

## BEDICHEK MIDDLE SCHOOL

### 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Michael Herbin  
Physical education teacher: Petra Rios  
CSH team member: Petra Rios

#### Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Bedichek Middle School received a rating of **Exemplary** for the CSH Program implementation in 2016–2017. Campus results will be reflected in the District’s strategic scorecard and the House Bill 5 ratings, i.e., the School District Evaluation of Performance in Community and Student Engagement for wellness and physical education (TEC §46 (C) 39.0545).

CSH Implementation Summary	Score/Rating
Total achieved (of 18) required	18
Total achieved (of 60) supplemental	50
Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year	3
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale<sup>3</sup> was based on identified activities that support coordinated school health efforts. There were 18 required and 60 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Bedichek Middle School achieved 18 required and 50 supplemental items during the 2016–2017 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>3</sup> 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

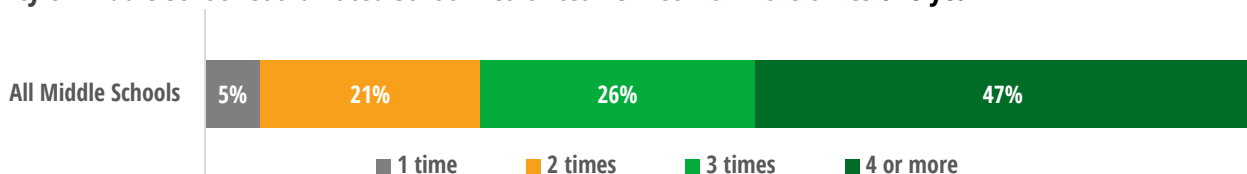
	Bedichek Response	% Yes All Middle Schools
<b>Implementation of PE</b>		
* PE teacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	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%
The PE teacher(s) followed the National PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	100%
The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week.	Yes	95%
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): <i>Students also took a field trip to Level Up. Students had to walk/jog to Level Up and back. They were taught about nutrition.</i>	Yes	63%
<b>CSH Planning</b>		
*The principal established a CSH team.	Yes	100%
The CSH team included at least one administrator.	Yes	100%
The CSH team included teacher representatives from each grade.	Yes	63%
The CSH team included at least two students.	Yes	74%
The CSH team included the cafeteria manager.	Yes	84%
Campus leadership purchased CSH equipment for before- and after-school physical activity programs or opportunities (i.e. advisory, intramurals, and/or lunch, excluding athletics).	Yes	89%
The campus leadership established a Student Wellness Team.	Yes	89%
Other (please specify): <i>We have the ACE program, which provides before/after school intramural program and healthy snacks.</i>	Yes	53%
How many times did the CSH team meet this year?	2 times	(See Figure 1)

Source. 2016-2017 Coordinated School Health data collection.

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

Figure 1

### The majority of Middle School Coordinated School Health teams met 4 or more times this year



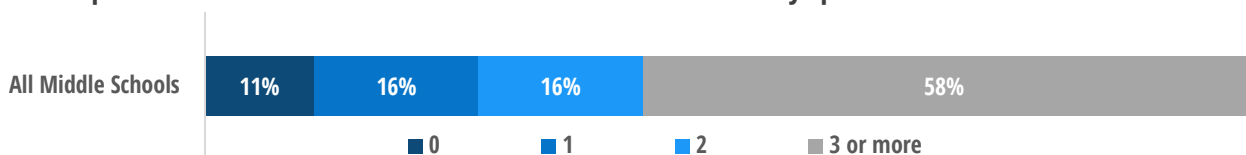
Source. 2016-2017 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

<b>CSH Implementation</b>	<b>Bedichek Response</b>	<b>% Yes All Middle Schools</b>
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	89%
* Campus staff implemented the Board-adopted CSH program, CATCH.	Yes	100%
* Campus staff used the CATCH Coordination Kit (all six themes) throughout the school year.	Yes	95%
* Students were taught the Sexuality and Responsibility Health lessons during science class (unless the parents signed an opt-out form).	Yes	100%
* CATCH lessons were taught during Advisory or other identified area.	Yes	100%
Campus students and staff participated in Tobacco Awareness Week in the month of November.	Yes	100%
Campus students and staff participated in Healthy Heart Week in the month of February.	Yes	95%
Campus students and staff participated in School Breakfast Week in the month of March.	Yes	89%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	89%
The CSH Chair provided training for all classroom teachers regarding use of this year's CSH initiatives for the campus.	Yes	79%
The Student Wellness Team was given opportunities to advocate for nutrition and physical activity to their peers.	Yes	84%
Other (please specify): <i>Student managers also assisted with getting and distributing snacks to athletes who participated in sports after school.</i>	Yes	47%
<b>Nutrition</b>		
* The campus staff did not provide 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	100%
* The campus did not sell food or beverages for any fund-raising activity during the school day.	Yes	100%
* 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%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	100%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	95%
Other (please specify): <i>Students were provided healthy snacks from the Texas Department of Agriculture and ACE program.</i>	Yes	63%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	3 or more	(See Figure 2)

Source. 2016-2017 Coordinated School Health data collection.

