

GARZA HIGH SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Dr. Linda Webb

Physical education teacher: Stephanie Cisneros

CSH team member: Mamie Hickerson

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 Garza High School received a rating of Unacceptable 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 (of 6) Healthy Fitness Zones met ^{exceeded} within campus since the prior school year	35
2016-2017 CSH Rating	Unacceptable

Source. 2015 AISD CSH Program Report

The rating scale⁷ 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. Garza High School achieved 10 required and 35 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.

Coordinated School Health Implementation Inventory

	Garza Response	% Yes All High Schools
Implementation of PE		
* PE teacher(s) planned and implemented physical education weekly that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* Campus staff assessed at least 85% of students who took a PE course or PE substitution course for Fitnessgram.	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.		Yes
* All PE teachers followed the PE district curriculum and assessments.		Yes 100%
The PE teacher(s) followed the National PE Appropriate Practices.		Yes
The PE teacher(s) maintained the PE inventory and materials.	Yes	100%
The PE teacher(s) used instructional technology (i.e., projector) for a lesson at least once per week.	Yes	100%
At the beginning of each PE course, parents of the units to be taught and assessed, FitnessGram information, and requirements for class.	No	93%
Other (please specify):	Yes	43%
CSH Planning		
Campus leadership established a CSH team.		93%
The CSH team planned various 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?	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

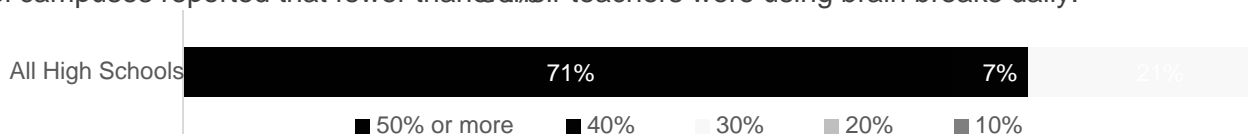
	Garza Response	% Yes All High Schools
CSH Implementation		
* Campus students and staff participated in the PE Department's district-wide activity for CSH Kick-Off Week in September.	No	93%
Campus students and staff participated in the Annual Wellness Week in the month of November.	Yes	100%
Campus students and staff participated in Healthy Heart Week in the month of February.	Yes	100%
Campus students and staff participated in Breakfast Week in the month of March.	Yes	93%
The PE Department head or the CSH Committee provided information for all classroom teachers/staff regarding this year's CSH initiatives for the campus.	Yes	93%
Students were informed of health and wellness issues on campus and in their community.	Yes	100%
The Student Wellness Team was given opportunities to advocate physical activity to their peers.	Yes	93%
Other (please specify):	No	36%
Nutrition		
* 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%
* The campus did not provide students access to foods of Nutritional Value (FMNV) (including candy or food rewards) during the school day.	Yes	93%
* The campus did not sell food or beverages during the school day.	Yes	86%
* Students and parents had access to healthy foods/beverages were served at after-school events/activities.	Yes	100%

	Garza Response	% Yes All High Schools
Brain Breaks		
The CSH chair provided staff training on how Brain Breaks and locate Brain Break resources	Yes	93%
At least one Campus Improvement Plan goal this year was brain breaks to student	Yes	100%
Other (please specify):	No	29%
Approximately how many classroom teachers use 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.

	Garza Response	% Yes All High Schools
Other Physical Activity Opportunities		
The campus provided before school physical activity opportunities (e.g. club, open gym, or open weight room).	Yes	93%
The campus provided after school physical activity opportunities (e.g. club, open gym, or open weight room).	Yes	93%
The campus provides lunch time physical activities (e.g. open weight gym, open weight room)	Yes	100%
Other (please specify):	No	43%

School Health Environment

Campus staff posted nutrition information in school hallways/direction throughout the school year.	Yes	100%
Campus staff posted physical activity information in school hallways/direction 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

Parent and Community Participation	Garza Response	% Yes All High Schools
* Parents were notified that they could request their child's Fitnessgram results. Campus staff has a Healthy Lifestyle champion position on their PTA.	Yes	100%