

LIBERAL ARTS AND SCIENCE ACADEMY

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Stacia Crescenzi
 Physical education teacher: Pete Moreno
 CSH team member: Marissa Rivera

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 Liberal Arts And Science Academy 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 12) required	12	12
Total achieved (of 57) supplemental	36	33
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale¹¹ was based on identified activities that support coordinated school health efforts. There were 12 required and 57 supplemental opportunities for high school campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Liberal Arts And Science Academy School achieved 12 required and 33 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.

¹¹ High School rating scale: unacceptable – achieved less than the 12 required items; acceptable – achieved 12-36 items; good – achieved 37-53 items; excellent – achieved 54-57 items

Coordinated School Health Item Implementation Inventory

Implementation of PE	LASA Response	% Yes at 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%
* At least 85% of the students were assessed for Fitnessgram who were enrolled in a PE course or PE substitution.	Yes	93%
* 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%
PE teacher(s) followed the National PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	100%
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): Specific Yoga PE class offered to encourage physical and emotional health	Yes	43%
CSH Planning		
The principal established a CSH team.	Yes	93%
The principal identified a CSH chair.	Yes	93%
The CSH team included teacher representatives from each grade level.	No	64%
The CSH team included at least one administrator.	Yes	93%
The CSH team included at least two students.	Yes	79%
The CSH team included the cafeteria manager.	No	71%
The campus leadership established a Student Wellness Team (SWT).	Yes	93%
Other (please specify): Wellness team also had multiple parent coffees to get feedback from and give information to large groups of parents.	Yes	50%
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

Half of the high 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.

LASA Response	% Yes at All High Schools LASA
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CSH Implementation

Brain Breaks	LASA Response	% Yes at All High Schools
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	No	93%
At least 1 brain break goal was identified in the Campus Improvement Plan.	No	86%

