

AKINS HIGH SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Brandi Hosack

Physical education teacher: Steve Riojas

CSH team member: Humberto Garza

Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Akins High School received a rating of **Exemplary** for the CSH Program implementation in 2016–2017. Campus results will be reflected in the District’s strategic scorecard and the House Bill 5 ratings, i.e., the School District



Coordinated School Health Item Implementation Inventory

Akins
Response

% Yes

Implementation of PE

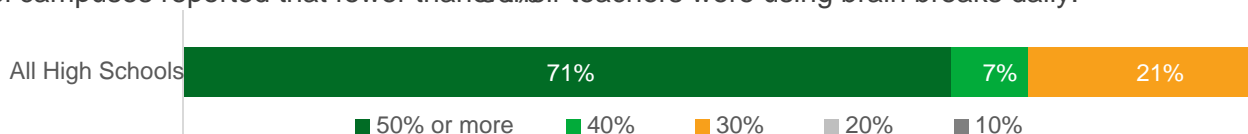
	Akins Response	% Yes All High Schools
CSH Implementation		
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	93%
Campus students and staff participated in Tobacco Awareness Week in the month of November.	Yes	100%
Campus students and staff participated in Healthy Heart Week in the month of February.	Yes	100%
Campus students and staff participated in School Breakfast Week in the month of March.	Yes	93%
The PE Department head or the CSH team provided information or training for all classroom teachers/staff regarding this year's CSH initiatives for the campus.	Yes	93%
Students were informed of health and wellness services on their campus and in their community.	Yes	100%
The Student Wellness Team was given opportunities to advocate for nutrition and physical activity to their peers.	Yes	93%
Other (please specify):	No	36%
Nutrition		
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages when food and beverages were provided at campus events during the school day.	Yes	100%
* The campus staff did not provide students access to Foods of Minimal Nutritional Value (FMNV) (including candy or food rewards) during the school day unless stated in a student's IEP.	Yes	93%
* The campus did not sell food or beverages for any fund-raising activity during the school day.	Yes	86%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	

	Akins Response	% Yes All High Schools
Brain Breaks		
The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources.	Yes	93%
At least one Campus Improvement Plan goal this year was related to student brain breaks.	Yes	100%
Other (please specify):	No	29%
Approximately how many classroom teachers used some type of brain breaks at least once each day?	50% or more	(See Figure 3)

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

Figure 3

At the majority of high schools, 50% or more of the classroom teachers are using brain breaks at least once each day? Not all high school campuses reported that fewer than 50% of their teachers were using brain breaks daily.



Source. 2016-2017 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

	Akins Response	% Yes All High Schools
Other Physical Activity Opportunities		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	93%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	93%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	100%
Other (please specify): <i>Fit Wednesday, Cap 10 K team, Faculty Run/Jog</i>	Yes	43%

School Health Environment

Campus staff posted nutrition information in school hallways/cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	100%
Campus staff posted health and wellness service information on the campus website.	Yes	86%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	79%
Other (please specify):	No	21%

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

	Akins Response	% Yes All High Schools
Parent and Community Participation		
* Parents were notified that they could request their child's Fitnessgram results.	Yes	100%
Campus staff has a Healthy Lifestyle chairperson as an identified position on their PTA.	Yes	36%
There was at least one parent on the CSH team.	Yes	64%
Other (please specify):	No	36%

*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 HEALTH FITNESS ZONE (HFZ) FROM PRIOR TO CURRENT YEAR (PERCENTAGE OF CAMPUSES REPORTING IN EACH CATEGORY)

Fitness Area Tested	Akins 2016 Final	Akins 2017 Final	Akins 2016 to 2017 Change*	2017 All AISD High School Final Average	Comparison of Akins 2017 Final to All High School Final
BMI	65%	64%	Decreased	64%	Same
Aerobic Capacity	76%	75%	Decreased	63%	Greater than
Curl-Ups	86%	86%	Stayed the same	88%	Less than
Push-Ups	83%	83%	Stayed the same	79%	Greater than
Sit and Reach	88%	85%	Decreased	77%	Greater than
Trunk Lift	96%	93%	Decreased	85%	Greater than

Source. 2016-2017 Coordinated School Health data collection.

* Campuses provided change information was not calculated from reported scores.

AUSTIN INDEPENDENT SCHOOLS DISTRICT

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