

GORZYCKI MIDDLE SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Cathryn Mitchell

Physical education teacher: Kim Kehoe

CSH team member: Eamonn Neary

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 Gorzycki Middle School received a rating of Recognized 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	33
Total (of 6) Healthy Fitness Zones areas with “increased” status school year	1
2016-2017 CSH Rating	Recognized

Source. 2015 AISD CSH Program Report

The rating scale⁹ 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. Gorzycki Middle School achieved 18 required and 33 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

Coordinated School Health Implementation Inventory

	Gorzycki Response	% Yes All Middle 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%
* 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 4 weeks 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 of the PE curriculum, information, and requirements for class.	Yes	100%
Other (please specify):	No	63%

CSH Planning

The principal established a CSH committee (beginning in 2011) to coordinate and implement CSH. The committee consists of the principal, the PE teacher, the health teacher, and the school nurse. The committee meets monthly to discuss and plan CSH activities. The committee also meets with the school board to report on CSH progress. The committee has been successful in implementing CSH activities and has received positive feedback from the school board and the community. The committee has also been instrumental in securing funding for CSH activities. The committee has been successful in implementing CSH activities and has received positive feedback from the school board and the community. The committee has also been instrumental in securing funding for CSH activities.

	Gorzycki Response	% Yes All Middle Schools
CSH Implementation		
* Campus students and staff participated in the Department's district-wide activity for CSH Kick-Off Week in September.	Yes	89%
* Campus staff implemented the Board-adopted CSH CATCH, (sixth through eighth grade).	Yes	100%
* Campus staff used the CATCH Code of Conduct (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 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 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 campus.	No	79%
The Student Wellness Team was given opportunities to add policies to their	Yes	84%
Other (please specify):	No	47%
Nutrition		
* The campus did not provide students access to food 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 to		

	Gorzycki Response	% Yes All Middle Schools
Brain Breaks		
The CSH chair provided staff training on how Brain Breaks and locate Brain Break resources.	No	89%
The classroom teachers provided opportunities for students to lead brain activities during class time.	Yes	89%
At least one Campus Improvement Plan goal this year was related to student brain breaks.	No	74%
Other (please specify):	No	53%
Approximately what percentage of classroom teachers use brain breaks at least once each day? (See Figure 3)	100%	

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. Percentages are rounded to the nearest whole number.

	Gorzycki Response	% Yes All Middle Schools
Other Physical Activity Opportunities		
Campus staff provided opportunities for students to be active before (schooling club or open gym).	No	79%
Campus staff provided opportunities for students to be active after (schooling club or open gym).	Yes	95%
The campus provided intramural or other activities during Advisory.	Yes	95%
The campus provided intramural or other physical opportunities during lunch.	Yes	79%

	Gorzycki Response	% Yes All Middle Schools
Parent and Community Participation		
* Parents were notified that they could request 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):	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.