

FULMORE MIDDLE SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Lisa Bush

Physical education teacher: Juan Molina

CSH team member: Alberto Alonso

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 Fulmore 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

Coordinated School Health Item Implementation Inventory

Implementation of PE	Fulmore 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%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* All PE teachers followed the district PE curriculum and assessments.	Yes	100%
* All 8th graders have completed 4 semesters of PE or PE substitution	Yes	100%
PE teacher(s) followed the National PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	95%
The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week.	Yes	100%
At the beginning of each PE course, parents were informed of units to be taught and assessed, FitnessGram information, and requirements for dressing out for class.	Yes	100%
Other (please specify): PE Teachers have anchors of support posted across the gyms, locker rooms, and hallways.	Yes	53%
CSH Planning		
*The principal established a CSH team.	Yes	100%
The principal identified a CSH chair.	Yes	100%
The CSH team included teacher representatives from each grade level.	Yes	95%
The CSH team included at least one administrator.	Yes	100%
The CSH team included at least two students.	Yes	79%
The CSH team included the cafeteria manager.	Yes	89%
The campus leadership established a Student Wellness Team (SWT).	Yes	79%
Campus leadership purchased CSH equipment for before- and after-school physical activity programs or opportunities (i.e. advisory, intramurals, and/or lunch, excluding athletics).	Yes	95%
Other (please specify):	No	53%
How many times did the CSH team meet this year?	3 times	(See Figure 1) e adm4.32 6.0

CSH Implementation	Fulmore 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.	Yes	79%
* Students were taught the Human Sexuality and Responsibility lessons during science class in the month of May (unless the parents signed an opt-out form).	Yes	100%
* CATCH lessons were taught during Advisory or other identified area.	Yes	100%
Other (please specify): Inclusion of CATCH and health information is shared via campus newsletters, parent correspondence, and campus visuals in cafeteria, gyms, and at other campus events. STEAM Night provided an opportunity for families to engage in some physical activities. L	Yes	47%

Brain Breaks	Fulmore Response	% Yes at All Middle Schools
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	100%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	84%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	84%
The classroom teachers provided opportunities for students to lead brain break activities during class time.	Yes	95%
Other (please specify):	No	37%
Approximately what percentage of teachers at your campus used some type of brain breaks at least once each day?	75%	(See Figure 3)

* 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 21% of campuses, 100% of teachers used some type of brain breaks at least once each day.



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

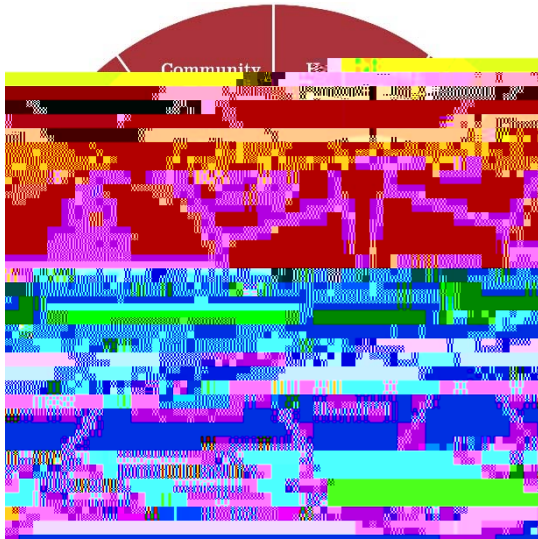
FITNESSGRAM RESULTS

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

Fitness Area Tested	Fulmore Middle School				Change* from 2017 Final to 2018 Final	Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final			
BMI	58%	54%	56%	Decreased	58%	
Aerobic Capacity	65%	54%	64%	Decreased	70%	
Curl-Ups	84%	78%	83%	Decreased	87%	
Push-Ups	74%	60%	72%	Decreased	76%	
Sit and Reach	66%	68%	73%	Increased	70%	
Trunk Lift	81%	79%	84%	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:

We organize the following support events: - Staff basketball open gym 1 day per week - Daily After school sports clubs for student - Falcons on the Fly recess during lunch twice a semester - Faculty vs Students volleyball and basketball game - Cafe Salad Bar - Communities in School sports - SEL Intramural Sports - Before school sports: soccer, volleyball, track, tag football, and basketball.

INDEPENDENT SCHOOL DISTRICT

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