

# AKINS HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Brandi Hosack  
Physical education teacher: Steve Riojas  
CSH team member:

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Akins High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	13
Total achieved (of 35) supplemental	25
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	2

Source. 2015 AISD CSH Program Report

<sup>1</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Akins High School achieved 13 required and 25 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students' overall physical fitness. In 2014–2015, Akins High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year's projected scale<sup>1</sup> the Akins High School rating would be exemplary.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.



<sup>1</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	Yes
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

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**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	No
Other (please specify):	

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**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	Yes
At least 1 brain break goal was identified in the CIP	Yes
Other (please specify):	

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**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

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**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	Yes
Other (please specify):	

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**Parent and Community Participation**

* Parents were notified that they could request their child's Fitnessgram results (Required)	Yes
Students' individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	Yes
There was at least 1 parent on the CSH team	Yes
Other (please specify):	

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<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	65%	64%	Decreased
Aerobic Capacity	75%	77%	Increased
Curl-Ups	86%	86%	Stayed the same
Push-Ups	82%	86%	Increased
Sit and Reach	88%	84%	Decreased
Trunk Lift	96%	92%	Decreased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>2</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



## AUSTIN INDEPENDENT SCHOOL DISTRICT

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## ALTERNATIVE LEARNING CENTER 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Dennis Harms  
Physical education teacher: Frank L. Campos  
CSH team member: \_

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Alternative Learning Center received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	12
Total achieved (of 35) supplemental	16
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	0

Source. 2015 AISD CSH Program Report

<sup>1</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Alternative Learning Center achieved 12 required and 16 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Alternative Learning Center students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>2</sup> the Alternative Learning Center rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>2</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	No
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	No
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	No
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	No
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	No
Other (please specify):	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	Yes
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	No
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	No
Other (please specify): Boys & Girls Clubs is on campus after school	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	Yes
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	0%	0%	
Aerobic Capacity	0%	0%	
Curl-Ups	0%	0%	
Push-Ups	0%	0%	
Sit and Reach	0%	0%	
Trunk Lift	0%	0%	
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>0</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# ANDERSON HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Donna Houser  
Physical education teacher: Richard Sanford  
CSH team member: Angie Helvey

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Anderson High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	13
Total achieved (of 35) supplemental	20
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	3

Source. 2015 AISD CSH Program Report

<sup>1</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Anderson High School achieved 13 required and 20 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Anderson High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>3</sup> the Anderson High School rating would be recognized.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>3</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	No
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

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**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify):	

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**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

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**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

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**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	Yes
The campus posted nutrition and physical activity information on their website	Yes
Other (please specify):	

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**Parent and Community Participation**

* Parents were notified that they could request their child's Fitnessgram results (Required)	Yes
Students' individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

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<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	72%	77%	Increased
Aerobic Capacity	49%	50%	Increased
Curl-Ups	98%	98%	Stayed the same
Push-Ups	78%	80%	Increased
Sit and Reach	74%	74%	Stayed the same
Trunk Lift	96%	96%	Stayed the same
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>3</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# AUSTIN HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Sandy Compian  
Physical education teacher: Jocelyn Satterwhite  
CSH team member: Jocelyn Satterwhite

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Austin High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	13
Total achieved (of 35) supplemental	15
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	2

Source. 2015 AISD CSH Program Report

\*Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Austin High School achieved 13 required and 15 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Austin High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>4</sup> the Austin High School rating would be recognized.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.



<sup>4</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items



## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	No
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	No
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	No
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

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**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	No
Other (please specify):	

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**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	Yes
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

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**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

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**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	No
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

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**Parent and Community Participation**

* Parents were notified that they could request their child's Fitnessgram results (Required)	Yes
Students' individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

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<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	71%	64%	Decreased
Aerobic Capacity	63%	72%	Increased
Curl-Ups	81%	84%	Increased
Push-Ups	80%	76%	Decreased
Sit and Reach	81%	79%	Decreased
Trunk Lift	91%	83%	Decreased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>2</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



## AUSTIN INDEPENDENT SCHOOL DISTRICT

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## BOWIE HIGH SCHOOL 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Stephen Kane  
Physical education teacher: Rose Ruffino  
CSH team member: Rose Ruffino, Vickie Benson, Susan Leos

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Bowie High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	12
Total achieved (of 35) supplemental	22
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	1

Source. 2015 AISD CSH Program Report

<sup>†</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Bowie High School achieved 12 required and 22 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Bowie High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>5</sup> the Bowie High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>5</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	No
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.



