

SMALL MIDDLE SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Matt Nelson
 Physical education teacher: Lettie Garza
 CSH team member: Melissa Hernandez

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 Small 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	48
Total (of 6) Healthy Fitness Zones areas with “increased” status school year	2

The rating scale¹⁸ 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 CSH standards. One component of the CSH program is the Fitnessgram. 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.

¹⁸ 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.

Coordinated School Health Implementation Inventory

	Small Response	% Yes All Middle Schools
Implementation of PE		
* PE teacher(s) planned and implemented physical education weekly that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* All PE teachers followed the PE curriculum and assessments.	Yes	100%
* All 8th graders have completed a PE or PE substitution.	Yes	100%
The PE teacher(s) followed the PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the PE inventory and materials.	Yes	100%
The PE teacher(s) used instructional technology (i.e. projector, other) in a lesson at least once per week.	Yes	95%
At the beginning of each PE course, parents were notified by email of the PE curriculum, information, and requirements for class.	Yes	100%
Other (please specify): a P.E. Handout for each student.	Yes	63%
CSH Planning		
*The principal established a CSH team.	Yes	100%
The CSH team included at least one administrator.	Yes	100%
The CSH team included teacher representatives from each grade.	Yes	63%
The CSH team included at least two students.	Yes	74%
The CSH team included the cafeteria manager.	Yes	84%
Campus leadership purchased CSH equipment and/or provided physical activity programs or opportunities (i.e. advisory, intramural, and/or lunchtime athletics).	Yes	89%
The campus leadership established a Student Wellness Team.	Yes	89%
Other (please specify): a Student wellness team	Yes	53%
How many times did the CSH team meet this year?		(See Figure 1)

Source. 2016-2017 Coordinated School Health data collection.

* All items with an asterisk were required by the AISD Department

	Small Response	% Yes All Middle Schools
CSH Implementation		
* Campus students and staff participated in the Department's district-wide activity for CSH Kick-Off Week in September.	Yes	89%
* Campus staff implemented the Board-adopted CSH CATCH,	Yes	100%
* Campus staff used the CATCH Code of Ethics (throughout the school year.	Yes	95%
* Students were taught the Sexuality and Responsibility during science class (unless the parents signed an opt-out form).	Yes	100%
* CATCH lessons were taught in other identified area.	Yes	100%
Campus students and staff participated in Anti-Teens Week in the month of November.	Yes	100%
Campus students and staff participated in Healthy Heart Week in the month of February.	Yes	95%
Campus students and staff participated in Breakfast Week in the month of March.	Yes	89%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	89%
The CSH Chair provided training for teachers regarding CSH initiatives for the campus.	Yes	79%
The Student Wellness Team was given opportunities for nutrition and physical activity to their	Yes	84%
Other (please specify): a Catch Family Night. Several hundred in attendance.	Yes	47%
Nutrition		
* The campus did not provide students access to food with No Nutritional Value (FMNV) (including candy or food rewards) during the school day.	Yes	100%
* The campus did not sell food or beverages during the school day.	Yes	100%
* Healthy options were available when food/beverages were served to teachers/staff at meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages were provided at campus events during the school day.	Yes	100%
* Students and parents had access to healthy foods/beverages were served at after-school events/activities.	Yes	100%
* Vending machines located in the service turned off during meal times.	Yes	

		% Yes
	Small Responses	All Middle Schools
Brain Breaks		
The CSH chair provided staff training on how Brain Breaks and locate Brain Break resources.	Yes.	89%
The classroom teachers provide opportunities for students to lead brain activities during class time.	Yes	89%
At least one Campus Improvement Plan goal this year was related to student brain breaks.	Yes	74%
Other (please specify):		

	Small Response	% Yes All Middle Schools
Parent and Community Participation		
* 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.	Yes	47%
There was at least one parent on the CSH team.		63%
Other (please specify):		Yes 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	Small 2016 Final	Small 2017 Final	Small 2016 to 2017 Change*	2017 All AISD Middle Final Average	Comparison to Small 2017 Final to All Middle Final
BMI	66%	67%	Increased	58%	Greater than
Aerobic Capacity	76%	75%	Stayed the same	70%	Greater than
Curl-Ups	95%	95%	Stayed the same	87%	Greater than
Push-Ups	88%	90%	Increased	76%	Greater than
Sit and Reach	69%	68%	Decreased	70%	Less than
Trunk Lift	79%	75%	Decreased	75%	Equal

Source. 2016-2017 Coordinated School Health data collection.

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