

**LAMAR MIDDLE SCHOOL**  
**2017-2018 COORDINATED SCHOOL HEALTH REPORT**



<b>CSH Implementation</b>	<b>Lamar Response</b>	<b>% Yes at All Middle Schools</b>
* 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.	No	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.	No	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):	No	47%

### **Brain Breaks**

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		

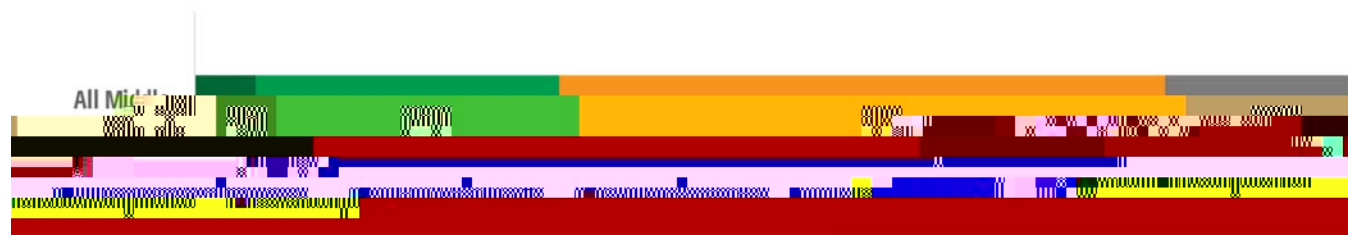
Nutrition	Lamar Response	% Yes at All Middle Schools
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages when food and beverages were provided at campus events during the school day.	Yes	100%

	Lamar Response	% Yes at All Middle Schools
<b>School Health Environment</b>		
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	84%
Campus staff sent nutrition and physical activity information to parents.	Yes	89%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	74%
Campus staff posted health and wellness service information on the campus website.	Yes	84%
Other (please specify):	No	53%
<b>Parent and Community Participation</b>		
* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	95%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	Yes	68%
There was at least one parent on the CSH team.	Yes	84%
Other (please specify):	No	21%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	None	(See Figure 4)

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

Figure 4

At the majority of campuses, **fewer than 25% of parents** participated in the CATCH/Family Fun Night at their campus.



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	Lamar Middle School				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	67%	66%	68%	Increased	58%
Aerobic Capacity	75%	65%	72%	Decreased	70%
Curl-Ups	73%	68%	78%	Increased	87%
Push-Ups	54%	51%	59%	Increased	76%
Sit and Reach	71%	63%	67%	Decreased	70%
Trunk Lift	39%	43%	46%	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:**

Drama Based Instruction: It gets our students up and moving and gives our students a chance to think who they are. Large percentage of students walk or ride their bikes to school.