

DOBIE MIDDLE SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Jesse De La Huerta
Physical education teacher: Jason Davis
CSH team member: Diana Manzo

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 Dobie 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	55	59
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale⁶ 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. Dobie Middle School achieved 18 required and 59 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.

SchoolHealthItemImplementationInventory

CSH Implementation	Dobie 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%

Nutrition

Dobie
Response

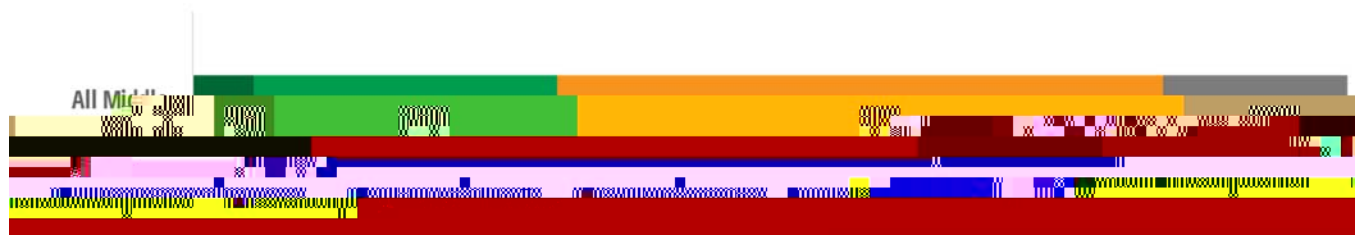
% Yes at All
Middle Schools

	Dobie Response	% Yes at All Middle Schools
School Health Environment		
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): Campus participated in all themes, free health exams provided for school community at CATCH Night	Yes	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): parents and community participated in CATCH Nigh and community walk, 10+ vendors at CATCH Night, parents and community participated in Cap10k	Yes	21%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	30% of parents	(See Figure 4)

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

Figure 4

At the majority of campuses, fewer than 25% of parents participated in the CATCH/Family Fun Night at their campus.



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

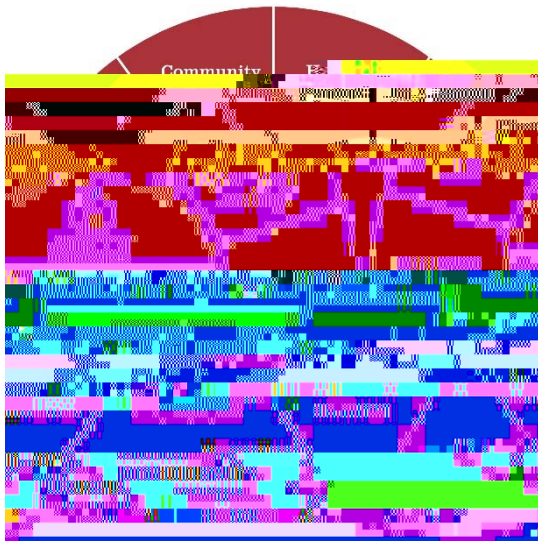
FITNESSGRAM RESULTS

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

Fitness Area Tested	Dobie Middle School				Change* from 2017 Final to 2018 Final	Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final			
BMI	52%	41%	43%	Decreased	58%	
Aerobic Capacity	48%	49%	56%	Increased	70%	
Curl-Ups	83%	89%	95%	Increased	87%	
Push-Ups	66%	60%	76%	Increased	76%	
Sit and Reach	76%	77%	85%	Increased	70%	
Trunk Lift	93%	88%	95%	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:

67 students received free physicals in April for next school year, free blood pressure testing offered to parents, 50+ kids attended CATCH Night, student athletes represented Dobie at the MS Choice Fair, recess weekly for 6th-8th Grade students, 90 Ts, students and parent participated in Community Walk

INDEPENDENT SCHOOL DISTRICT

Department of Research and Evaluation



1111 West 6th Street, Suite D-350 | Austin, TX 78703-5338
 512.414.1724 | fax: 512.414.1707
www.austinisd.org/dre | Twitter: @AISD_DRE

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