

ANN RICHARDS SCHOOL FOR YOUNG WOMEN LEADERS

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Isadora Day
Physical education teacher: Meg Brown
CSH team member: Lora Tilson

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 Ann Richards School for Young Women Leaders 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 18) required	16	18
Total achieved (of 66) supplemental	46	47
Coordinated School Health Rating	Unacceptable	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale¹ was based on identified activities that support coordinated school health efforts. There were 18 required and 66 supplemental opportunities for middle school campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Ann Richards School for Young Women Leaders achieved 18 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.

Coordinated School Health Item Implementation Inventory

Implementation of PE	Ann Richards Response	% Yes at All Middle Schools
* 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.	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%
* All 8th graders have completed 4 semesters of PE or PE substitution	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	95%
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):	No	53%
CSH Planning		
*The principal established a CSH team.	Yes	100%
The principal identified a CSH chair.	Yes	100%
The CSH team included teacher representatives from each grade level.	Yes	95%
The CSH team included at least one administrator.	Yes	100%
The CSH team included at least two students.	Yes	79%
The CSH team included the cafeteria manager.	Yes	89%
The campus leadership established a Student Wellness Team (SWT).	Yes	79%
Campus leadership purchased CSH equipment for before- and after-school physical activity -5.4(ca6.47112.994.0012 Tc-.0027)Tj/eade36.6276 0 T10.98 259.18 58 4 -28.0024		

Nutrition

Ann Richards % Yes at All
Response Middle at

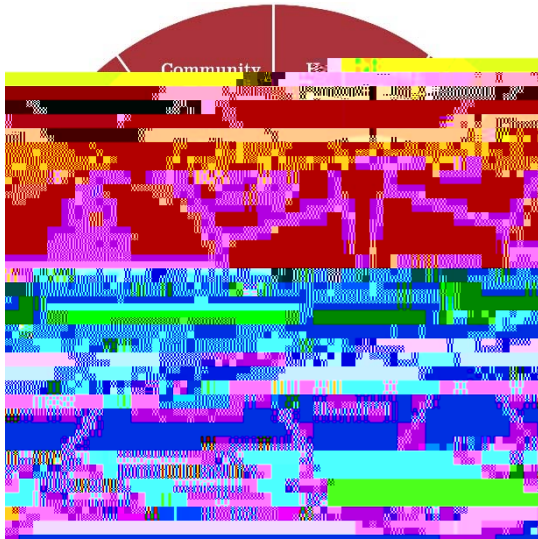
FITNESSGRAM RESULTS

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

Fitness Area Tested	Ann Richards School for Young Women Leaders				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	67%	66%	66%	Decreased	58%
Aerobic Capacity	83%	55%	79%	Decreased	70%
Curl-Ups	88%	77%	90%	Increased	87%
Push-Ups	78%	61%	73%	Decreased	76%
Sit and Reach	64%	60%	61%	Decreased	70%
Trunk Lift	81%	73%	81%	Stayed the same	76%

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:

Our campus enforces a strict no soda and junk food policy. Part of our mission statement is to "commit to a healthy and well balanced lifestyle". This includes yoga during advisory once a week for every student as well as Fitness Fridays. For fun, we also offer Zumba after school twice a week and an open weight room in the mornings before school.

INDEPENDENT SCHOOL DISTRICT

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