

MARTIN MIDDLE SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Monica De La Garza-Conness

Physical education teacher: Cassandra Cantu, Moises Garcia

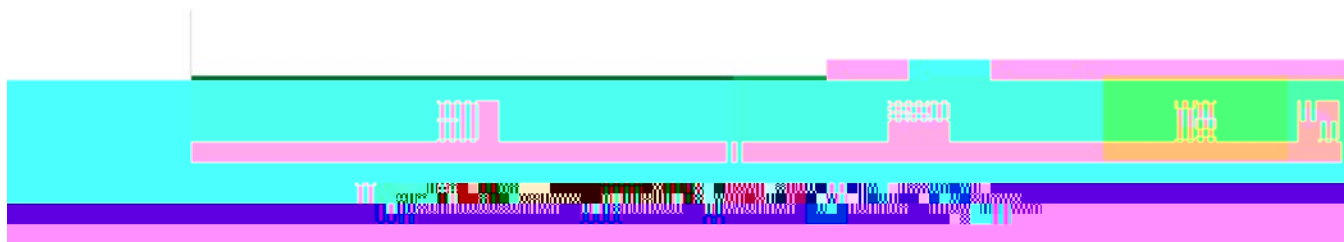
Coordinated School Health Item Implementation Inventory

Implementation of PE	Martin Response	% Yes at All Middle 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.	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* All PE teachers followed the district PE curriculum and assessments.	Yes	100%
* All 8th graders have completed 4 semesters of PE or PE substitution	Yes	100%
PE teacher(s) followed the National PE Appropriate Practices.	Yes	100%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	95%
The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week.	Yes	100%
At the beginning of each PE course, parents were informed of units to be taught and assessed, FitnessGram information, and requirements for dressing out for class.	Yes	100%
Other (please specify): NA	No	53%
CSH Planning		
*The principal established a CSH team.	Yes	100%
The principal identified a CSH chair.	Yes	100%
The CSH team included teacher representatives from each grade level.	Yes	95%
The CSH team included at least one administrator.	Yes	100%
The CSH team included at least two students.	Yes	79%
The CSH team included the cafeteria manager.	Yes	89%
The campus leadership established a Student Wellness Team (SWT).	Yes	79%
Campus leadership purchased CSH equipment for before- and after-school physical activity programs or opportunities (i.e. advisory, intramurals, and/or lunch, excluding athletics).	Yes	95%
Other (please specify): NA	No	53%
How many times did the CSH team meet this year?	3 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.

Figure 1

Nearly half of the middle school Coordinated School Health teams met 4 or more times this year.



Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

CSH Implementation

* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-

Nutrition	Martin Response	% Yes at All Middle Schools
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages when food and beverages were provided at campus events during the school day.	Yes	100%
* The campus staff refrained from providing students access to Foods of Minimal Nutritional Value (FMNV) (including candy or food rewards) during the school day unless stated in a student's IEP.	Yes	84%
* The campus refrained from selling food or beverages for any fund-raising activity during the school day (i.e., there were no food sales from 30 min before the bell until 30 minutes after the bell).	Yes	95%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	100%
* Vending machines located in food service areas were turned off during meal times.	Yes	100%
Other (please specify): NA	No	47%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	1 or 2	(See Figure 2)

* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus

Figure 2

Only 22% of the middle schools refrained from sponsoring food-related fundraisers at their school this year.

Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Other Physical Activity Opportunities	Martin Response	% Yes at All Middle Schools
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	89%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	95%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).		

School Health Environment	Martin Response	% Yes at All Middle Schools
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.	No	84%
Campus staff sent nutrition and physical activity information to parents.	Yes	89%
Campus staff posted nutrition and physical ac		

FITNESSGRAM RESULTS

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

Fitness Area Tested	Martin Middle School				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	49%	39%	49%	Stayed the same	58%
Aerobic Capacity	86%	59%	68%	Decreased	70%
Curl-Ups	96%	79%	96%	Stayed the same	87%
Push-Ups	61%	59%	61%	Stayed the same	76%
Sit and Reach	69%	66%	69%	Stayed the same	70%
Trunk Lift	80%	72%	80%	Stayed the same	76%

Source. 2017-2018 Coordinated School Health data collection.

* Campuses provided change information – it was not calculated from the scores.

PLEASE SHARE ANYTHING ELSE YOUR CAMPUS DID TO SUPPORT CSH OR WHOLE CHILD THAT YOU WOULD LIKE TO TELL US ABOUT:

Martin MS provided health and wellness checks for families throughout the year. (Blood pressure, heart health , healthy meal options, family services).