

BEDICHEK MIDDLE SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Michael Herbin
Physical education teacher: Karon Higgins
CSH team member: Amber Carter

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 Bedichek Middle 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	18	18
Total achieved (of 66) supplemental	50	48
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale³ was based on identified activities that support coordinated school health efforts. There were 18 required

Coordinated School Health Item Implementation Inventory

Implementation of PE	Bedichek 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%

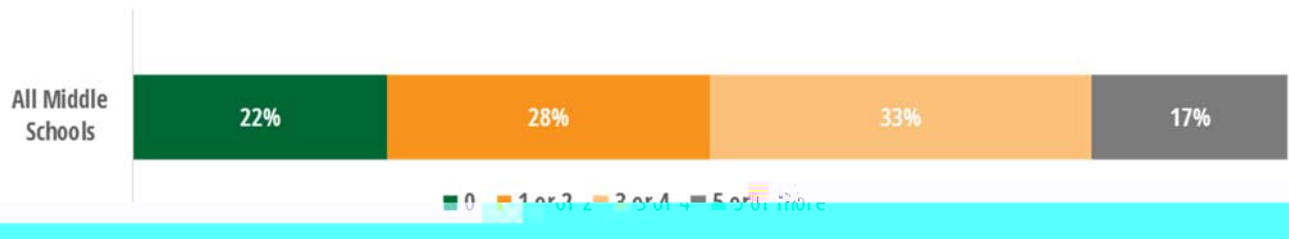
CSH Implementation	Bedichek Response	% Yes at All Middle Schools
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	100%
* CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.	Yes	100%
* Campus staff implemented the CATCH Coordination Kit themes each grading period.	Yes	95%
Campus students and staff participated in Red Ribbon Week in November.	Yes	95%
Campus students and staff participated in Healthy Heart Week in February.	Yes	95%
Campus students and staff participated in School Breakfast Week in March.	Yes	100%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	95%
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	95%
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. wellness se		

Nutrition	Bedichek Response	% Yes at All Middle Schools
* 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	84%
* 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	95%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	100%
Other (please specify):	No	47%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	5 or more	(See Figure 2)

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

Figure 2

Only 22% of the middle schools refrained from sponsoring food-related fundraisers at their school this year.



Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Other Physical Activity Opportunities	Bedichek Response	% Yes at All Middle Schools
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	89%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	95%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	No	84%
The campus provides Advisory time physical activity opportunities (i.e. open weight gym, open weight room).	No	79%
Other (please specify):	No	63%

School Health Environment	Bedichek Response	% Yes at All Middle Schools
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	84%
Campus staff sent nutrition and physical activity information to parents.	Yes	89%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	74%
Campus staff posted health and wellness service information on the campus website.	Yes	84%
Other (please specify):	No	53%

Parent and Community Participation

* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	95%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	Yes	68%
There was at least one parent on the CSH team.	Yes	84%
Other (please specify):	No	21%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	15% of parents	(See Figure 4)

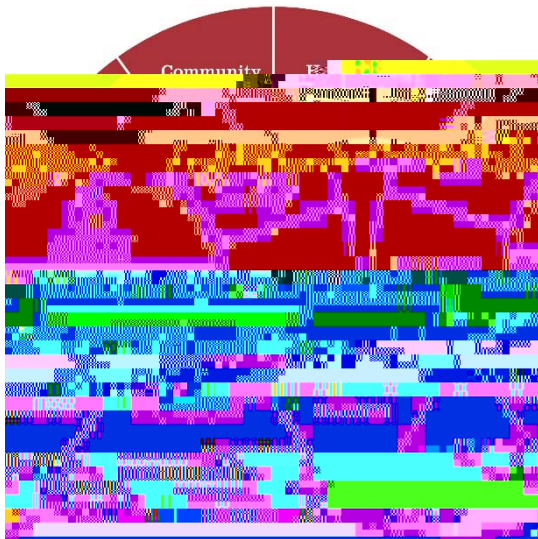
FITNESSGRAM RESULTS

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

Fitness Area Tested	Bedichek Middle School				Change* from 2017 Final to 2018 Final	Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final			
BMI	48%	46%	49%	Increased	58%	
Aerobic Capacity	82%	63%	85%	Increased	70%	
Curl-Ups	97%	94%	97%	Stayed the same	87%	
Push-Ups	94%	72%	85%	Decreased	76%	
Sit and Reach	73%	61%	71%	Decreased	70%	
Trunk Lift	50%	39%	46%	Decreased	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:

Being that our Dept Chair was designated to a brand new first year teacher, the dept did not effectively receive pertinent information.

Department of Research and Evaluation



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