

MURCHISON MIDDLE SCHOOL

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Brad Clark

Physical education teacher: David Olles

CSH team member: Dawnielle Kiel

Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2018. The

Coordinated School Health Item Implementation Inventory

Implementation of PE

* PE teacher(s) planned and implemented physical education lessons on a weekly basis that included 50%

Murchison
Response

% Yes at All
Middle Schools

CSH Implementation	Murchison Response	% Yes at All Middle Schools
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	100%
* CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.	Yes	100%
* Campus staff implemented the CATCH Coordination Kit themes each grading period.	Yes	95%
Campus students and staff participated in Red Ribbon Week in November.	Yes	95%
Campus students and staff participated in Healthy Heart Week in February.	Yes	95%
Campus students and staff participated in School Breakfast Week in March.	Yes	100%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	95%
The PE Department Chair or the CSH team provided information or training for all classroom teachers/staff regarding this year's CSH initiatives for their campus.	Yes	95%
Students were informed of health and wellness services on their campus and in their community.	Yes	100%
The Student Wellness Team was given opportunities to advocate for nutrition and physical activity to their peers.	Yes	79%
* Students were taught the Human Sexuality and Responsibility lessons during science class in the month of May (unless the parents signed an opt-out form).	Yes	100%
* CATCH lessons were taught during Advisory or other identified area.	Yes	100%
Other (please specify): Teachers implemented mindfulness training for all staff members.	Yes	47%

Brain Breaks

School Health Environment	Murchison 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.	Yes	84%
Campus staff sent nutrition and physical activity information to parents.	Yes	89%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	74%
Campus staff posted health and wellness service information on the campus website.	Yes	84%
Other (please specify): Murchison promoted and competed in the CAP10K race this year.	Yes	53%

Parent and Community Participation

* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	95%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	Yes	68%
There was at least one parent on the CSH team.	Yes	84%
Other (please specify):	No	21%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	40% of parents	(See Figure 4)

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

Figure 4

At the majority of campuses, **fewer than 25% of parents** participated in the CATCH/Family Fun Night at their campus.



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

FITNESSGRAM RESULTS

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

Fitness Area Tested	Murchison Middle School				Average Middle School 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	73%	69%	73%	Stayed the same	58%
Aerobic Capacity	80%	72%	78%	Decreased	70%
Curl-Ups	93%	88%	90%	Decreased	87%
Push-Ups	89%	84%	90%	Decreased	76%
Sit and Reach	91%	83%	86%	Decreased	70%
Trunk Lift	95%	86%	91%	Decreased	76%

Source. 2017-2018 Coordinated School Health data collection.

* Campuses provided change information –