	CHNS	Central Region	501-280-4950	Millie Echols	CHPS	Ozarks Unlimited Coop	870-743-9100
Christy Davenport	CHPS	Central Region	501-772-0753	Denise Potts	CHNS	Western AR Coop	501-965-2191

www.healthyarkansas.com/hometownhealth

Learn More About Your DHHS-DOH Resources

CHNS

A partnership between the Arkansas Department of Education and DHHS's Division of Health has been formed with representatives meeting monthly to network and discover new ways to assist Arkansas public schools in developing their health agenda including Coordinated School Health. The Community Health Nurse Specialists (CHNS) role is to build community and school partnerships to improve services to students. CHNS are housed at the 15 educational cooperatives around the state and in the central region, too, to serve Pulaski County school districts. The CHNS works with each educational cooperative and corresponding public school districts on health issues such as tobacco prevention, promoting healthy eating and physical activity,

and disease prevention. They work closely with school nurses, provide screening certification trainings, and other pertinent continuing education and resources necessary to school nurses.

CHPS

The Community Health Promotion Specialists (CHPS) are also housed in educational coops and in the central region to work with schools and communities through their Nutrition and Physical Activity Advisory Committees or Wellness Committees. These school district committees were developed in accordance with Act 1220 in order to improve Arkansas public schools' nutrition, physical activity, and health environment policies and programs. Current funding employs

six CHPS, and they are strategically located throughout the state. The CHPS provides technical assistance to schools in developing their Wellness Committees, in conducting the School Health Index assessment, and in designing strategies to improve schools' wellness forecast. They also provide technical assistance to school and communities to support healthy nutrition in schools and to improve physical activity and increased opportunities for children, faculty, and staff to practice healthful behaviors.

