

# LAMAR MIDDLE SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: George Llewellyn

Physical education teacher: Dale Potter

CSH team member: Nicole Edward

### Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Lamar Middle School received a rating of Exemplary for the CSH Program implementation in 2016–2017. 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	Score/Rating
Total achieved (of 18) required	18
Total achieved (of 60) supplemental	47
Total (of 6) Healthy Fitness Zones areas with “increased” status school year	3
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale<sup>11</sup> was based on identified activities that support coordinated school health efforts. There were 18 required and 60 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Lamar Middle School achieved 18 required and 47 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 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.

<sup>11</sup> 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.

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## Coordinated School Health Implementation Inventory



Brain Breaks	Lamar Response	% Yes All Middle Schools
The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources.	Yes.	89%
The classroom teachers provide opportunities for students to lead Brain Break activities during class time.	Yes	89%

	Lamar Response	% Yes All Middle Schools
<b>Parent and Community Participation</b>		
* Parents were notified that they would receive their child's Fitnessgram results.	Yes	100%
Campus has a Healthy Lifestyle Champion identified position on their PTA.	No	47%
There was at least one parent on the CSH team.		63%
Other (please specify):	No	63%

Source. 2016-2017 Coordinated School Health data collection.

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

## Fitnessgram Results

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

Fitness Area Tested	Lamar 2016 Final	Lamar 2017 Final	Lamar 2016 to 2017 Change*	2017 All AISD Middle Final Average	Comparison to Lamar 2017 Final to All Middle Final
BMI	67%	67%	Stayed the same	58%	Greater than
Aerobic Capacity	75%	72%	Decreased	70%	Greater than
Curl-Ups	73%	73%	Stayed the same	87%	Less than
Push-Ups	54%	57%	Increased	76%	Less than
Sit and Reach	71%	74%	Increased	70%	Greater than
Trunk Lift	39%	43%	Increased	75%	Less than

Source. 2016-2017 Coordinated School Health data collection.

\* Campuses provided increase/decrease information; they were not calculated from reported scores.

## AUSTIN INDEPENDENT SCHOOLS DISTRICT

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