

SADLER MEANS YOUNG WOMEN'S LEADERSHIP ACADEMY

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Christina Almaraz Ortiz
Physical education teacher: Flirtisha Harris
CSH team member: Tabithia Ramsey

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 Sadler Means YWLA School received a rating of **Unacceptable** 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	18	16
Total achieved (of 66) supplemental	50	57
Coordinated School Health Rating	Exemplary	Unacceptable

Source. 2018 AISD CSH Program Report

The rating scale¹⁷ 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. Sadler Means achieved 16 required and 57 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.

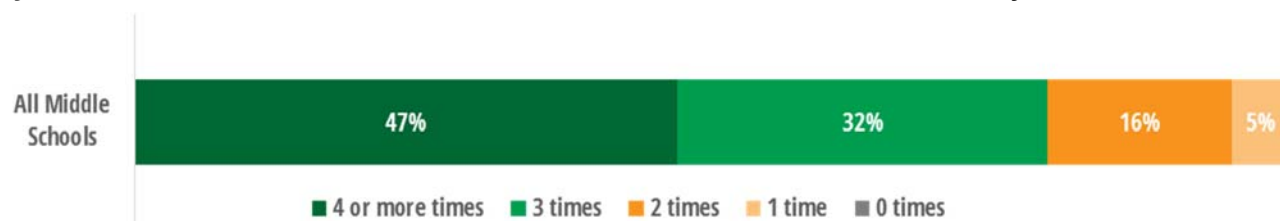
¹⁷ Middle school rating scale: unacceptable – achieved less than the 18 required items; acceptable – achieved all 18 required and 19 or fewer supplemental items; recognized – achieved all 18 required and 20-37 supplemental items; exemplary – achieved all 18 required and 38 or more supplemental items.

Coordinated School Health Item Implementation Inventory

Implementation of PE	Sadler Means 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): <i>"Go Slow Whoa" Concepts throughout PE, SWT, CSH, Meal Prep Education, Bounce Boots, Drumfit, Demo of Healthy Snacks, Just Dance, Yoga/Pilates, and Mediation</i>	Yes	53%
CSH Planning		
*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>implemented CATCH Curriculum, Dancing and Games/Sports Lunch, Advisory</i>	Yes	53%
How many times did the CSH team meet this year?	4 or more 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.



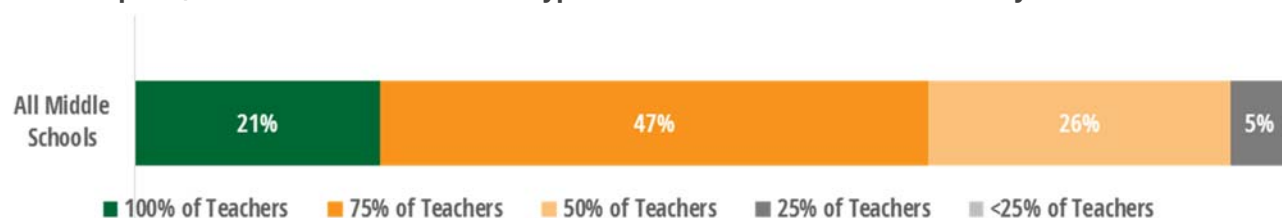
Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

	Sadler Means Response	% Yes at 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	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.	Yes	95%
Campus students and staff participated in Healthy Heart Week in February.	Yes	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): <i>Fuel Up to Play 60, American Heart Association, Burst Breaks, Homework/Classwork activities that allow students to be active (Science, Social Studies, Math) Parent Invitation to assist in PE, Scavenger Hunt, Teacher Invitation to assist/participate in PE</i>	Yes	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.	Yes	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): <i>CLI strategies - Statues, 1-10, Build-a-Phrase, Idea and Movement, PacMan, Childhood 101, Edutopia, Student Led/Directed Activities, Brain POP, Brain Breaks</i>	Yes	37%
Approximately what percentage of teachers at your campus used some type of brain breaks at least once each day?	75%	(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.

