

# ANN RICHARDS SCHOOL FOR YOUNG WOMEN LEADERS

## 2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Isadora Day

Physical education teacher: Meg Brown

CSH team member: Lora Tilson

### Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2018. The results indicated that Ann Richards School for Young Women Leaders School received a rating of **Exemplary** for the CSH Program implementation in 2017–2018. Campus results will be reflected in the District’s strategic scorecard and the House Bill 5 ratings, i.e., the School District Evaluation of Performance in Community and Student Engagement for wellness and physical education (TEC §46 (C) 39.0545).

CSH IMPLEMENTATION SUMMARY	2016-2017 SCORE/RATING	2017-2018 SCORE/RATING
Total achieved (of 18) required	16	18
Total achieved (of 66) supplemental	46	47
Coordinated School Health Rating	Unacceptable	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale<sup>1</sup> was based on identified activities that support coordinated school health efforts. There were 18 required and 66 supplemental opportunities for middle school campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Ann Richards School for Young Women Leaders achieved 18 required and 47 supplemental items during the 2017–2018 school year.

One component of the supplemental credit earned was for yearly Fitnessgram improvement. The Fitnessgram measure includes a variety of health-related physical fitness tests that assess aerobic capacity, muscular strength and endurance, flexibility, and body composition. Scores from these tests are compared with healthy fitness zone (HFZ) standards to determine students’ overall physical fitness.

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

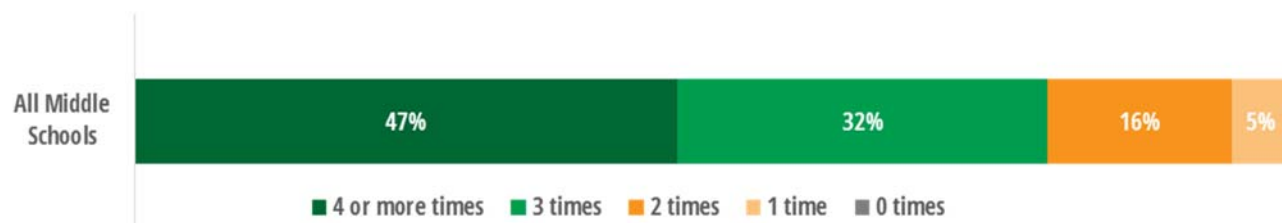
<sup>1</sup> Middle school rating scale: unacceptable – achieved less than the 18 required items; acceptable – achieved all 18 required and 19 or fewer supplemental items; recognized – achieved all 18 required and 20-37 supplemental items; exemplary – achieved all 18 required and 38 or more supplemental items.

## Coordinated School Health Item Implementation Inventory

Implementation of PE	Ann Richards Response	% Yes at All Middle Schools
* PE teacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* All PE teachers followed the district PE curriculum and assessments.	Yes	100%
* All 8th graders have completed 4 semesters of PE or PE substitution	Yes	100%
PE teacher(s) followed the National PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	95%
The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week.	Yes	100%
At the beginning of each PE course, parents were informed of units to be taught and assessed, FitnessGram information, and requirements for dressing out for class.	Yes	100%
Other (please specify):	No	53%
<b>CSH Planning</b>		
*The principal established a CSH team.	Yes	100%
The principal identified a CSH chair.	Yes	100%
The CSH team included teacher representatives from each grade level.	Yes	95%
The CSH team included at least one administrator.	Yes	100%
The CSH team included at least two students.	Yes	79%
The CSH team included the cafeteria manager.	Yes	89%
The campus leadership established a Student Wellness Team (SWT).	Yes	79%
Campus leadership purchased CSH equipment for before- and after-school physical activity programs or opportunities (i.e. advisory, intramurals, and/or lunch, excluding athletics).	Yes	95%
Other (please specify): <i>Each grade level had a "wellness Captain" in charge of healthy and fun brain breaks</i>	Yes	53%
How many times did the CSH team meet this year?	3 times	(See Figure 1)
* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.		

Figure 1

Nearly half of the middle school Coordinated School Health teams met **4 or more times** this year.



