

TRAVIS HIGH

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: TY Davidson

Physical education teacher: Frankie Crayton

CSH team member: Juanita Reyes

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 Travis 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

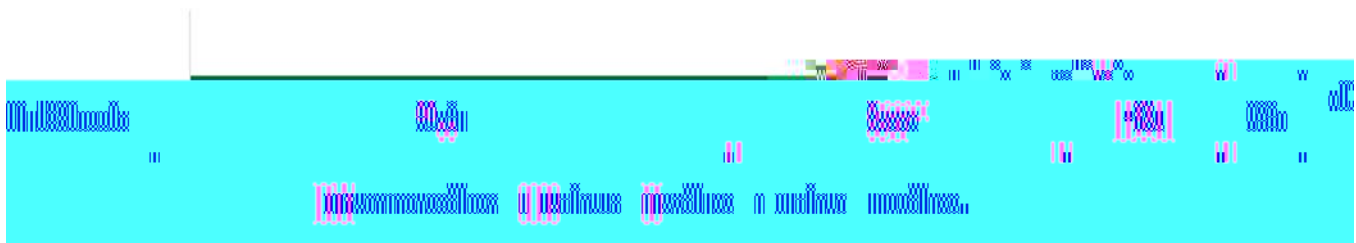
Coordinated School Health Item Implementation Inventory

| Implementation of PE | Travis 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% |
| PE teacher(s) followed the National PE Appropriate Practices. | Yes | 100% |
| The PE teacher(s) maintained the required PE inventory and materials. | Yes | 100% |
| The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week. | Yes | 100% |
| At the beginning of each PE course, parents were informed of units to be taught and assessed, FitnessGram information, and requirements for dressing out for class. | Yes | 100% |
| Other (please specify): | No | 43% |
| CSH Planning | | |
| The principal established a CSH team. | Yes | 93% |
| The principal identified a CSH chair. | Yes | 93% |
| The CSH team included teacher representatives from each grade level. | Yes | 64% |
| The CSH team included at least one administrator. | Yes | 93% |
| The CSH team included at least two students. | Yes | 79% |
| The CSH team included the cafeteria manager. | Yes | 71% |
| The campus leadership established a Student Wellness Team (SWT). | Yes | 93% |
| Other (please specify): | No | 50% |
| How many times did the CSH team meet this year? | 4 or more times (See Figure 1) | |

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

Figure 1

Half of the high school Coordinated School Health teams met 4 or more times this year.



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

| CSH Implementation | Travis Response | % Yes at All High 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% |
| Campus students and staff participated in Red Ribbon Week in November. | Yes | 86% |
| Campus students and staff participated in Healthy Heart Week in February. | Yes | 86% |
| Campus students and staff participated in School Breakfast Week in March. | Yes | 100% |
| 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 | 93% |
| 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 | 100% |
| Other (please specify): | No | 50% |

| Nutrition | | |
|---|-----|------|
| * 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 | | |

| | Travis 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. | Yes | 79% |
| Campus staff posted nutrition and physical activity information on the campus website. | Yes | 57% |
| Campus staff posted health and wellness service information on the campus website. | Yes | 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. | Yes | 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 | Travis High School | | | | Average High School 2018 Final |
|-------------------------|--------------------|-----------------|------------|----------------------------------|--------------------------------|
| | 2017 Final | 2018 Diagnostic | 2018 Final | 2017 Final to 2018 Final Change* | |
| BMI | 53% | 48% | 56% | Increased | 63% |
| Aerobic Capacity | 73% | 40% | 79% | Increased | 63% |
| Curl-Ups | 84% | 49% | 87% | Increased | 87% |
| Push-Ups | 82% | 58% | 79% | Decreased | 79% |
| Sit and Reach | 71% | 67% | 74% | Increased | 76% |