

COWAN ELEMENTARY SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

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Physical Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Cowan 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	66
Overall	3
Rating	Exemplary

Source: 2015 AISD CSH Program Report

The rating scale²¹ 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. Cowan Elementary School achieved 19 required and 66 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 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.

²¹ 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.



Coordinated School Health Implementation Inventory †

Implementation of PE

100%

100%

100%

CSH Implementation

	2015/16	2016/17	2017/18	2018/19
CSH Implementation	85%	85%	85%	85%
CSH Implementation	85%	85%	85%	85%
CSH Implementation	85%	85%	85%	85%
CSH Implementation	85%	85%	85%	85%

Nutrition					Yes	No
Water						
Milk						
Vegetables						
Fruits						
Whole grain						
Low-fat dairy						
Trans fats						
Sodium						
Physical activity						
Screen time						
	n/a					

Brain Breaks					Yes	No
Brain breaks						
Physical activity						
Screen time						
	n/a					

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

Figure 2
At 93% of elementary campuses, 53% or more of the classroom teachers are registered and using Go Noodle activities at least one time every day. At 19% of campuses, 100% of teachers were using Go Noodle at least one time every day.

Other Physical Activity Opportunities			NA
		6	5
		0	5
		6	5
		6	5
		6	5
	Fit Kids	6	5

School Health Environment			
		6	5
		6	5
		6	5
		6	5
	n/a	6	5

Parent and Community Participation			
		6	5
		6	5
		6	5
	n/a	6	5
		6	5
		6	5
		6	5
		6	5

Figure 4

The majority of students across AISD elementary school