

MARTIN MIDDLE SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Monica De La Garza-Conness

Physical education teacher: Erica Cray

CSH team member: Erica Cray

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 Martin 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 | 41 |
| Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year | 1 |
| 2016-2017 CSH Rating | Exemplary |

Source. 2015 AISD CSH Program Report

The rating scale¹² 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. Martin Middle School achieved 18 required and 41 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.

¹² 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

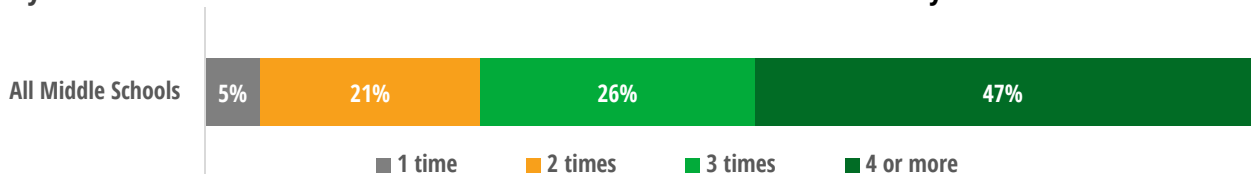
| | Martin Response | % Yes All Middle Schools |
|---|-----------------|--------------------------|
| Implementation of PE | | |
| * PE teacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA). | Yes | 100% |
| * 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): | Yes | 63% |
| CSH Planning | | |
| *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. | No | 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): | No | 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.

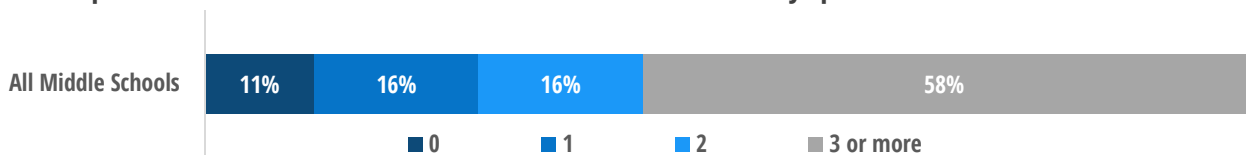
| | Martin Response | % Yes All Middle Schools |
|---|-----------------|--------------------------|
| CSH Implementation | | |
| * Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September. | Yes | 89% |
| * Campus staff implemented 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): | No | 47% |
| Nutrition | | |
| * 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): | No | 63% |
| How many food-related fundraisers did your campus staff sponsor outside the school day this year? | 0 | (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.

| | Martin Response | % Yes All Middle Schools |
|--|-----------------|--------------------------|
| Brain Breaks | | |
| 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. | Yes | 74% |
| Other (please specify): | No | 53% |
| Approximately what percentage of classroom teachers used some type of brain breaks at least once each day? | 20% | (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.

| | Martin Response | % Yes All Middle Schools |
|---|-----------------|--------------------------|
| Other Physical Activity Opportunities | | |
| 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): | No | 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. | No | 58% |
| Other (please specify): | No | 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.

| Parent and Community Participation | Martin Response | % Yes All Middle Schools |
|--|------------------------|---------------------------------|
| * 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. | No | 47% |
| There was at least one parent on the CSH team. | Yes | 63% |
| Other (please specify): | No | 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)

| Fitness Area Tested | Martin 2016 Final | Martin 2017 Final | Martin 2016 to 2017 Change* | 2017 All AISD Middle Final Average | Comparison of Martin 2017 Final to All Middle Final |
|----------------------------|--------------------------|--------------------------|------------------------------------|---|--|
| BMI | 52% | 44% | Decreased | 58% | Less than |
| Aerobic Capacity | 86% | 86% | Stayed the same | 70% | Greater than |
| Curl-Ups | 92% | 88% | Decreased | 87% | Greater than |
| Push-Ups | 62% | 70% | Increased | 76% | Less than |
| Sit and Reach | 61% | 61% | Stayed the same | 70% | Less than |
| Trunk Lift | 65% | 50% | Decreased | 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 | Twitter: @AISD_DRE

July 2017
 Publication 16.34 RB 2.12