

# INTERNATIONAL HIGH SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Leticia Vega

Physical education teacher: Brian Johnson

CSH team member: Denise Norris

### Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The

wellness and physical education (TEC §46 (C) 39.0545).

CSH Implementation Summary	Score/Rating
Total achieved (of 12) required	12
Total achieved (of 55) supplemental	43
Total (of 6) Healthy Fitness Zones areas with "increased" status since the prior school year	2
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale<sup>8</sup> was based on identified activities that support coordinated school health efforts. There were 12 required and 55 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. International High School achieved 12 required and 43 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

## Coordinated School Health Item Implementation Inventory

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Implementation of PE	International Response	% Yes All High 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%
* Campus staff assessed at least 85% of students who were		

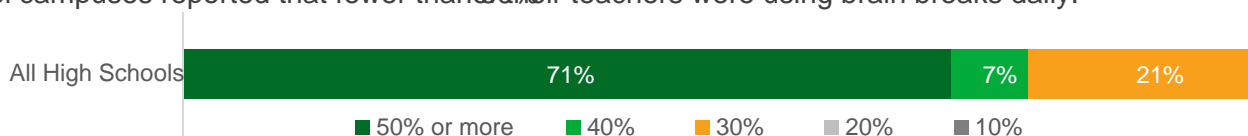
	International Response	% Yes All High Schools
<b>CSH Implementation</b>		
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	93%
Campus students and staff participated in Tobacco Awareness Week in the month of November.	Yes	100%
Campus students and staff participated in Healthy Heart Week in the month of February.	Yes	100%
Campus students and staff participated in School Breakfast Week in the month of March.	Yes	93%
The PE Department head or the CSH team provided information or training for all classroom teachers/staff regarding this year's CSH initiatives for the campus.	Yes	93%
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	93%
Other (please specify): <b>none</b>	Yes	36%
<b>Nutrition</b>		
* 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 did not provide 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	93%
* The campus did not sell food or beverages for any fund-raising activity during the school day.	Yes	86%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	86%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	93%
Other (please specify): <b>none</b>	Yes	29%
How many food-related fundraisers did your campus staff sponsor outside the school day?		

	International Response	% Yes All High Schools
<b>Brain Breaks</b>		
The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources.	No	93%
At least one Campus Improvement Plan goal this year was related to student brain breaks.	Yes	100%
Other (please specify): <b>none</b>	Yes	29%
Approximately how many classroom teachers used some type of brain breaks at least once each day?	30%	(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 the majority of high schools, 50% or more of the classroom teachers are using brain breaks at least once each day? Not all high school campuses reported that fewer than 30% of their teachers were using brain breaks daily.



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

	International Response	% Yes All High Schools
<b>Other Physical Activity Opportunities</b>		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	93%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	93%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	100%
Other (please specify): <b>none</b>	Yes	43%

### School Health Environment

Campus staff posted nutrition information in school hallways/cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	100%
Campus staff posted health and wellness service information on the campus website.	Yes	86%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	79%
Other (please specify): <b>none</b>	Yes	21%

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

Parent and Community Participation	International Response	% Yes All High Schools
* Parents were notified that they could request their child's Fitnessgram results.	Yes	100%
Campus staff has a Healthy Lifestyle chairperson as an identified position on their PTA.	No	36%
There was at least one parent on the CSH team.	No	64%
Other (please specify): <b>none</b>	Yes	36%

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