

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 Middl e 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).

CSHmplementation Summary	Score/Rating
Total achieved (of 18) required	18
Total achieved (of 60) supplemental	47
Total (of 6) Healthy Fitness Zones areas with "simore alse of" ristataction	ol 3
year	3
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale¹¹ 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 Programstandards. 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 compositio n. Scores from these tests are compared with healthy fitness zone (HFZ) standards to determine students' overall physical fitness.

AISD campuses are encouragedo use their results to set goals for their Campus Improvement Plan.

¹¹ 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.

Spring 2017 Coordinated School Health Middle School Campus Report

Coordinated School Health It em Implementation Inventory

Spring 2017 Coordinated School Heal

Lamar Brain Breaks Response	% Yes All Middle Schools
The CSH chair provided staff training cennerouv Broaim Direaks and locate Brain Break resou Yoess.	89%
The classroom teachers provioleidexpfoorrstudents to leadebleainctivities during class time. Yes	89%

Parent and Community Participation	Lamar Response	% Yes All Middle Schools
* Parents were notified that the yucost littheir child's Fitnessgram results.	Yes	100%
Campus has a Healthy Lifestyleads aimple of the position on their PTA.	No	47%
There was at least one parent on the CSH team.		63%es
Other (please specify):	N	lo 63%

Source. 2016-2017 Coordinated School Health data collection.

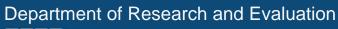
Fitnessgram Results

CHANGE INEALTH TITNES ZONE (HFZ) FROM PRIOR TOURRENTEAR PERCENTAGE OF CAMPUSES REPORTING IN EACH CATEGORIA

		Lamar 2017 Final	Lamar	2017 All A	AISD Cor	mparisonfo
Fitness Area Tested			2016 to 2017	Middle Final Lamai		r 2017 Final to
		2017 Fillal	Change*	Average	e All N	All Middle Final
BMI	67%	67%	Stayed the	same	58%	Greater than
Aerobic Capacity	75%	72%	Decreas	ed	70%	Greater than
Curl-Ups	73%	73%	Stayed the	same	87%	Less than
Push-Ups	54%	57%	Increase	ed	76%	Less than
Sit and Reach	71%	74%	Increase	ed	70%	Greater than
Trunk Lift	39%	43%	Increase	ed	75%	Less than

Source. 2016-2017 Coordinated School Health data collection.

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^{*} All items with an asterisk were required by the AISD Departifierly sical Education and Health to be implemented at examplesca

^{*} Campuses provided increase/decrease informativey-were not calculated from reported scores.