HIGHLAND PARK ELEMENTARY 2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Katie Pena

Physical education teacher: Jim DeLine

CSH team member: Cari Land

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 Highland Park 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 |
|-------------------------------------|---------------|---------------|
| CONTIMPLEMENTATION SUMMARY | SCORE/ RATING | SCORE/ RATING |
| Total achieved (of 19) required | 19 | 19 |
| Total achieved (of 77) supplemental | 59 | 56 |
| Coordinated School Health Rating | Exemplary | Exemplary |

Source. 2018 AISD CSH Program Report

The rating scale³³ 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. Highland Park Elementary School completed 19 required and 56 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.

³³ 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

Coordinated School Health Item Implementation Inventory

| Installant and at the last of DE | Hghland Park | %Yesat All Elementary |
|--|-----------------|--------------------------|
| Implementation of PE | Response | Sthools |
| * PEteacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MMPA). | Yes | 100% |
| * At least 85% of the students were assessed for Fitnessgram. | Yes | 100% |
| * FEteocher(s) are certified in CFR First Aid and AED. | Yes | 99% |
| * Campus staff followed the AISD Special Area Standards of Service. | Yes | 100% |
| * All PEteachers followed the district PEcurriculum and assessments. | Yes | 100% |
| PEteacher(s) followed the National PEAppropriate Practices | Yes | 100% |
| The FEteacher(s) maintained the required FEinventory and materials | Yes | 100% |
| The PEteacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week | Yes | 96% |
| At the beginning of each grading period, parents were informed of units to be taught and assessed, including Fitness Graminformation. | Yes | 83% |
| Other (please specify): Highest quality PE program! | Yes | 47% |
| C9H Planning | | |
| *The principal established a C3-Hteam | Yes | 99% |
| The principal identified a C3-1 chair. | Yes | 99% |
| The CSH team included teacher representatives from each grade level. | Yes | 73% |
| The CSH team included at least one administrator. | Yes | 93% |
| The CSH team included at least two students. | Yes | 67% |
| The CSH team included the cafeteria manager. | Yes | 75% |
| Campus leadership identified funds to purchase and maintain CSH equipment for the dassroom teachers to use during WOV/time. | Yes | 93% |
| The campus leadership established a Student Wellness Team (SVT). | Yes | 90% |
| Other (please specify): Team combined health, wellness, and nutrition! | Yes | 38% |
| Howmany times did the CS-I team meet this year? | 4 or more times | s (See Figure |

^{*} All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented .8(e8ggl Education and Health to purch

| Nutrition | Hghland Park Response | %Yesat All Elementary Schools |
|---|-----------------------------|-------------------------------------|
| * Healthy options were available when food/ beverages were provided to teachers/ staff during meetings (i.e. faculty meetings and professional development days). | Yes | 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 (FMNV) (including candy or food rewards) during the school day unless stated in a student's IEP. | Yes | 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). | Yes | 98% |

^{*} Students and parents had access to healthy foods when

| Brain Breaks | Hghland Park Response | %Yesat All Elementary Schools |
|---|-----------------------------|-------------------------------------|
| The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources. | Yes | 91% |
| At least 1 brain break goal was identified in the Campus Improvement Plan. | Yes | 78% |
| Brain break activities were provided at faculty meetings throughout the school year. | Yes | 86% |
| Other (please specify): | No | 38% |

Spring 2018 Coordinated School Health Program Report

Parent and Community Participation

FITNESSGRAM RESULTS

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

| | Highland Park Bementary | | | Average | |
|---------------------|-------------------------|-----------------|------------|--|-------------------------|
| Fitness Area Tested | 2017 Final | 2018 Diagnostic | 2018 Final | Change* from 2017 Final to 2018 Final | Bementary 2018 Final |
| BMI | 77% | 71% | 71% | Decreased | 57% |
| Aerobic Capacity | 93% | 93% | 92% | Decreased | 71% |
| Curl-Ups | 80% | 81% | 77% | Decreased | 75% |
| Push-Ups | 66% | 45% | 53% | Decreased | 66% |
| St and Reach | 73% | 81% | 82% | Increased | 69% |
| Trunk Lift | 84% | 88% | 81% | Decreased | 78% |

Source. 2017-2018 Coordinated School Health data collection.

PLEASE SHARE ANYTHING ELSE YOUR CAMPUS DID TO SUPPORT CSH OR WHOLE CHILD THAT YOU WOULD LIKE TO TELL US ABOUT:

^{*} Campuses provided change information – it was not calculated from the scores.