

BURNET MIDDLE SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

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CSH team member: Londa Cormier

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 Burnet Middle School received a rating of Recognized 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 18) required	18
Total achieved (of 60) supplemental	37
Total (of 6) Healthy Fitness Zones areas with “increased” status school year	2
2016-2017 CSH Rating	Recognized

Source. 2015 AISD CSH Program Report

The rating scale⁴ was based on identified activities that support coordinated school health efforts. There were 18 required and 60 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Burnet Middle School achieved 18 required and 37 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

	Burnet Response	% Yes All Middle Schools
CSH Implementation		
* Campus students and staff participated in the Department's district-wide for CSH Kick-Off Week in September.	Yes	89%
* Campus staff implemented the Board-adopted CSH CATCH,	Yes	100%
* Campus staff used the CATCH Code of Conduct (throughout the school year.	Yes	95%
* Students were taught the Sexuality and Responsibility during science class (unless the parents signed an opt-out form).	Yes	100%
* CATCH lessons were taught in other identified area.	Yes	100%
Campus students and staff participated in Art Week in the month of November.	Yes	100%
Campus students and staff participated in Healthy Heart Week in the month of February.	Yes	95%
Campus students and staff participated in Breakfast Week in the month of March.	Yes	89%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	89%
The CSH Chair provided training for teachers regarding CSH initiatives for the campus.	Yes	79%
The Student Wellness Team was given opportunities to address physical activity to their	Yes	84%
Other (please specify):	No	47%
Nutrition		
* The campus did not provide students access to food of Nutritional Value (FMNV) (including candy or food rewards) during the school day.	Yes	100%
* The campus did not sell food or beverages during the school day.	Yes	100%
* Healthy options were available when food/beverages were served at meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages were provided at campus events during the school day.	Yes	100%
* Students and parents had access to healthy foods/beverages were served at after-school events/activities.	Yes	100%
* Vending machines located in campus were turned off during meal times.	Yes	100%
The campus provided integrated nutrition-based opportunities (e.g. garden, farm to work, cooking classes, etc.)	Yes	95%
Other (please specify):	No	63%
How many food-related fundraisers did your school sponsor outside the school day this year?	3 or more	(See Figure 2)

Source. 2016-2017 Coordinated School Health data collection.

	Burnet Response	% Yes All Middle Schools
Brain Breaks		
The CSH chair provided staff training on how Brain Breaks and locate Brain Break resources.	Yes	89%
The classroom teachers provide opportunities for students to lead brain activities during class time.	Yes	89%
At least one Campus Improvement Plan goal this year was related to student brain breaks.	No	74%
Other (please specify):	No	53%
Approximately what percentage of classroom teachers use brain breaks at least once each day? (See Figure 3)	40%	

Source. 2016-2017 Coordinated School Health data collection.

* 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 middle schools, 50% or more of the classroom teachers are using brain breaks at least once each day?

Source. 2016-2017 Coordinated School Health data collection. Percentages are rounded to the nearest whole number.

	Burnet Response	% Yes All Middle Schools
Other Physical Activity Opportunities		
Campus staff provided opportunities for students to be ph		

	Burnet Response	% Yes All Middle Schools
Parent and Community Participation		
* Parents were notified that they could request their child's Fitnessgram results.	Yes	100%
Campus has a Healthy Lifestyle champion identified position on their PTA.	No	47%
There was at least one parent on the CSH team.		63%
Other (please specify):	No	63%