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

**Figure 2**  
**Over 40% of campuses minimized the number of food-related fundraisers they sponsored in 2016-2017**



Source. 2016-2017 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

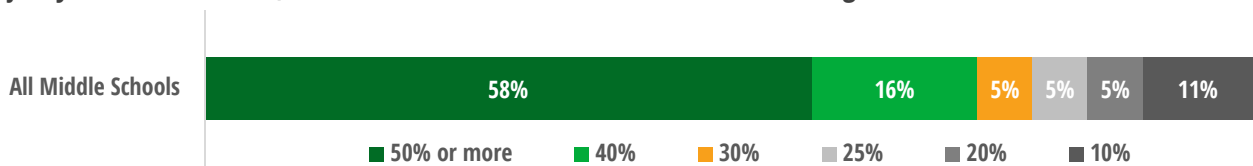
	Bedichek Response	% Yes All Middle Schools
<b>Brain Breaks</b>		
The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources.	Yes	89%
The classroom teachers provided opportunities for students to lead brain break activities during class time.	Yes	89%
At least one Campus Improvement Plan goal this year was related to student brain breaks.	No	74%
Other (please specify): <i>Teachers often ask to borrow equipment for brain breaks.</i>	Yes	53%
Approximately what percentage of classroom teachers used some type of brain breaks at least once each day?	50% or more	(See Figure 3)

Source. 2016-2017 Coordinated School Health data collection.

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

Figure 3

At the majority of middle schools, 50% or more of the classroom teachers are using brain breaks at least once each day?



Source. 2016-2017 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

	Bedichek Response	% Yes All Middle Schools
<b>Other Physical Activity Opportunities</b>		
Campus staff provided opportunities for students to be physically active before school (i.e. running club or open gym).	Yes	79%
Campus staff provided opportunities for students to be physically active after school (i.e. running club or open gym).	Yes	95%
The campus provided intramural or other physical activities during Advisory.	Yes	95%
The campus provided intramural or other physical activity opportunities during lunch.	Yes	79%
Other (please specify): <i>Afterschool Centers for Education (ACE) provides other opportunities for students to be physically active.</i>	Yes	68%

**School Health Environment**

Campus staff posted nutrition information in school hallways/cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	79%
Campus staff sent parents nutrition and physical activity information.	Yes	74%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	58%
Other (please specify): <i>Coaches sent out notifications through Remind app about nutrition.</i>	Yes	53%

Source. 2016-2017 Coordinated School Health data collection.

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

<b>Parent and Community Participation</b>	<b>Bedichek Response</b>	<b>% Yes All Middle Schools</b>
* Parents were notified that they could request their child's Fitnessgram results.	Yes	100%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	Yes	47%
There was at least one parent on the CSH team.	Yes	63%
Other (please specify): <i>Parents have volunteered to bring healthy snacks for before games and at tournaments.</i>	Yes	63%

Source. 2016-2017 Coordinated School Health data collection.

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

## Fitnessgram Results

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

<b>Fitness Area Tested</b>	<b>Bedichek 2016 Final</b>	<b>Bedichek 2017 Final</b>	<b>Bedichek 2016 to 2017 Change*</b>	<b>2017 All AISD Middle Final Average</b>	<b>Comparison of Bedichek 2017 Final to All Middle Final</b>
<b>BMI</b>	47%	48%	Increased	58%	Less than
<b>Aerobic Capacity</b>	85%	82%	Decreased	70%	Greater than
<b>Curl-Ups</b>	99%	97%	Decreased	87%	Greater than
<b>Push-Ups</b>	92%	94%	Increased	76%	Greater than
<b>Sit and Reach</b>	78%	73%	Decreased	70%	Greater than
<b>Trunk Lift</b>	41%	50%	Increased	75%	Less than

Source. 2016-2017 Coordinated School Health data collection.

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

## AUSTIN INDEPENDENT SCHOOL DISTRICT

Author

Cinda Christian, Ph.D.

### Department of Research and Evaluation



1111 West 6th Street, Suite D-350 | Austin, TX 78703-5338  
 512.414.1724 | fax: 512.414.1707  
[www.austinisd.org/dre](http://www.austinisd.org/dre) | Twitter: @AISD\_DRE

July 2017  
 Publication 16.34 RB 2.3