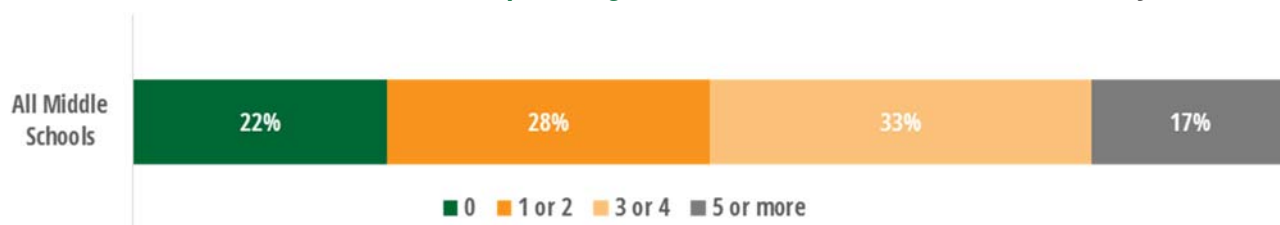


Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

	Sadler Means Response	% Yes at All Middle Schools
Nutrition		
* 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.	No	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).	No	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>Farm to school, Infused Water, Veggie and Fruit Sampling, Garden to Table, All Natural Smoothies (recipes and tasting) No chips, candies, cookies, fast food, sugary drinks policy in place, Gallery on Nutrition Physical Fitness and MVPA.</i>	Yes	47%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	0	(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.

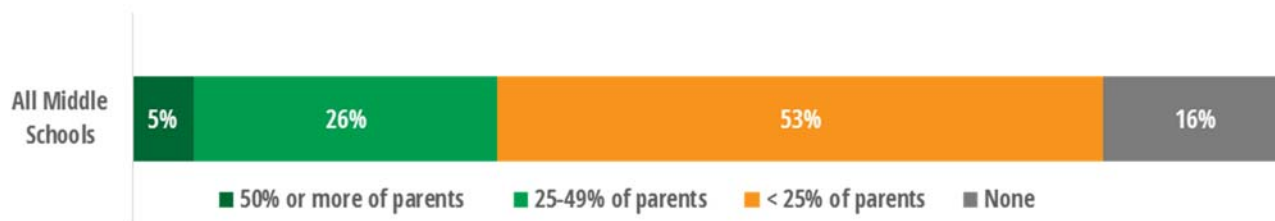
	Sadler Means Response	% Yes at All Middle Schools
Other Physical Activity Opportunities		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	No	89%
The campus provided after-school physical activity opportunities (i.e. running club, open 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>Bike Club, Run Club, Rollerblading</i>	Yes	63%

	Sadler Means Response	% Yes at All Middle Schools
School Health Environment		
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.	Yes	84%
Campus staff sent nutrition and physical activity information to parents.	Yes	89%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	74%
Campus staff posted health and wellness service information on the campus website.	Yes	84%
Other (please specify): <i>Portion Control, Healthy Eating on a Budget, Nutritional Value-Empty Calories vs. Energy Calories, Healthy vs. Unhealthy Fats, My Plate</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): <i>Worked with other schools to fulfill community outreach ideas/strategies</i>	Yes	21%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	At least 5% 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.

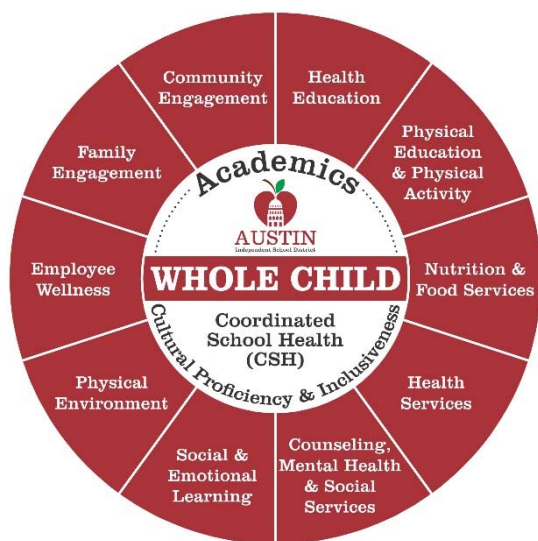
FITNESSGRAM RESULTS

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

Fitness Area Tested	Sadler Means Young Women's Leadership Academy				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	42%	33%	37%	Decreased	58%
Aerobic Capacity	59%	< 30%	42%	Decreased	70%
Curl-Ups	76%	39%	57%	Decreased	87%
Push-Ups	75%	41%	56%	Decreased	76%
Sit and Reach	56%	44%	69%	Increased	70%
Trunk Lift	97%	86%	96%	Decreased	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:

**We focused on nutrition and caloric intake, good and bad sugars, hydration, importance of breakfast and portion control. *Collaborated with other curriculum areas to provide cross curriculum learning opportunities (Science, Geography, Social Studies) *Invited Yoga instructors to offer classes *Walk Club for Teachers *Student Garden *Landscape Outdoors (Students/Teachers) on campus *Allow students to have water in class *Installed 2 ELKAY EZ H2O Bottle Fillers *Allow students to have healthy snacks in class *Share Table in the classroom for breakfast and in cafeteria for lunch*

AUSTIN INDEPENDENT SCHOOL DISTRICT

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

June 2018

Publication 17.24 RB 2.116