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**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	No
Other (please specify):	

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**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	Yes
Other (please specify):	

---

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

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**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	Yes
The campus posted nutrition and physical activity information on their website	Yes
Other (please specify):	

---

**Parent and Community Participation**

* Parents were notified that they could request their child's Fitnessgram results (Required)	Yes
Students' individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify): Unable to email due to new software malfunctions	

---

<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	71%	75%	Increased
Aerobic Capacity	70%	47%	Decreased
Curl-Ups	89%	88%	Decreased
Push-Ups	77%	76%	Decreased
Sit and Reach	74%	72%	Decreased
Trunk Lift	90%	90%	Stayed the same
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>1</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# CROCKETT HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Craig Shapiro  
Physical education teacher: Lorie Henry  
CSH team member: Corrine Oh

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Crockett High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	12
Total achieved (of 35) supplemental	16
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	1

Source. 2015 AISD CSH Program Report

\*Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Crockett High School achieved 12 required and 16 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Crockett High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>6</sup> the Crockett High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>6</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	No
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	No
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	No
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify):	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	Yes
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	No
The campus posted physical activity information in the school hallways	No
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	No
Students’ individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

† 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	Previous Year Final	Current Year Final	Outcome
BMI	61%	51%	Decreased
Aerobic Capacity	70%	74%	Increased
Curl-Ups	95%	93%	Decreased
Push-Ups	80%	67%	Decreased
Sit and Reach	70%	63%	Decreased
Trunk Lift	95%	90%	Decreased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>1</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# EASTSIDE MEMORIAL HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Bryan Miller  
Physical education teacher: Michael Eckert  
CSH team member: Sanford Jeames

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Eastside Memorial High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	13
Total achieved (of 35) supplemental	20
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	2

Source. 2015 AISD CSH Program Report

<sup>7</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Eastside Memorial High School achieved 13 required and 20 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Eastside Memorial High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>7</sup> the Eastside Memorial High School rating would be recognized.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>7</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	No
Other (please specify):	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	Yes
Other (please specify):	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	Yes
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

† 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	Previous Year Final	Current Year Final	Outcome
BMI	52%	52%	Stayed the same
Aerobic Capacity	50%	42%	Decreased
Curl-Ups	77%	81%	Increased
Push-Ups	50%	46%	Decreased
Sit and Reach	79%	71%	Decreased
Trunk Lift	74%	84%	Increased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>2</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# GARZA INDEPENDENCE HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Linda Webb  
Physical education teacher: Callye Lawrence  
CSH team member: Mamie Hickerson

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Garza Independence High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	12
Total achieved (of 35) supplemental	11
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	1

Source. 2015 AISD CSH Program Report

\*Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Garza Independence High School achieved 12 required and 11 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Garza Independence High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>8</sup> the Garza Independence High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>8</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	No
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	No
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	No
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	No
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	No
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	No
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

---

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	No
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify):	

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**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	No
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

---

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

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**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

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**Parent and Community Participation**

* Parents were notified that they could request their child's Fitnessgram results (Required)	Yes
Students' individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

---

<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	75%	75%	Stayed the same
Aerobic Capacity	40%	30%	Decreased
Curl-Ups	85%	89%	Increased
Push-Ups	65%	64%	Decreased
Sit and Reach	94%	94%	Stayed the same
Trunk Lift	99%	99%	Stayed the same
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>1</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



## AUSTIN INDEPENDENT SCHOOL DISTRICT

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# INTERNATIONAL HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Susan Galvan  
Physical education teacher: Adam Frazer  
CSH team member: Rosie Arredondo

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that International High School received a rating of **unacceptable** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>unacceptable</b>
Total achieved (of 13) required	10
Total achieved (of 35) supplemental	15
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	4

Source. 2015 AISD CSH Program Report

<sup>†</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. International High School achieved 10 required and 15 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, International High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>9</sup> the International High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>9</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items



## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	No
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	No
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	No
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	No
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	No
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify):	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	No
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	Yes
Other (please specify):	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	No
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

