

# COOK ELEMENTARY SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

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### 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 Cook Elementary 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).

CSH Implementation Summary	Score/Rating
Required	19
Supplemental	56
Overall	3
Rating	Exemplary

Source: 2015 AISD CSH Program Report

The rating scale<sup>20</sup> was based on identified activities that support coordinated school health efforts. There were 19 required and 80 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Cook Elementary School achieved 19 required and 56 supplemental items during the 2016-2017 school year.

One component of the supplemental credit 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>20</sup> 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.





CSH Implementation	2016-17	2017-18
Advisory Committee	Y	Y
Annual Report	Y	Y
Assessment	Y	Y
Behavioral Health	Y	Y
Community Involvement	Y	Y
Health Lessons	Y	Y
Physical Activity	Y	Y
Smoking/Tobacco Use	Y	Y
Substance Use	Y	Y
Weight Management	Y	Y
WOW	Y	Y

Health Lessons	2016-17	2017-18
Alcohol	Y	Y
Drugs	Y	Y
Tobacco	Y	Y

Working Out for Wellness (WOW)	2016-17	2017-18
Advisory Committee	Y	Y
Annual Report	Y	Y
Assessment	Y	Y
Behavioral Health	Y	Y
Community Involvement	Y	Y
Health Lessons	Y	Y
Physical Activity	Y	Y
Smoking/Tobacco Use	Y	Y
Substance Use	Y	Y
Weight Management	Y	Y

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

Nutrition

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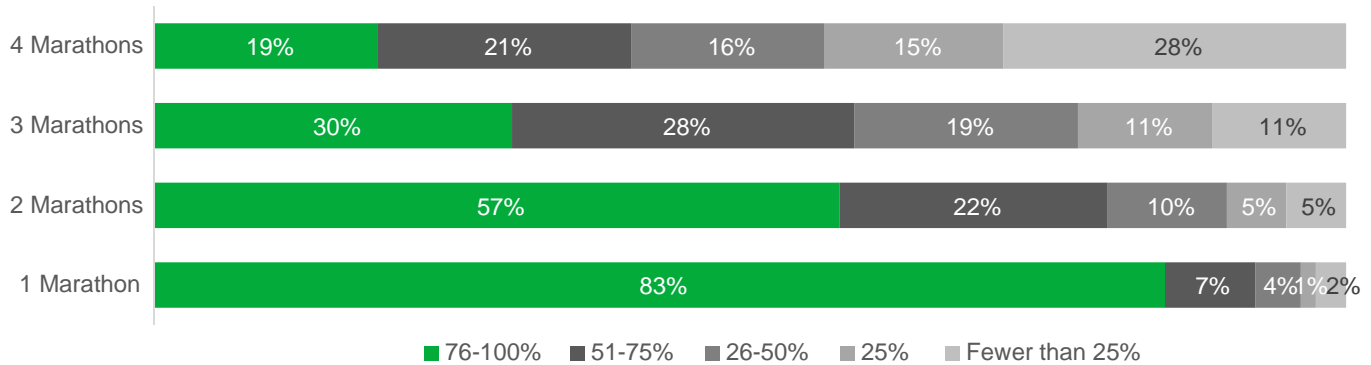
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## Other Physical Activity Opportunities

Figure 4

The majority of students across AISD elementary schools completed at least one marathon, and 19% of elementary schools reported that 76-100% of their students completed the equivalent of 4 marathons.



Source. 2016-2017 Elementary Coordinated School Health data collection. Percentages are rounded to the nearest whole number

### Fitnessgram Results

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

Fitness Area Tested	Cook 2016 Final	Cook 2017 Final	Cook 2016 to 2017 Change*	2017 All Elementary Final Average	Comparison of Cook 2017 Final to All Elementary Final
BMI	7%	8%	1%	8%	1%
Aerobic Capacity	8%	8%	0%	8%	0%
Curl-Ups	8%	8%	0%	8%	0%
Push-Ups	7%	8%	1%	8%	1%
Sit and Reach	7%	8%	1%	8%	1%
Trunk Lift	8%	8%	0%	8%	0%

Source. 2016-2017 Elementary Coordinated School Health data collection.

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