

COVINGTON MIDDLE SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Shannon Sellstrom
Physical education teacher: Johnny Turner
CSH team member: Kym Burns

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 Covington Middle School received a rating of **Unacceptable** 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	17
Total achieved (of 66) supplemental	44	47
Coordinated School Health Rating	Exemplary	Unacceptable

Source. 2018 AISD CSH Program Report

The rating scale⁵ 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. Covington Middle School achieved 17 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 in

CSH Implementation

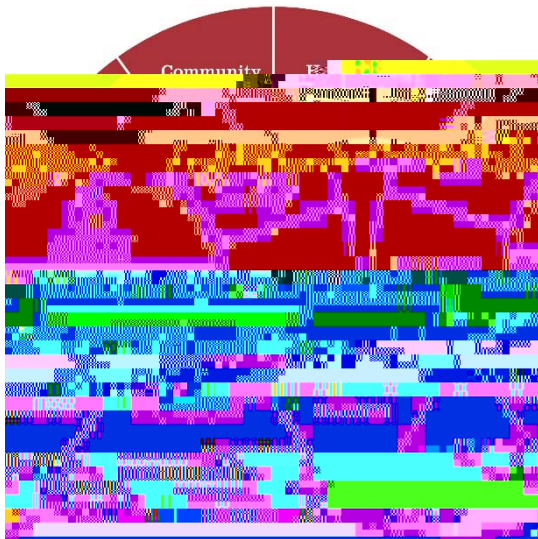
FITNESSGRAM RESULTS

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

Fitness Area Tested	Covington Middle School				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	56%	53%	55%	Decreased	58%
Aerobic Capacity	69%	47%	60%	Decreased	70%
Curl-Ups	91%	88%	86%	Decreased	87%
Push-Ups	82%	74%	83%	Increased	76%
Sit and Reach	64%	62%	65%	Increased	70%
Trunk Lift	42%	43%	61%	Increased	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:

To address more focused whole child needs, on-going training was provided to all staff on the Community (Social) Circle process, and it was implemented in Success (Advisory) class during the second semester. This was used to address social/emotional and mental health supports needed for this critical mid-level developmental age. Topics included a variety of mental health and wellness areas, supporting the Whole Child well-being. Some teachers advanced into more intensive Restorative circle practices, further supporting whole child wellness. Our Colt Connect enrichment time included wellness sessions such as yoga and similar mindfulness activities.

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