

## EASTSIDE MEMORIAL HIGH SCHOOL 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Bryan Miller

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CSH team member: Ofelia Zapata

### 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 Eastside Memorial High 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 12) required	12
Total achieved (of 55) supplemental	38
Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year	5
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale<sup>6</sup> was based on identified activities that support coordinated school health efforts. There were 12 required and 55 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Eastside Memorial High School achieved 12 required and 38 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>6</sup> Rating scale: unacceptable – achieved less than the 12 required items; acceptable – achieved all 12 required and 17 or fewer supplemental items; recognized – achieved all 12 required and 18-32 supplemental items; exemplary – achieved all 12 required and 33 or more supplemental items.

## Coordinated School Health Item Implementation Inventory

	Eastside Response	% Yes All High 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%
* Campus staff assessed at least 85% of students who were enrolled in a PE course or PE substitution course 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%
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	100%
At the beginning of each PE course, parents were informed of the units to be taught and assessed, FitnessGram information, and requirements for dressing out for class.	Yes	93%
Other (please specify):	No	43%
<b>CSH Planning</b>		
Campus leadership established a CSH team.	Yes	93%
The CSH team planned various health activities throughout the year.	Yes	100%
The campus leadership established a Student Wellness Team.	Yes	93%
Other (please specify):	No	36%
How many times did the CSH team meet this year?		(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

The vast majority of High School Coordinated School Health teams met **4 or more times** this year

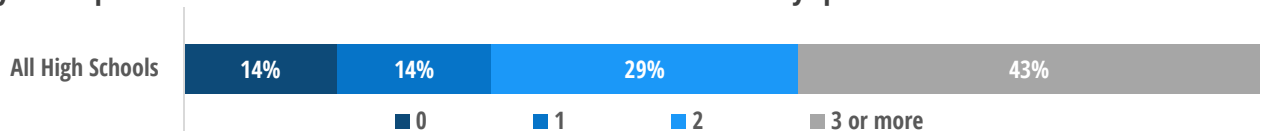


Source. 2016-2017 Coordinated School Health data collection. All percentages are rounded to the nearest whole number. Nobody reported "1 time."

	Eastside Response	% Yes All High Schools
<b>CSH Implementation</b>		
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	93%
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	100%
Campus students and staff participated in School Breakfast Week in the month of March.	Yes	93%
The PE Department head or the CSH team provided information or training for all classroom teachers/staff regarding this year's CSH initiatives for the campus.	Yes	93%
Students were informed of health and wellness services on their campus and in their community.	Yes	100%
The Student Wellness Team was given opportunities to advocate for nutrition and physical activity to their peers.	Yes	93%
Other (please specify):	No	36%
<b>Nutrition</b>		
* 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 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	93%
* The campus did not sell food or beverages for any fund-raising activity during the school day.	Yes	86%
* 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	86%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	93%
Other (please specify):	No	29%
How many food-related fundraisers did your campus staff sponsor outside the school day?	3 or more	(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**  
**The majority of campuses minimized the number of food-related fundraisers they sponsored in 2016-2017**



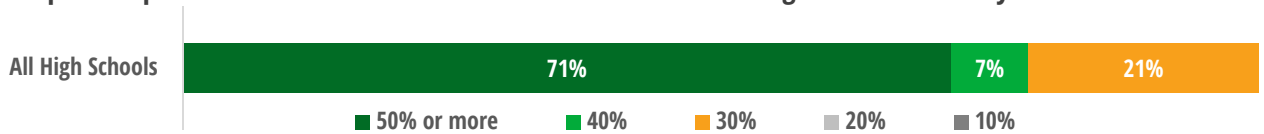
Source. 2016-2017 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

	Eastside Response	% Yes All High Schools
<b>Brain Breaks</b>		
The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources.	Yes	93%
At least one Campus Improvement Plan goal this year was related to student brain breaks.	Yes	100%
Other (please specify):	No	29%
Approximately how many classroom teachers used some type of brain breaks at least once each day?	50% or more	(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 the majority of high schools, 50% or more of the classroom teachers are using brain breaks at least once each day? No high school campuses reported that fewer than 30% of their teachers were using brain breaks daily.**



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

	Eastside Response	% Yes All High Schools
<b>Other Physical Activity Opportunities</b>		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	93%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	93%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	100%
Other (please specify):	No	43%
<b>School Health Environment</b>		
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	100%
Campus staff posted health and wellness service information on the campus website.	Yes	86%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	79%
Other (please specify):	No	21%

*\*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>	Eastside Response	% Yes All High Schools
* Parents were notified that they could request their child's Fitnessgram results.	Yes	100%
Campus staff has a Healthy Lifestyle chairperson as an identified position on their PTA.	No	36%
There was at least one parent on the CSH team.	No	64%
Other (please specify): <i>Our PTSA has been working on a health and wellness center, just need to add them to the team officially</i>	Yes	36%

\*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	Eastside 2016 Final	Eastside 2017 Final	Eastside 2016 to 2017 Change*	2017 All AISD High School Final Average	Comparison of Eastside 2017 Final to All High School Final
<b>BMI</b>	46%	50%	Increased	64%	Less than
<b>Aerobic Capacity</b>	43%	48%	Increased	63%	Less than
<b>Curl-Ups</b>	83%	86%	Increased	88%	Less than
<b>Push-Ups</b>	58%	67%	Increased	79%	Less than
<b>Sit and Reach</b>	75%	72%	Decreased	77%	Less than
<b>Trunk Lift</b>	67%	68%	Increased	85%	Less than

Source. 2016-2017 Coordinated School Health data collection.

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

## AUSTIN INDEPENDENT SCHOOL DISTRICT

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