

WEBB MIDDLE SCHOOL

2017-2018 C

Coordinated School Health Item Implementation Inventory

Implementation of PE	Webb Response	% Yes at All Middle 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.	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%

CSH Implementation	Webb 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):	No	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 acti		

Nutrition

Webb
Response

% Yes at All
Middle Schools

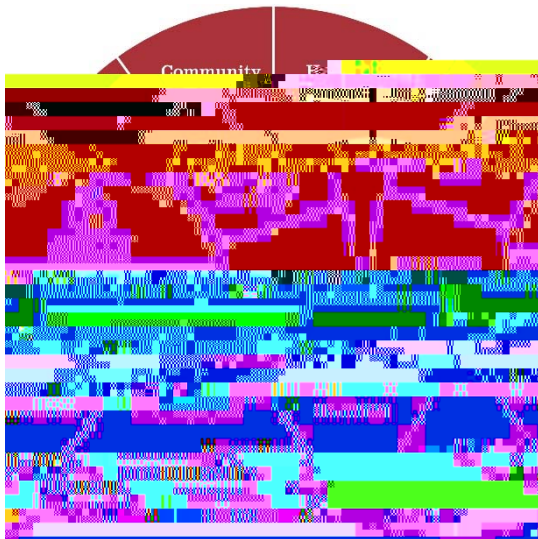
FITNESSGRAM RESULTS

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

Fitness Area Tested	Webb Middle School				Change* from 2017 Final to 2018 Final	Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final			
BMI	50%	43%	47%	Decreased	58%	
Aerobic Capacity	75%	38%	69%	Decreased	70%	
Curl-Ups	96%	81%	95%	Decreased	87%	
Push-Ups	82%	54%	81%	Decreased	76%	
Sit and Reach	69%	53%	66%	Decreased	70%	
Trunk Lift	88%	87%	93%	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:

Food Pantry at FRC would give healthy foods to families. We had 3 health nights at our school that provided healthy activities and provided information to families. Doctors were provided for sports physicals, immunizations and assistance with health screening (dental) were also provided. Workshops were provided for parents about internet safety. Sessions were provided to families about healthy relationships and social media. Center for child protection offered classes to parents and real talk presentation offered to parents about communication on a wide range of topics. Through the FRC offered health insurance were offered to the families by the Central Texas Food Bank.

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