

AKINS HIGH

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Brandi Hosack
Physical education teacher: Steve Riojas
CSH team member: Tony Degelia

Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2018. The results indicated that Akins High School received a rating of **Exemplary** for the CSH Program implementation in 2017–2018. Campus results will be reflected in the District’s strategic scorecard and the 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).

CSH IMPLEMENTATION SUMMARY	2016-2017 SCORE/RATING	2017-2018 SCORE/RATING
Total achieved (of 12) required	12	12
Total achieved (of 57) supplemental	40	47
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale² was based on identified activities that support coordinated school health efforts. There were 12 required and 57 supplemental opportunities for high school campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Akins High School achieved 12 required and 47 supplemental items during the 2017–2018 school year.

One component of the supplemental credit earned was for yearly Fitnessgram improvement. 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.

AISD campuses are encouraged to use their results to set goals for their Campus Improvement Plan.

² High School rating scale: unacceptable – achieved less than the 12 required items; acceptable – achieved all 12 required and 18 or fewer supplemental items; recognized – achieved all 12 required and 19–32 supplemental items; exemplary – achieved all 12 required and 33 or more supplemental items.

Coordinated School Health Item Implementation Inventory

	Akins Response	% Yes at All High Schools
Implementation of PE		
* PE teacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram who were enrolled in a PE course or PE substitution.	Yes	93%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* All PE teachers followed the district PE curriculum and assessments.	Yes	100%
PE teacher(s) followed the National PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	100%
The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week.	Yes	100%
At the beginning of each PE course, parents were informed of units to be taught and assessed, FitnessGram information, and requirements for dressing out for class.	Yes	100%
Other (please specify): All Coach one or two sports	Yes	43%
CSH Planning		
The principal established a CSH team.	Yes	93%
The principal identified a CSH chair.	Yes	93%
The CSH team included teacher representatives from each grade level.	Yes	64%
The CSH team included at least one administrator.	Yes	93%
The CSH team included at least two students.	Yes	79%
The CSH team included the cafeteria manager.	Yes	71%
The campus leadership established a Student Wellness Team (SWT).	Yes	93%
Other (please specify):	No	50%
How many times did the CSH team meet this year?	4 or more times (See Figure 1)	

* All items with an asterisk were required by the AISD Department

CSH Implementation	Akins Response	% Yes at All High Schools
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	100%
Campus students and staff participated in Red Ribbon Week in November.	Yes	86%
Campus students and staff participated in Healthy Heart Week in February.	Yes	86%
Campus students and staff participated in School Breakfast Week in March.	Yes	100%
The PE Department Chair or the CSH team provided information or training for all classroom teachers/staff regarding this year's CSH initiatives for their 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	100%
Other (please specify):	No	50%

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 refrained from providing 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	100%
* The campus refrained from selling food or beverages for any fund-raising activity during the school day (i.e., there were no food sales from 30 min before the bell until 30 minutes after the bell).	Yes	100%
* Students and parents had access to healthy foods when food and beverages were served at after-school		

	Akins Response	% Yes at All High Schools
Brain Breaks		
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	93%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	86%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	93%
The classroom teachers provided opportunities for students to lead brain break activities during class time.	Yes	93%
Other (please specify):	No	50%

Other Physical Activity Opportunities

The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	93%
Other (please specify):	No	43%

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FITNESSGRAM RESULTS

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

Fitness Area Tested	Akins High School				2017 Final to 2018 Final Change*	Average High School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final			
BMI	64%	56%	60%	Decreased	63%	
Aerobic Capacity	75%	57%	78%	Increased	63%	
Curl-Ups	86%	74%	87%	Increased	87%	
Push-Ups	83%	60%	84%	Increased	79%	
Sit and Reach	86%	85%	86%	Increased	76%	
Trunk Lift	93%	89%	94%	Increased	86%	

Source. 2017-2018 Coordinated School Health data collection.

* Campuses provided change information – it was not calculated from the scores.

PLEASE SHARE ANYTHING ELSE YOUR CAMPUS DID TO SUPPORT CSH OR WHOLE CHILD THAT YOU WOULD LIKE TO TELL US ABOUT:

Staff Zumba on Tuesday and Thursday Bike Club