† 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	Previous Year Final	Current Year Final	Outcome
BMI	72%	69%	Decreased
Aerobic Capacity	63%	62%	Decreased
Curl-Ups	73%	74%	Increased
Push-Ups	60%	61%	Increased
Sit and Reach	77%	79%	Increased
Trunk Lift	74%	79%	Increased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>4</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# LANIER HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Ryan Hopkins  
Physical education teacher: Kathryn Moten  
CSH team member: Deborah Watson

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Lanier High School received a rating of **unacceptable** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>unacceptable</b>
Total achieved (of 13) required	10
Total achieved (of 35) supplemental	24
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	6

Source. 2015 AISD CSH Program Report

<sup>†</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Lanier High School achieved 10 required and 24 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Lanier High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>10</sup> the Lanier High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>10</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.



**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	No
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	No
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	No
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	No
Other (please specify): We have engaged in Breakfast in the classroom and our teachers have been teaching about healthy options. We have also worked with our staff to include only healthy options and superfoods at our staff functions.	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	Yes
At least 1 brain break goal was identified in the CIP	Yes
Other (please specify):	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	No
Other (please specify): We brought Camp Gladiator to campus for staff and students to provide a structured and open fitness program.	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	Yes
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	Yes
There was at least 1 parent on the CSH team	No
Other (please specify):	

† 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	Previous Year Final	Current Year Final	Outcome
BMI	53%	56%	Increased
Aerobic Capacity	56%	61%	Increased
Curl-Ups	76%	78%	Increased
Push-Ups	57%	60%	Increased
Sit and Reach	63%	66%	Increased
Trunk Lift	90%	92%	Increased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>6</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# LASA HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Crescenzi  
Physical education teacher:  
CSH team member:

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that LASA High School received a rating of **unacceptable** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>unacceptable</b>
Total achieved (of 13) required	7
Total achieved (of 35) supplemental	15
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	5

Source. 2015 AISD CSH Program Report

\*Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. LASA High School achieved 7 required and 15 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students' overall physical fitness. In 2014–2015, LASA High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year's projected scale<sup>11</sup> the LASA High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>11</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	No
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	No
* All PE teachers followed the CRMs and Assessments for planning lessons	No
The PE teacher(s) followed the National PE Appropriate Practices	No
The PE teacher(s) maintained the required PE inventory and materials	No
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	No
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	No
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	Yes
The campus established a Student Wellness Team	Yes
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	No
The campus participated in Tobacco Awareness Week in the month of November	No
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	No
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	No
Other (please specify): Events every day during Sleep Week/ Suicide Prevention Events/Events to discourage students drinking and driving/ Grade level presentations by LPC on stress reduction	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	No
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	No
The campus had less than 2 food type fund-raisers per year	No
Other (please specify):	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	No
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify): Walking group for staff during lunch, students often use part of the 1 hour lunch for physical activity.	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	No
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify): Information posted was about the suicide prevention, the necessity of sleep and stress reduction.	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	Yes
There was at least 1 parent on the CSH team	Yes
Other (please specify): Regular wellness events are held during the day and in the evening for parents.	

<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	76%	84%	Increased
Aerobic Capacity	75%	30%	Decreased
Curl-Ups	76%	84%	Increased
Push-Ups	67%	73%	Increased
Sit and Reach	65%	74%	Increased
Trunk Lift	81%	85%	Increased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>5</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# LBJ HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Sheila L. Henry  
Physical education teacher: Renee Brown, Pete Moreno, Andrew Jackson, Freddie Roland  
CSH team member: Pere Moreno

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that LBJ High School received a rating of **exemplary** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>exemplary</b>
Total achieved (of 13) required	13
Total achieved (of 35) supplemental	24
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	6

*Source.* 2015 AISD CSH Program Report  
\*Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. LBJ High School achieved 13 required and 24 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, LBJ High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>12</sup> the LBJ High School rating would be exemplary.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>12</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	Yes
Other (please specify): Identified a Healthy Lifestyle Chair PTSA member for the 2015-2016	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify):	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	No
Other (please specify): Classroom teachers will incorporate at least one brain break once per day beginning 2015-2016 and remainder of 2015 school year.	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify): Family step team one day per week.	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	Yes
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	Yes
There was at least 1 parent on the CSH team	No
Other (please specify):	

