

LBJ COMPREHENSIVE HIGH SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Sheila Henry

Physical education teacher: Erica Cray

CSH team member: Pete Moreno

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 LBJ Comprehensive High 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 12) required	12	12
Total achieved (of 57) supplemental	37	51
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale¹⁰ 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. LBJ Comprehensive High School School achieved 12 required and 51 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.

¹⁰ High School rating scale: unacceptable – achieved less than the 12 required items; acceptable – achieved all 12 required and 18 or fewer supplemental items; recognized – achieved all 12 required and 19–32 supplemental items; exemplary –

Coordinated School Health Item Implementation Inventory

Implementation of PE	LBJ 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): Taught extra Sports units of PE	Yes	43%

CSH Planning	LBJ Response	% Yes at All High Schools
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.	Yes	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.	Yes	71%
The campus leadership established a Student Wellness Team (SWT).	Yes	93%
Other (please specify): Student Wellness team help put up posters and promote any healthy How y times did the CSH team meet this year?	3 times	Yes (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

nated 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.

Brain Breaks	LBI 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.	Yes	93%

FITNESSGRAM RESULTS

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

Fitness Area Tested	LBJ Comprehensive High School				Average High School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	2017 Final to 2018 Final Change*	
BMI	44%	35%	36%	Decreased	63%
Aerobic Capacity	42%	< 30%	45%	Increased	63%
Curl-Ups	79%	65%	80%	Increased	87%
Push-Ups	85%	58%	67%	Decreased	79%
Sit and Reach	75%	60%	63%	Decreased	76%
Trunk Lift	87%	64%	75%	Decreased	86%

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:

During the school year, we implemented open gym activities before and after school, and during lunch time as well. We are in the process of trying to start a lacrosse program for the LBJ student population, so we have integrated that curriculum/TT13 1rri