Cinda Christian, Ph.D. Publication 16.34 RB 3.14 July 2017

TRAVIS HIGH SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Ty Davidson

Physical education teacher: Frankie Crayton

CSH team member: Juanita Reyes

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 Travis 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).

CSHmplementation Summary

Score/Rating

45
Total (of 6) Healthy Fitness Zones arease with that at us since the prior school year
2016-2017 CSH Rating Exemplary

Source. 2015 AISD CSH Program Report

The rating scale¹⁴ was based on identified activities that support coordinated school health efforts. There were 12 required and 55 supplemental opportunities for campuses to meet or exœed the AISD CSH Programstandards. All campuses submitted enough data to be rated. Travis High School achieved 12 required and 45 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 compositio n. Scores from these tests are compared with healthy fitness zone (HFZ) standards to determine students' overall physical fitness.

AISD campuses are encouragedo use their results to set goals for their Campus Improvement Plan.

¹⁴ 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.

Coordinated School Health It em Implementation Inventory

Implementation of PE	Travis Response	% Yes All High Schools
* PE teacher(s) planned and implemented phylsissablesluorati wesiklthlataincluded 50% (more) Moderate to Vigorous Physical Activity (MVPA).	res	100%
* Campus staff assessed at least 85% of stuedeoils of how throw throw the course or PE substitution Fitnessgram.	n course for Yes	100%

CSH Implementation	Travis Response	% Yes All High Schools
* Campus students and staff participated in Phe Depalthnaend's district widy for CSH Kic Week in September.	k-Off Yes	93%
Campus students and staff participatedAimaTebass Week in the month of November.	Yes	100%
Campus students and staff participated in Healthy Heart Week in the month of Februa	ary.Yes	100%
Campus students and staff particlipoatled rigas Week in the month of March.	Yes	93%
The PE Department head orathrepushibled information rog formal classroom teachers/sta regarding this year's CSH initiatives for the campus.	ff Yes	93%
Students were informed of health and investion state of the investion of the investigation of the investiga	Yes	100%
The Student Wellness Team was given opportuficities thickies the hysical activity to the	eir peers.	9 3% s
Other (please specify):	No	36%

Nutrition

^{*} Healthy options were available when food/beverages were provideT q 1 BT 10.98 0 08 0 T 1ble when food/beverages

Brain Breaks	Travis Response	% Yes All High Schools
The CSH chair provided staff training canneontvBcailm Breaks and locate Brain Break res	ourd /æss	93%
At least one Campus Improvement Plan goal this year wbaraire barteal to student	Yes	100%
Other (please specify):	N	o 29%
Approximately how many classroom teachtepee und day alorbee aks at least once each day	≸ 0% or mor(€	See Figur

^{*}All items with an asterisk were required by the AISD Department

Parent and Community Participation	Travis Response	% Yes All High Schools
* Parents were notified that the yuest little ir child's Fitness gram results.	Yes	100%
Campus staff has a Healthy Lifestyleasharinotenstified position on their PTA.	Yes	36%
There was at least one parent on the CSH team.		64%es
Other (please specify):	N	lo 36%

^{*}All items with an asterisk were required by the AISD Departmental Education and Health to be implemented at eapthscam

Fitnessgram Results

CHANGE INEALTH TITNES ZONE (HFZ) FROM PRIOR TOURRENTEAR PERCENTAGE OF CAMPUSES REPORTING IN EACH CATEGORIA

	Trovio	Trovio	Travis	2017 All AISD	Comparison of	
Fitness Area Tested	Travis Travis 2016 Final 2017 Final	2016 to 2017	High School	Travis 2017 Final to		
		2017 Filial	Change* Final Average		Change* Final Average	
BMI	<30%	<30%	Stayed the	e same64%	Less than	
Aerobic Capacity	<30%	<30%	Stayed the	e same63%	Less than	
Curl-Ups	88%	89%	Increase	d 88%	Greater than	
Push-Ups	88%	89%	Increase	d 79%	Greater than	
Sit and Reach	88%	89%	Increase	d 77%	Greater than	
Trunk Lift	88%	89%	Increase	d 85%	Greater than	

Source. 2016-2017 Coordinated School Health data collection.

AUSTININDEPENDE800HOODISTRICT

Author Cinda Christian, Ph.D.

Department of Research and Evaluation

^{*} Campuses provided change informationwait not calculated from reported scores.