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

CSH Implementation	Ann Richards Response	% Yes at All Middle Schools
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	100%
* CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.	Yes	100%
* Campus staff implemented the CATCH Coordination Kit themes each grading period.	Yes	95%
Campus students and staff participated in Red Ribbon Week in November.	No	95%
Campus students and staff participated in Healthy Heart Week in February.	No	95%
Campus students and staff participated in School Breakfast Week in March.	Yes	100%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	95%
The PE Department Chair or the CSH team provided information or training for all classroom teachers/staff regarding this year's CSH initiatives for their campus.	Yes	95%
Students were informed of health and wellness services on their campus and in their community.	Yes	100%
The Student Wellness Team was given opportunities to advocate for nutrition and physical activity to their peers.	Yes	79%
* Students were taught the Human Sexuality and Responsibility lessons during science class in the month of May (unless the parents signed an opt-out form).	Yes	100%
* CATCH lessons were taught during Advisory or other identified area.	Yes	100%
Other (please specify):	No	47%

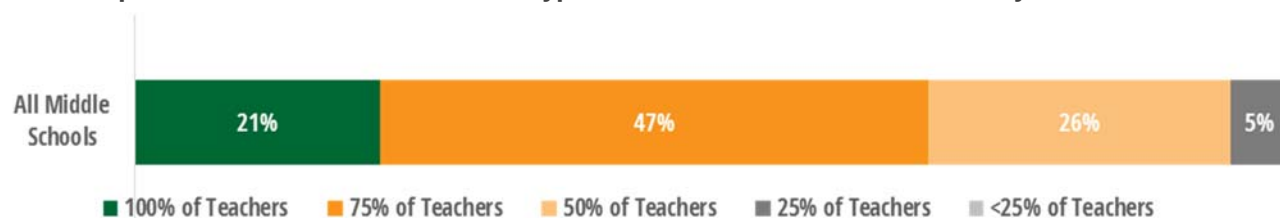
### Brain Breaks

The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	100%
At least 1 brain break goal was identified in the Campus Improvement Plan.	No	84%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	84%
The classroom teachers provided opportunities for students to lead brain break activities during class time.	Yes	95%
Other (please specify):	No	37%
Approximately what percentage of teachers at your campus used some type of brain breaks at least once each day?	100%	(See Figure 3)

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

Figure 3

At 21% of campuses, 100% of teachers used some type of brain breaks at least once each day.

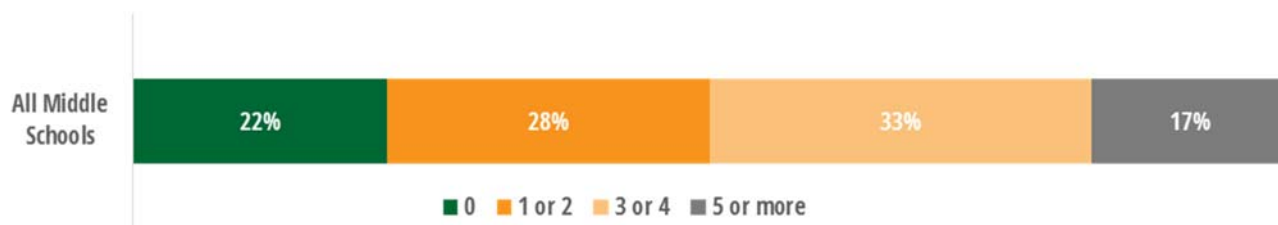


Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Nutrition	Ann Richards Response	% Yes at All Middle Schools
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages when food and beverages were provided at campus events during the school day.	Yes	100%
* The campus staff refrained from providing students access to Foods of Minimal Nutritional Value (FMNV) (including candy or food rewards) during the school day unless stated in a student's IEP.	Yes	84%
* The campus refrained from selling food or beverages for any fund-raising activity during the school day (i.e., there were no food sales from 30 min before the bell until 30 minutes after the bell).	Yes	95%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	100%
Other (please specify): <i>Our 6th graders began, tended, and sold a variety of vegetables and herbs</i>	Yes	47%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	3 or 4	(See Figure 2)
* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus		

Figure 2

Only 22% of the middle schools refrained from sponsoring food-related fundraisers at their school this year.



