

GORZYCKI MIDDLE SCHOOL 2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Cathryn Mitchell
Physical education teacher: Garrett Moreno
CSH team member: Jim Campbell, Eamonn Neary

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 Gorzycki Middle School 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	33	50
Coordinated School Health Rating	Recognized	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale⁹ 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. Gorzycki Middle School achieved 18 required and 50 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. 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 Improvement Plan.

⁹ Middle school rating scale: unacceptable – achieved less than the 18 required items; acceptable – achieved all 18 required and 19 or fewer supplemental items; recognized – achieved all 18 required and 20-37 supplemental items; exemplary – achieved all 18 required and 38 or more supplemental items.

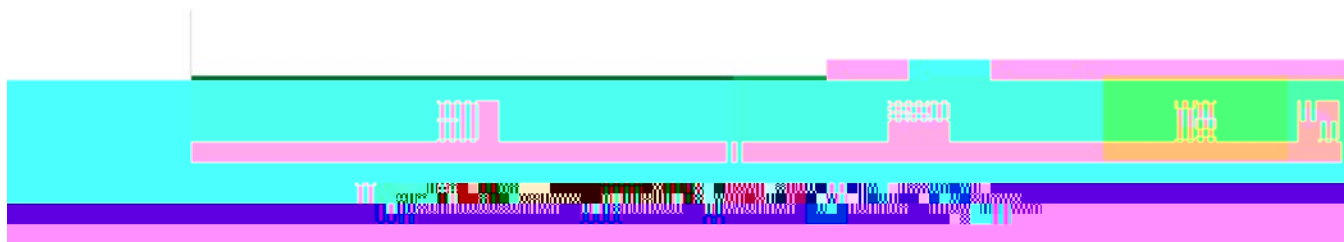
Coordinated School Health Item Implementation Inventory

Implementation of PE	Gorzycki 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): NA	No	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.	No	79%
The CSH team included the cafeteria manager.	Yes	89%
The campus leadership established a Student Wellness Team (SWT).	No	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): NA	No	53%
How many times did the CSH team meet this year?	4 or more times	(See Figure 1)

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

Figure 1

Nearly half of the middle school Coordinated School Health teams met 4 or more times this year.



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

CSH Implementation

Gorzycki
Response

% Yes at All
Middle Schools

Nutrition	Gorzycki Response	% Yes at All Middle Schools
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages when food and beverages were provided at campus events during the school day.	Yes	100%
* The campus staff refrained from providing students access to Foods of Minimal Nutritional Value (FMNV) (including candy or food rewards) during the school day unless stated in a student's IEP.	Yes	84%
* The campus refrained from selling food or beverages for any fund-raising activity during the school day (i.e., there were no food sales from 30 min before the bell until 30 minutes after the bell).	Yes	95%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	100%
Other (please specify):	No	47%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	1 or 2	(See Figure 2)

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

Figure 2

Only 22% of the middle schools refrained from sponsoring food-related fundraisers at their school this year.

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

Other Physical Activity Opportunities	Gorzycki Response	% Yes at All Middle Schools
The campus provided before-schoo		

School Health Environment	Gorzycki Response	% Yes at All Middle Schools
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	100%

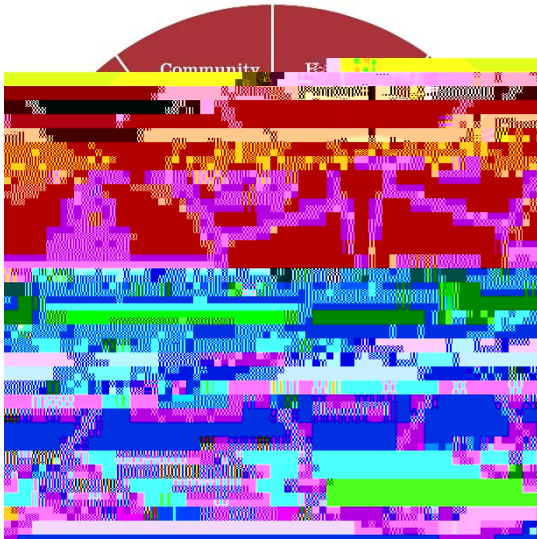
FITNESSGRAM RESULTS

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

Fitness Area Tested	Gorzycki Middle School				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	74%	74%	76%	Increased	58%
Aerobic Capacity	73%	73%	83%	Increased	70%
Curl-Ups	85%	85%	88%	Increased	87%
Push-Ups	60%	60%	71%	Increased	76%
Sit and Reach	61%	61%	63%	Increased	70%
Trunk Lift	72%	72%	78%	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:

Color Run CAP 10K Mindful Monday's
Presentations for Parents for Counselors/speakers
Garden on campus Animals on campus Numerous
clubs Recycling/Composting

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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