

PAREDES MIDDLE SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Valerie Torres-Solis
 Physical education teacher: Melissa Almanza
 CSH team member: Melissa Almanza

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 Paredes Middle 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 18) required	18	18
Total achieved (of 66) supplemental	49	51
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

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CSH Implementation	Paredes Response	% Yes at All Middle Schools
* 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.	Yes	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.	Yes	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): Sent out an email through Mr. Salazar for health lesson links and TDS set up compost/recycling trash	Yes	47%

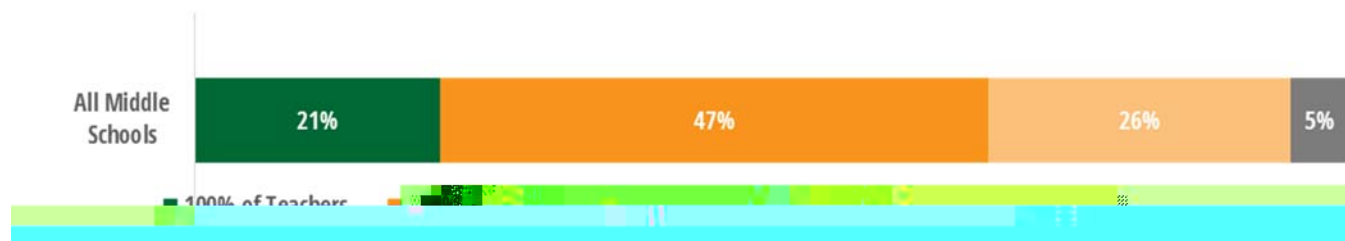
Brain Breaks

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 at your campus used some type of brain breaks at least once each day?	25%	(See Figure 3)

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

Figure 3

At 21% of campuses, 100% of teachers used some type of brain breaks at least once each day.



Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Nutrition	Paredes 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%
* The campus staff refrained from providing students access to Foods of Minimal Nutritional Value (FMNV) (including candy or food rewards) during the school day unless stated in a student's IEP.	Yes	84%
* The campus refrained from selling food or beverages for any fund-raising activity during the school day (i.e., there were no food sales from 30 min before the bell until 30 minutes after the bell).	Yes	95%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	100%
Other (please specify): H2O Staff challenge/BIC	Yes	47%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	5 or more	(See Figure 2)

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

Figure 2

Only 22% of the middle schools refrained from sponsoring food-related fundraisers at their school this year.

Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Other Physical Activity Opportunities	Paredes Response	% Yes at All Middle Schools
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	89%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	95%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	No	84%
The campus provides Advisory time physical activity opportunities (i.e. open weight gym, open weight room).	No	79%
Other (please specify): Cao10K , Every move matters , staff boot camp		

School Health Environment	Paredes Response	% Yes at All Middle Schools
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.	No	74%
Campus staff posted health and wellness service information on the campus website.	Yes	84%
Other (please specify): Support services for our community (housing, food, financial)	Yes	53%

Parent and Community Participation

* 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.	No	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?	10% of parents	(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	Paredes Middle School				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	53%	53%	54%	Increased	58%
Aerobic Capacity	79%	68%	82%	Increased	70%
Curl-Ups	83%	71%	87%	Increased	87%
Push-Ups	74%	58%	79%	Increased	76%
Sit and Reach	78%	67%	75%	Decreased	70%
Trunk Lift	71%	61%	78%	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:

INDEPENDENT SCHOOL DISTRICT OF AUSTIN

2018-2019

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