

# MARTIN MIDDLE SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Monica De La Garza-Conness

Physical education teacher: Erica Cray

CSH team member: Erica Cray

### 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 Martin Middle School received a rating of Exemplary for the

Coordinated School Health Implementation Inventory

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**Martin  
Response**      **% Yes  
All Middle  
Schools**

Implementation of PE



	Martin Response	% Yes All Middle Schools
<b>Brain Breaks</b>		
The CSH chair provided staff training on how Brain Breaks and locate Brain Break resources.	Yes	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.	Yes	74%
Other (please specify):	No	53%
Approximately what percentage of classroom teachers use brain breaks at least once each day? (See Figure 3)	20%	

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 school.

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.

	Martin Response	% Yes All Middle Schools
<b>Other Physical Activity Opportunities</b>		
Campus staff provided opportunities for students to be active before (schooling club or open gym).	Yes	79%
Campus staff provided opportunities for students to be active after (schooling club or open gym).	Yes	95%
The campus provided intramural or other physical activities during Advisory.	Yes	95%
The campus provided intramural or other physical opportunities during lunch.	Yes	79%
Other (please specify):	No	68%

**School Health Environment**

Campus staff posted nutrition information on the website throughout the school year.	Yes	100%
Campus staff posted physical activity information on the website throughout the school year.	Yes	79%
Campus staff sent parents nutrition and physical activity information.	Yes	79%
Campus staff posted nutrition and physical activity information on the website.	No	58%
Other (please specify):		

	Martin Response	% Yes All Middle Schools
<b>Parent and Community Participation</b>		
* Parents were notified that they received 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.

### Fitnessgram Results

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

Fitness Area Tested	Martin 2016 Final	Martin 2017 Final	Martin 2016 to 2017 Change*	2017 All AISD Middle Final Average	Comparison to Martin 2017 Final to All Middle Final
BMI	52%	44%	Decreased	58%	Less than
Aerobic Capacity	86%	86%	Stayed the same	70%	Greater than
Curl-Ups					