† 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	Previous Year Final	Current Year Final	Outcome
BMI	57%	59%	Increased
Aerobic Capacity	45%	51%	Increased
Curl-Ups	84%	89%	Increased
Push-Ups	64%	74%	Increased
Sit and Reach	69%	73%	Increased
Trunk Lift	93%	98%	Increased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>6</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# MCCALLUM HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Mike Garrison  
Physical education teacher: Lori Campbell  
CSH team member: Ray Amaro

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that McCallum High School received a rating of **unacceptable** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>unacceptable</b>
Total achieved (of 13) required	11
Total achieved (of 35) supplemental	10
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	1

Source. 2015 AISD CSH Program Report

<sup>1</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. McCallum High School achieved 11 required and 10 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, McCallum High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>15</sup> the McCallum High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>15</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	No
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	No
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	No
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	No
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	No
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	No
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

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**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	No
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify):	

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**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	No
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

---

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	No
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

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**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	No
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

---

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

---

<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	65%	65%	Stayed the same
Aerobic Capacity	68%	57%	Decreased
Curl-Ups	91%	89%	Decreased
Push-Ups	79%	80%	Increased
Sit and Reach	83%	79%	Decreased
Trunk Lift	92%	89%	Decreased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>1</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# REAGAN HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Anabel Garza  
Physical education teacher: Jerry de la Huerta  
CSH team member: Keith Carey

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Reagan High School received a rating of **unacceptable** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>unacceptable</b>
Total achieved (of 13) required	10
Total achieved (of 35) supplemental	10
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	2

Source. 2015 AISD CSH Program Report

<sup>1</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Reagan High School achieved 10 required and 10 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Reagan High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>14</sup> the Reagan High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>14</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items



## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	No
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	No
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	No
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	No
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	No
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	No
Students were informed of various health and wellness services on their campus and in their community	No
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	No
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	No
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

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**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	Yes
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	No
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	No
Other (please specify):	

---

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	No
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	Yes
Other (please specify):	

---

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

---

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

---

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	No
Students’ individual Fitnessgram scores were sent home to parents	No
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

---

<sup>†</sup> 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	Previous Year Final	Current Year Final	Outcome
BMI	46%	61%	Increased
Aerobic Capacity	46%	30%	Decreased
Curl-Ups	79%	54%	Decreased
Push-Ups	57%	59%	Increased
Sit and Reach	86%	68%	Decreased
Trunk Lift	96%	93%	Decreased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>2</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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## ROSEDALE SCHOOL 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Elizabeth Dickey  
Physical education teacher: Melissa Devine  
CSH team member: Melissa Devine

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Rosedale School received a rating of **unacceptable** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>unacceptable</b>
Total achieved (of 13) required	10
Total achieved (of 35) supplemental	26
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	0

Source. 2015 AISD CSH Program Report

<sup>1</sup>Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Rosedale School achieved 10 required and 26 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Rosedale School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>15</sup> the Rosedale School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>15</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	Yes
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	Yes
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	Yes
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	Yes
Other (please specify): Data taken for IEP goals	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	No
Other (please specify): THE CSH team organized activities throughout the year	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	No
The campus participated in Tobacco Awareness Week in the month of November	No
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	Yes
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	Yes
Other (please specify): Due to cognitive functioning of students, many of these activities are not applicable to Rosedale.	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.



**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	No
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	Yes
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	Yes
* Vending machines were turned off during meal times if located in areas of food service	No
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify): Students grow organic vegetables and participate in healthy cooking activities on a regular basis.	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	Yes
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	No
At least 1 brain break goal was identified in the CIP	No
Other (please specify): Brain breaks are used in professional development and training activities.	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify): These activities are provided for staff. No students stay after school due to transportation.	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	Yes
The campus posted nutrition and physical activity information on their website	Yes
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	Yes
Students’ individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

† 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	Previous Year Final	Current Year Final	Outcome
BMI	0%	0%	
Aerobic Capacity	0%	0%	
Curl-Ups	0%	0%	
Push-Ups	0%	0%	
Sit and Reach	0%	0%	
Trunk Lift	0%	0%	
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>0</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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# TRAVIS HIGH SCHOOL

