

LBJ HIGH SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Sheila Henry

Physical education teacher: Pete Moreno

CSH team member: Kerrie Carter, Freddie Roland, Ivan Robinson

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 LBJ High 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 12) required	12
Total achieved (of 55) supplemental	37
Total (of 6) Healthy Fitness Zones increased ¹¹ status since the prior school year	3
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale¹¹ 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. LBJ High School achieved 12 required and 37 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.

¹¹ Rating scale: unacceptable – achieved less than the 12 required items; acceptable – achieved all 12 required and 17 or fewer supplemental items; recognized – achieved all 12 required and 18-32 supplemental items; exemplary – achieved all 12 required and 33 or more supplemental items.

	LBJ 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.	Yes	93%
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	100%
Campus students and staff participated in Breakfast Week in the month of March.	Yes	93%
The PE Department head or the CSH leader 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%

Brain Breaks	LBJ Response	% Yes All High Schools
The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources	Yes	93%
At least one Campus Improvement Plan goal this year was related to student brain breaks	Yes	100%
Other (please specify):	No	29%
Approximately how many classroom teachers use brain breaks at least once each day?	50% or more	

	LBJ Response	% Yes All High Schools
Parent and Community Participation		
* Parents were notified that they received their child's Fitnessgram results.	Yes	100%
Campus staff has a Healthy Lifestyle champion identified position on their PTA.	Yes	36%
There was at least one parent on the CSH team.		64%
Other (please specify):	No	36%

*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	LBJ 2016 Final	LBJ 2017 Final	LBJ 2016 to 2017 Change*	2017 All AISD High School Final Average	Comparison of LBJ 2017 Final to All High School Final
BMI	52%	44%	Decreased	64%	Less than
Aerobic Capacity	41%	42%	Increased	63%	Less than
Curl-Ups	79%	79%	Stayed the same	88%	Less than
Push-Ups	73%	85%	Increased	79%	Greater than
Sit and Reach	72%	75%	Increased	77%	Less than
Trunk Lift	95%	87%	Decreased	85%	Greater than

Source. 2016-2017 Coordinated School Health data collection.

* Campuses provided change information was not calculated from reported scores.

AUSTIN INDEPENDENT SCHOOLS DISTRICT

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