

BOWIE HIGH

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Mark Robinson

Physical education teacher: Vickie Benson

CSH team member: Katie Gilman

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 Bowie High School received a rating of **Recognized** 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 physic

Coordinated School Health Item Implementation Inventory

Implementation of PE	Bowie Response	% Yes at All High 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 who were enrolled in a PE course or PE substitution.	Yes	93%

CSH Implementation	Bowie 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.	No	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): Student clubs were developed to encourage fun physical activities. For example the kickball club meets Fridays after school.	Yes	50%

Nutrition

	Bowie 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): SEL group put together activities and options for stress relievers for students and teachers. Many teachers utilize these activities.	Yes	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).	No	93%
Other (please specify): Yoga sessions are offered during FIT.	Yes	43%

School Health Environment

FITNESSGRAM RESULTS

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

Fitness Area Tested	Bowie High School				Average High School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	2017 Final to 2018 Final Change*	
BMI	75%	69%	75%	Stayed the same	63%
Aerobic Capacity	70%	47%	70%	Stayed the same	63%
Curl-Ups	96%	83%	94%	Decreased	87%
Push-Ups	89%	70%	87%	Decreased	79%
Sit and Reach	85%	79%	86%	Increased	76%
Trunk Lift	95%	84%	94%	Decreased	86%