## 2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION (CSH) CHECKLIST AND FITNESSGRAM RESULTS

Principal: Ty Davidson  
Physical education teacher: Frankie Crayton  
CSH team member:

### Results

CSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring of 2015. The results indicated that Travis High School received a rating of **unacceptable** for the CSH Program implementation in 2014–2015. Campus results will be reflected their 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	2014-2015 rating: <b>unacceptable</b>
Total achieved (of 13) required	8
Total achieved (of 35) supplemental	14
Total (of 6) Healthy Fitness Zone (HFZ) areas with “increased” status	5

Source. 2015 AISD CSH Program Report

\*Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The scale was based on identified activities that support coordinated school health efforts. There were 13 required and 35 standards. All 16 campuses submitted enough data to be rated. Travis High School achieved 8 required and 14 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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 were compared with HFZ standards to determine students’ overall physical fitness. In 2014–2015, Travis High School students showed improvement on three (out of six) Fitnessgram areas (body mass index (BMI), aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).

**In 2015–2016, AISD campuses will have to implement all required items in order to receive an acceptable rating or higher.** Based on next year’s projected scale<sup>16</sup> the Travis High School rating would be unacceptable.

AISD campuses are encouraged to use their results to set CSH goals for their Campus Improvement Plan.

<sup>16</sup> Rating scale for 2015–2016: unacceptable – achieved fewer than 13 required items; acceptable – achieved 13 required and 13 or fewer supplemental items; recognized – earned an acceptable rating and achieved 14 to 23 supplemental items; exemplary – earned an acceptable rating and achieved 24 or more supplemental items

## Coordinated School Health Item Implementation Inventory<sup>†</sup>

<b>Implementation of PE</b>	
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	Yes
* The campus assessed at least 80% of the students for Fitnessgram	No
* PE teachers are certified in CPR/First Aid and AED	Yes
* All PE teachers followed the CRMs and Assessments for planning lessons	Yes
The PE teacher(s) followed the National PE Appropriate Practices	No
The PE teacher(s) maintained the required PE inventory and materials	Yes
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	No
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	No
Other (please specify):	
<b>Coordinated School Health Planning</b>	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
The campus established a Student Wellness Team	No
Other (please specify):	
<b>Coordinated School Health Implementation</b>	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	Yes
The campus participated in Tobacco Awareness Week in the month of November	Yes
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	Yes
The campus participated in Healthy Texas Week in the month of April	No
Students were informed of various health and wellness services on their campus and in their community	Yes
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	Yes
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	No
Other (please specify):	

<sup>†</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

**Nutrition**

* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student’s IEP	Yes
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	Yes
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	No
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	Yes
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	No
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	No
* Vending machines were turned off during meal times if located in areas of food service	Yes
The campus had less than 2 food type fund-raisers per year	Yes
Other (please specify):	

**Brain Breaks**

The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	Yes
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	No
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	Yes
At least 1 brain break goal was identified in the CIP	No
Other (please specify):	

**Other Physical Activity Opportunities**

The campus provided before-school physical activity opportunities, such as running clubs or open gyms	Yes
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	Yes
Other (please specify):	

**School Health Environment**

The campus posted nutrition information in the school hallways/cafeteria	Yes
The campus posted physical activity information in the school hallways	Yes
The campus sent home nutrition and physical activity information to parents	No
The campus posted nutrition and physical activity information on their website	No
Other (please specify):	

**Parent and Community Participation**

* Parents were notified that they could request their child’s Fitnessgram results (Required)	No
Students’ individual Fitnessgram scores were sent home to parents	Yes
The campus identified a Healthy Lifestyle chair PTA member	No
There was at least 1 parent on the CSH team	No
Other (please specify):	

† 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	Previous Year Final	Current Year Final	Outcome
BMI	50%	50%	Stayed the same
Aerobic Capacity	58%	63%	Increased
Curl-Ups	74%	78%	Increased
Push-Ups	74%	78%	Increased
Sit and Reach	61%	65%	Increased
Trunk Lift	83%	85%	Increased
<b>Total # of Areas in which % of students in HFZ Increased (from prior to current year)</b>			<b>5</b>

\* Fitnessgram data were not submitted by Garcia YMLA or Sadler Means YWLA.



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