

LANIER HIGH

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: ryan hopkins

Physical education teacher: Kathy Moten

CSH team member: Ryan Head

Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2018. The results indicated that Lanier High School received a rating of **Exemplary** for the CSH Program implementation in 2017–2018. Campus results will be reflected in

Coordinated School Health Item Implementation Inventory

Implementation of PE	Lanier Response	% Yes at All High Schools
* PE teacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram who were enrolled in a PE course or PE		

Lanier
Response % Yes at All
High Schools

CSH Implementation

	Lanier Response	% Yes at All High Schools
Brain Breaks		
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	93%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	86%
Brain break activities were provided at faculty meetings throughout the school year.	No	93%
The classroom teachers provided opportunities for students to lead brain break activities during class time.	Yes	93%
Other (please specify):	No	50%

Other Physical Activity Opportunities

The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	93%
Other (please specify):	No	43%

School Health Environment

Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	100%
Campus staff sent nutrition and physical activity information to parents.	Yes	79%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	57%
Campus staff posted health and wellness service information on the campus website.	Yes	71%
Other (please specify):	No	50%

Parent and Community Participation

* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	100%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	Yes	43%
There was at least one parent on the CSH team.	No	71%
Other (please specify):	No	29%

* 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 HEALTHY FITNESS ZONE (HFZ) FROM PRIOR TO CURRENT YEAR (PERCENTAGE OF CAMPUSES REPORTING IN EACH CATEGORY)

Fitness Area Tested	Lanier High School				Average High School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	2017 Final to 2018 Final Change*	
BMI	60%	46%	61%	Increased	63%
Aerobic Capacity	78%	42%	84%	Increased	63%
Curl-Ups	86%	60%	92%	Increased	87%
Push-Ups	74%	43%	80%	Increased	79%
Sit and Reach	86%	76%	89%	Increased	76%