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

Other Physical Activity Opportunities	Ann Richards Response	% Yes at All Middle Schools
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	89%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	95%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	84%
The campus provides Advisory time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	79%
Other (please specify): <i>Zumba after school, yoga once a week during advisory</i>	Yes	63%

	Ann Richards Response	% Yes at All Middle Schools
<b>School Health Environment</b>		
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	No	84%
Campus staff sent nutrition and physical activity information to parents.	No	89%
Campus staff posted nutrition and physical activity information on the campus website.	No	74%
Campus staff posted health and wellness service information on the campus website.	Yes	84%
Other (please specify): <i>Posted all over campus "Sodas and junk food not allowed"</i>	Yes	53%

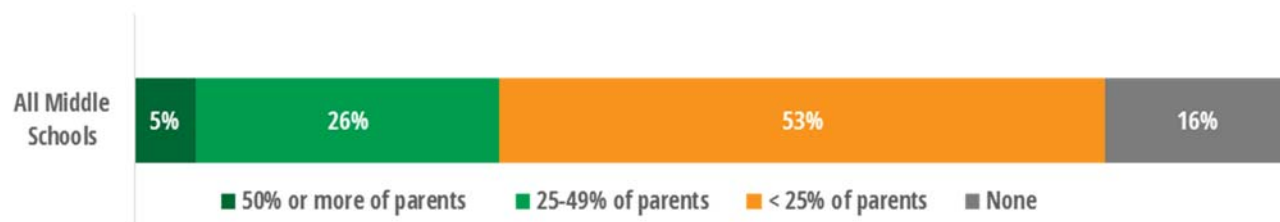
### Parent and Community Participation

* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	95%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	Yes	68%
There was at least one parent on the CSH team.	Yes	84%
Other (please specify):	No	21%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	20% of parents	(See Figure 4)

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

Figure 4

At the majority of campuses, **fewer than 25% of parents** participated in the CATCH/Family Fun Night at their campus.



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

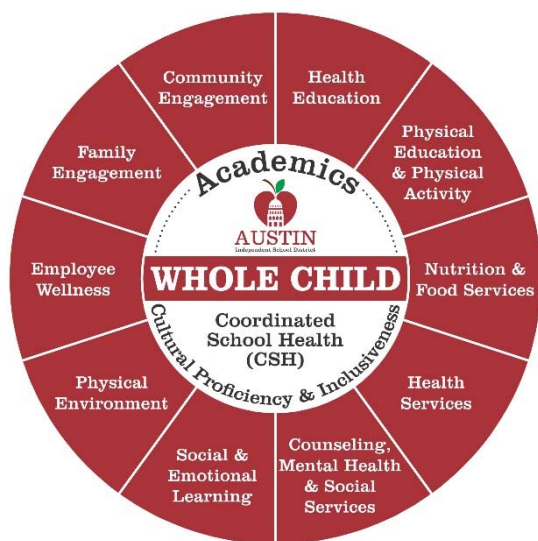
## FITNESSGRAM RESULTS

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

Fitness Area Tested	Ann Richards School for Young Women Leaders				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
<b>BMI</b>	67%	66%	66%	Decreased	58%
<b>Aerobic Capacity</b>	83%	55%	79%	Decreased	70%
<b>Curl-Ups</b>	88%	77%	90%	Increased	87%
<b>Push-Ups</b>	78%	61%	73%	Decreased	76%
<b>Sit and Reach</b>	64%	60%	61%	Decreased	70%
<b>Trunk Lift</b>	81%	73%	81%	Stayed the same	76%

Source. 2017-2018 Coordinated School Health data collection.

\* Campuses provided change information – it was not calculated from the scores.



### PLEASE SHARE ANYTHING ELSE YOUR CAMPUS DID TO SUPPORT CSH OR WHOLE CHILD THAT YOU WOULD LIKE TO TELL US ABOUT:

Our campus enforces a strict no soda and junk food policy. Part of our mission statement is to "commit to a healthy and well balanced lifestyle". This includes yoga during advisory once a week for every student as well as Fitness Fridays. For fun, we also offer Zumba after school twice a week and an open weight room in the mornings before school.

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