

GARCIA YOUNG MEN'S LEADERSHIP ACADEMY

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Sterlin McGruder
Physical education teacher: Larry Morrison
CSH team member: Larry Morrison

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 Garcia Young Men's Leadership Academy 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	46
Total (of 6) Healthy Fitness Zones areas with "increased" status school year	4
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale⁸ 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. Garcia Young Men's Leadership Academy achieved 18 required and 46 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.

⁸ 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 Implementation Inventory

Implementation of PE	Garcia YMLA Response	% Yes All Middle Schools
* PE teacher(s) planned and implemented physical education weekly 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 PE curriculum and assessments.	Yes	100%
* All 8th graders have completed a course of PE or PE substitution.	Yes	100%
The PE teacher(s) followed the PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the PE inventory and materials.	Yes	100%
The PE teacher(s) used instructional technology (i.e. projector, other) in a lesson at least once per week.	Yes	95%
At the beginning of each PE course, parents were notified by email, taught and assessed, Fitnessgram information, and required to check out for class.	Yes	100%
Other (please specify): Students had access to screenings and explanations of BMI from Community Care	Yes	63%

CSH Planning

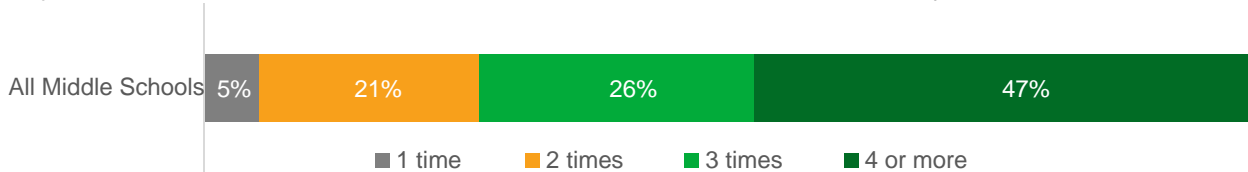
*The principal established a CSH team.	Yes	100%
The CSH team included at least one administrator.	Yes	100%
The CSH team included teacher representatives from each grade.	No	63%
The CSH team included at least two students.	Yes	74%
The CSH team included the cafeteria manager.	Yes	84%
Campus leadership purchased CSH equipment prior to the physical activity programs or opportunities (i.e. advisory, and/or lunch club, including athletics).	No	89%
The campus leadership established a Student Wellness Team.	Yes	53%
Other (please specify):	No	53%
How many times did the CSH team meet this year?	3 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.

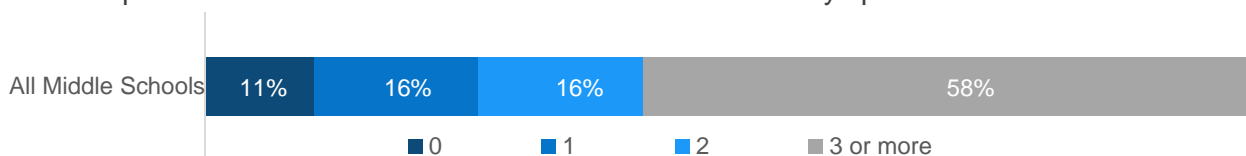
CSH Implementation	Garcia YMLA Response	% Yes All Middle Schools
* Campus students and staff participated in the PE Department's district-wide for CSH Kick-Off Week in September.	Yes	89%
* Campus staff implemented Board-adopted CSH CATCH, (CATCH Codification Kit) throughout the school year.	Yes	100%
* Campus staff used the CATCH Codification Kit throughout the school year.	Yes	95%
* Students were taught the Sexuality and Responsibility during science class (unless the parents signed an opt-out form).	Yes	100%
* CATCH lessons were taught in Advisory or other identified area.	Yes	100%
Campus students and staff participated in Anti-Tobacco 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 Chocolate 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 teachers regarding CSH initiatives for the year.	Yes	79%
The Student Wellness Team was given opportunities to lead and physical activities to their	Yes	84%
Other (please specify):	No	47%
Nutrition		
* The campus did not provide students access to foods of Nutritional Value (FMNV) (including candy or food rewards) during the school day.	Yes	100%
* The campus did not sell food or beverages during the school day.	Yes	100%
* Healthy options were available when food/beverages were served at meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages were provided at campus events during the school day.	Yes	100%
* Students and parents had access to healthy foods/beverages were served at after-school events/activities.	Yes	100%
* Vending machines located in campus were turned off during meal times.	Yes	100%
The campus provided integrated education-based opportunities (e.g. garden, farm stand, farm to work, cooking classes, etc.)	Yes	95%
Other (please specify): <i>campus chose not to have the machines</i>	Yes	63%
How many food-related fundraisers did staff sponsor outside the school 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.

Brain Breaks	Garcia YMLA Response	% Yes All Middle Schools
The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources.	Yes.	89%
The classroom teachers provide 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		

	Garcia YMLA Response	% Yes All Middle Schools
Parent and Community Participation		
* Parents were notified that they received 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): parent is also willing to continue this at the highschool level (Reagan HS)	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	Garcia YMLA 2016 Final	Garcia YMLA 2017 Final	Garcia YMLA 2016 to 2017 Change*	2017 All AISD Middle Final Average	Comparison to Garcia YMLA 2017 Final to All Middle Final
BMI	44%	47%	Increased	58%	Less than
Aerobic Capacity	64%	75%	Increased	70%	Greater than
Curl-Ups	92%	93%	Increased	87%	Greater than
Push-Ups	93%	97%	Increased	76%	Greater than
Sit and Reach	86%	77%	Decreased	70%	Greater than
Trunk Lift	93%	92%	Decreased	75%	Greater than

Source. 2016-2017 Coordinated School Health data collection.