

ANDERSON HIGH SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Sammi Harrison

Physical education teacher: Erin Martin

CSH team member: Angie Helvey

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 Anderson 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 Evaluation of Performance in Community and Student Engagement for wellness and physical education (TEC §46 (C) 39.0545).

CSH Implementation Summary	Score/Rating
Total achieved (of 12) required	12
Total achieved (of 55) supplemental	44
Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year	3
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale² was based on identified activities that support coordinated school health efforts. There were 12 required and 55 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Anderson High School achieved 12 required and 44 supplemental items during the 2016–2017 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 Rating scale: unacceptable – achieved less than the 12 required items; acceptable – achieved all 12 required and 17 or fewer supplemental items; recognized – achieved all 12 required and 18-32 supplemental items; exemplary – achieved all 12 required and 33 or more supplemental items.

Coordinated School Health Item Implementation Inventory

	Anderson Response	% Yes 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%
* Campus staff assessed at least 85% of students who were enrolled in a PE course or PE substitution course for Fitnessgram.	Yes	100%
* 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%
The 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 the units to be taught and assessed, FitnessGram information, and requirements for dressing out for class.	Yes	93%
Other (please specify): Yoga offered during FIT sessions	Yes	43%
CSH Planning		
Campus leadership established a CSH team.	Yes	93%
The CSH team planned various health activities throughout the year.	Yes	100%
The campus leadership established a Student Wellness Team.	Yes	93%
Other (please specify):	No	36%
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 of Physical Education and Health to be implemented at each campus		

Figure 1

The vast majority of High School Coordinated School Health teams met more times this year

Source. 2016-2017(7(p6-2)-4.43mC-3.9(ATs(e7.8(d duS-2)-4.77The va.)-4.eo1pg -.0005 Tc .00AI)-r39.u-24 or mo

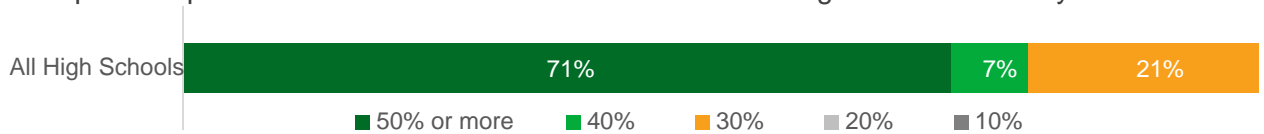
CSH Implementation	Anderson Response	% Yes All High Schools
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	93%
Campus students and staff participated in Tobacco Awareness Week in the month of November.	Yes	100%
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): Student Wellness Team made announcements over the PA during these weeks and flyers to put up around the building.	Yes	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 h reW nBT10j22.6503isages were prod/b9.0984 0.0100003 Tc.0025 Tw(faculty03ihysicges were pwellnessecifyvide)-6.3(d to p)-a	Yes	100%

	Anderson 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?	40%	(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? No high school campuses reported that fewer than 30% 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.

	Anderson 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): Yoga and weight room offered during FIT sessions at the beginning of the year	Yes	43%

School Health Environment

	Anderson Response	% Yes All High Schools
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): Emails sent out to staff regarding Camp Gladiator offers	Yes	21%

*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	Anderson Response	% Yes All High Schools
* 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.	No	36%
There was at least one parent on the CSH team.	No	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