

COVINGTON MIDDLE SCHOOL

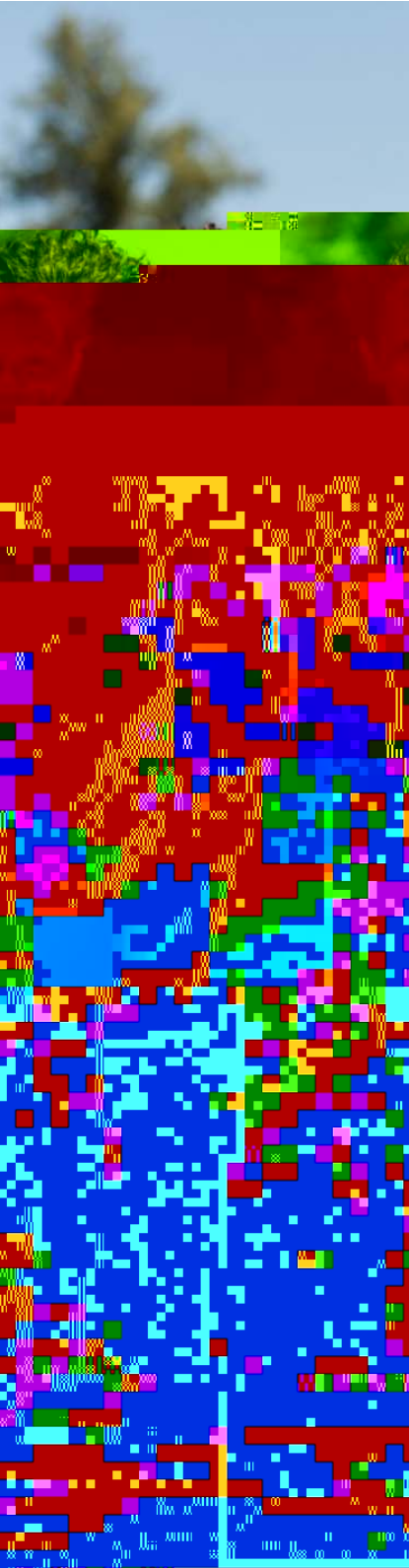
2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Shannon Sellstrom
Physical education teacher: Jessica Spring/Johnny Turner
CSH team member: Kym Burns

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 Covington 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	44
Total (of 6) Healthy Fitness Zones areas with “increased” status school year	6
2016-2017 CSH Rating	Exemplary



CSH Implementation	Covington Response	% Yes All Middle Schools
* Campus students and staff participated in the Department's district-wide for CSH Kick-Off Week in September.	Yes	89%
* Campus staff implemented t		

	Covington Response	% Yes All Middle Schools
Parent and Community Participation		
* Parents were notified that they would receive their child's Fitnessgram results.	Yes	100%
Campus has a Healthy Lifestyle champion identified position on their PTA.	No	47%
There was at least one parent on the CSH team.		63%
Other (please specify): & Community volunteers have worked in garden addressing fitness and nutrition through gardening	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 HEALTH FITNESS ZONE (HFZ) FROM PRIOR TO CURRENT YEAR (PERCENTAGE OF CAMPUSES REPORTING IN EACH CATEGORY)

Fitness Area Tested	Covington 2016 Final	Covington 2017 Final	Covington 2016 to 2017 Change*	2017 All AISD Middle Final Average	Comparison to Covington 2017 Final to All Middle Final
BMI	53%	56%	Increased	58%	Less than
Aerobic Capacity	56%	69%	Increased	70%	Less than
Curl-Ups	89%	91%	Increased	87%	Greater than
Push-Ups	81%	82%	Increased	76%	Greater than
Sit and Reach	58%	64%	Increased	70%	Less than
Trunk Lift	38%	42%	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 SCHOOLS DISTRICT

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