Onda Christian, Ph.D. Publication 17.24 RB 2.14 June 2018

## 2017-2018 COORDINATED SCHOOL HEALTH REPORT Principal: Leti Pena Physical education teacher: Diana Schindler CSH team member: Lori Moon 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 Blazier Elementary School received a rating of **Exemplary** for the CSH Program implementation in 2017–2018. 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).

CSH IMPLEMENTATION SUMMARY	2016-2017	2017-2018
	SCORE/ RATING	SCORE/ RATING
Total achieved (of 19) required	19	19
Total achieved (of 77) supplemental	69	55
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

**BLAZIER ELEMENTARY** 

The rating scale<sup>10</sup> was based on identified activities that support coordinated school health efforts. There were 19 required and 77 supplemental opportunities for elementary campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Blazier Elementary School completed 19 required and 55 supplemental items during the 2017–2018 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 composition. Scores from these tests are compared with healthy fitness zone (HFZ) standards to determine students' overall physical fitness.

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

<sup>10</sup> Elementary school rating scale: unacceptable – achieved less than the 19 required items; acceptable – achieved all 19 required and 25 or fewer supplemental items; recognized – achieved all 19 required and 26 48 supplemental items; exemplary – achieved all 19 required and 49 or more supplemental items

CSHImplementation	Bazier Response	%YesatAll Elementary Sthools
<sup>t</sup> Campus students and staff participated in the Health and FEDepartment's district-wide activity for CSHKidk-Off Week in September.	Yes	100%
* CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.	Yes	99%
Compusstaff implemented the CATCH Coordination Kit themeseach gradingperiod.	Yes	99%
Campus students and staff participated in Red Ribbon Week in November.	Yes	94%
Campusstudents and staff participated in Healthy Heart Week in February.	Yes	98%
Campus students and staff participated in School Breakfast Week in March.	Yes	86%
Campus staff hosted at least one CATCH Family Fun Fitness Night.	Yes	100%
The FEDepartment Chair or the CSH teamprovided information or training for all dassroom teachers/ staff regarding this year's CSH initiatives for their campus.	Yes	90%
The Sudent Wellness Team was given opportunities to advocate for nutrition and physical adivity to their peers.	Yes	88%
Cher (plezze specify):	Nb	42%

Health Lessons

Nutrition	Bazier Response	%YesatAl Elementary Schools
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yés	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 (FMN) (induding candy or food rewards) during the school day unless stated in a student's IEP.	Yés	94%
* 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).	Yés	98%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	99%
The campus developed additional guidelines concerning birthday celebrations (i.e. the number of celebrations per month and a certain time to celebrate) so as not to interfere with instructional time.	Yés	91%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farmstand, farm to work, cooking dasses, etc.)	Yes	95%
Other (please specify):	No	43%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?		

	Bazier	%YesatAll
Parent and Community Participation	Response	<b>HementarySchools</b>
* Parents were notified that they could request their child's Fitnessgram results on the Parent Coud.	Yes	98%
Campushasa Healthy Lifestyle chairperson as an identified position on their PTA	Yes	65%
There was at least one parent on the CS-Iteam	Yes	77%
Other (please specify):	Nb	35%
Approximately how many parents participated in the OATCH Family Fun Night at your campus?	25% of parents	(SæFigure4)

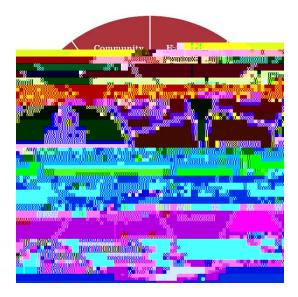
## FITNESSGRAM RESULTS

_	Blazier Bementary				Average
Fitness Area – Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Eementary 2018 Final
BMI	54%	56%	54%	Stayed the same	57%
Aerobic Capacity	64%	52%	54%	Decreased	71%
Curl-Ups	89%	87%	83%	Decreased	75%
Push-Ups	58%	48%	57%	Decreased	66%
St and Reach	76%	73%	72%	Decreased	69%
Trunk Lift	80%	77%	76%	Decreased	78%

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

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:

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