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2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION REPORT AND FITNESSGRAM RESULTS: MIDDLE SCHOOL SUMMARY

The CSH Program promotes health education and services designed to support students' physical and mental wellbeing and to establish long-lasting healthy behaviors. There are eight components to the CSH program: health education and services, physical education, counseling, healthy and safe school environment, staff wellness promotion, nutrition services, and parent and community outreach. Austin Independent School District's (AISD) CSH Program design is based on State mandates for health, physical education, and coordinated school health, as well as on AISD's requirements.

CSH Program implementation data were collected from each AISD campus in Spring 2015. Fifty-three percent of AISD elementary school received an **exemplary** rating for their CSH Program implementation. Campus results will be reflected their House Bill 5 ratings, i.e., the School District Evaluation of Performance in Community and Student Engagement for wellness and physical education (TEC §46 (C) 39.0545). Campuses are also encouraged to use their results to set CSH goals for their Campus Improvement Plan.

Results

CSH Implementation Summary

Campuses with exemplary rating	53% (n=10)
Campuses with recognized or acceptable rating	0% (n=0)
Campuses with unacceptable rating	47% (n=9)

Source. 2015 AISD CSH Program Report

Rating scale: unacceptable – achieved 16 or less required items; acceptable – achieved 17 or more required and 9 or fewer supplemental items; recognized – earned an acceptable rating and achieved 10 to 20 supplemental items; exemplary – earned an acceptable rating and achieved 21 or more supplemental items

The rating scale was based on AISD identified activities that support CSH efforts. There were 18 required and 48 supplemental opportunities for campuses to meet or exceed the state CSH Program standards. All 19 campuses submitted enough data to be rated. AISD schools achieved a mean of 16 required items and 29 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. The Fitnessgram measure includes a variety of health-related physical fitness tests that assess aerobic capacity, muscular strength and endurance, flexibility, and body composition. Scores from these tests are compared with Healthy Fitness Zone (HFZ) standards to determine students' overall physical fitness. The HFZ is composed of criterion-referenced standards set specifically for boys and girls of various ages. In 2014–2015, AISD campuses showed improvements on an average of three (out of six) Fitnessgram areas (body mass index [BMI], aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

Coordinated School Health Item Implementation Inventory[†]

Implementation of PE	% "Yes"
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	100
* The campus assessed at least 85% of the students for Fitnessgram	100
* PE teacher(s) are certified in CPR/First Aid and AED	100
* All PE teachers followed the CRMs and Assessments for planning lessons	89
* All 8th graders have completed 4 semesters of PE or PE substitution	100
The PE teacher(s) followed the National PE Appropriate Practices	100
The PE teacher(s) maintained the required PE inventory and materials	100
The PE teacher(s) used a projector and/or other technology in a lesson at least once per week	95
The PE teacher(s) informed parents about what units were taught and assessed per grading period	89
Coordinated School Health Planning	
*The principal established a CSH team	95
The CSH team included at least 1 administrator	95
The CSH team included 6-8 grade level teacher representatives	68
The CSH team included at least 2 students	47
The CSH team included the cafeteria manager	68
The CSH team met at least 2 times a year	68
The CSH team met at least 4 times a year	47
The campus identified funds to purchase CSH equipment for before- and after-school physical activity programs (excluding athletics)and/or physical activity opportunities during Advisory, Intramurals, and/or lunch	84
The campus established a Student Wellness Team	47
Coordinated School Health Implementation	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	84
The campus participated in Tobacco Awareness Week in the month of November	95
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	89
The campus participated in Healthy Texas Week in the month of April	95
* The campus has implemented the CATCH program, which is the Board adopted CSH program	100
* CATCH lessons were taught during Advisory or other identified area	79
* Students were taught the Sexuality and Responsibility Health lessons during science class unless the parents signed an opt out form	84
The campus had at least 1 CATCH/Family Fun Fitness Night	95
The CSH Chair provided annual training for classroom teachers regarding the CSH initiatives for the campus.	68
Campus personnel used the CATCH Coordination Kit throughout the school year	79
The campus provided opportunities for the Student Wellness Team to advocate for nutrition and physical activity to their peers	68

[†] All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

Nutrition	% "Yes"
* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	89
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	84
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	84
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	95
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	79
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after-school events/activities	95
* Vending machines were turned off during meal times if located in areas of food service	89
The campus developed additional guidelines concerning birthday celebrations, such as the number of celebrations per month and a certain time to celebrate, so as not to interfere with instructional time	84
The campus had less than 2 food type fund-raisers per year	37
Brain Breaks	
The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	68
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	74
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	32
The campus had at least 25% of the classroom teachers registered and using HOPSports	21
At least 1 brain break goal was identified in the CIP	53
Other Physical Activity Opportunities	
The campus provided before-school physical activity opportunities, such as running clubs or open gyms	84
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	84
The campus provided intramurals or other physical activity opportunities during Advisory	79
The campus provided intramurals or other physical activity opportunities during lunch	63
School Health Environment	
The campus posted nutrition information in the school hallways/cafeteria	100
The campus posted physical activity information in the school hallways	79
The campus sent home nutrition and physical activity information to parents	68
The campus posted nutrition and physical activity information on their website	47

† All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

Parent and Community Participation	% "Yes"
* Parents were notified that they could request their child's Fitnessgram results	84
Students' individual Fitnessgram scores were sent home to parents	68
The campus identified a Healthy Lifestyle chair PTA member	37
There was at least 1 parent on the CSH team	53
The campus had at least 50 parents who participated in the CATCH/Family Fun Fitness Night	63
The campus had at least 100 parents who participated in the CATCH/Family Fun Fitness Night (if this is true, please also check the 50 parents option above)	32
The campus had at least 200 parents who participated in the CATCH/Family Fun Fitness Night (if this is true, please also check the 50 and the 100 parents options above)	11

† All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

Fitnessgram Results

Change in Healthy Fitness Zone (HFZ) from Prior to Current Year (percentage of campuses reporting in each category)

Fitness Area Tested	Increased	Decreased	Remained the same	Not Available
BMI	63%	16%	11%	11%
Aerobic Capacity	42%	47%	0%	11%
Curl Ups	26%	53%	11%	11%
Push Ups	47%	42%	0%	11%
Sit and Reach	37%	53%	0%	11%
Trunk Lift	47%	42%	0%	11%

Mean # of Areas in which % of students in HFZ Increased (prior to current year):

3

* Fitnessgram data were only partially submitted by Garcia YMLA and by Sadler Means YWLA. 2014–2015 was the first year these schools were in operation, and consequently there wasn't prior year Fitnessgram information for these schools.



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