

REAGAN HIGH

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Anabel Garza

Physical education teacher: Jerry De La Huerta

CSH team member: Karl Loewen

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 Reagan High 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	37
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale¹³ 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. Reagan High School achieved 12 required and 37 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.

¹³ High School rating scale: unacceptable – achieved

Coordinated School Health Item Implementation Inventory

Implementation of PE	Reagan 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%

	Reagan Response	% Yes at All High Schools
Brain Breaks		
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	93%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	86%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	93%
The classroom teachers provided opportunities for students to lead brain break activities during class time.	Yes	93%
Other (please specify):	No	50%

Other Physical Activity Opportunities		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	93%
Other (please specify):	No	43%

School Health Environment		
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	100%
Campus staff sent nutrition and physical activity information to parents.	No	79%
Campus staff posted nutrition and physical activity information on the campus website.	No	57%
Campus staff posted health and wellness service information on the campus website.	No	71%
Other (please specify):	No	50%

Parent and Community Participation		
* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	100%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	No	43%
There was at least one parent on the CSH team.	Yes	71%
Other (please specify):	No	29%

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

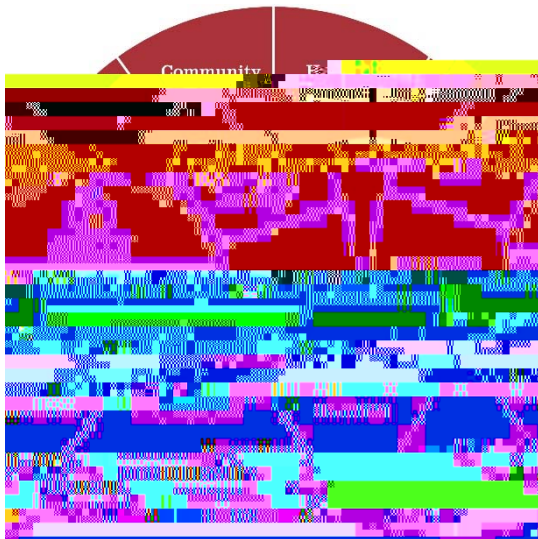
FITNESSGRAM RESULTS

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

Fitness Area Tested	Reagan High School				Average High School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	2017 Final to 2018 Final Change*	
BMI	53%	46%	49%	Decreased	63%
Aerobic Capacity	31%	< 30%	< 30%	Decreased	63%
Curl-Ups	66%	< 30%	56%	Decreased	87%
Push-Ups	48%	< 30%	49%	Increased	79%
Sit and Reach	74%	55%	73%	Decreased	76%
Trunk Lift	89%	79%	88%	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:

Our campus Family Resource Center has a food closet that provides nutrition to our students and families in need. Campus is used as a Camp Gladiator location where our staff has a large presence. Campus has a Cap 10K challenge where we put a team together to run. School hosted a Biometric screening day for our staff. School has an open gym in the summer for students. School offers flu shots and meningitis shot clinic for our seniors.

