

Principal: Elia Eskew

Physical education teacher: Victoria Elizalde

CSH team member: Robyn Sandoval, Debbie Puga, Bernie Estrada, Melinda

Rodriguez

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 Houston 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

Coordinated School Health Item Implementation Inventory

Implementation of PE	Houston Response	%Yesat All Elementary Sthools
* PEteacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MNPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	Yes	100%
* PEteacher(s) are certified in CPR/ First Aid and AED.	Yes	99%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All Feteachers followed the district Feourriculum and assessments.	Yes	100%
PEteacher(s) followed the National PEAppropriate Practices.	Yes	100%
The PEteacher(s) maintained the required PEinventory 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): Organized campus and community events: Field Day, CATCH night, GAVA team, Marathon Klds	Yes	47%
CSH Planning		
*The principal established a CSH team.	Yes	99%
The principal identified a CSH dhair.	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.	Nb	67%
The CSH team included the cafeteria manager.	Yes	75%
Campus leadership identified funds to purchase and maintain C3Hequipment for the dasaroom teachers to use during WOV/time.	Yes	93%
The campus leadership established a Student Wellness Team (SVT).	Yes	90%
Oher (please specify): Students were involved in taste tesing and selecting breakfast items for BIC	Yes	38%
Howmany times did the CSH team meet this year?	1 or more time	s (See Figure 1). <mark>n</mark>

CSH1mplementation	Hbuston Response	%Yesat All Elementary Schools
* Campus students and staff participated in the Health and FEDepartment's district-wide activity for CSHKdx-Off Week in September.	Yes	100%
* CSH dhair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.	Yes	99%
* Campus staff implemented the CATCH Coordination Kit themes each grading period.	Yes	99%
Campus students and staff participated in Red Ribbon Week in November.	Yes	94%
Campus students and staff participated in Healthy Heart Week in February.	Yes	98%
Campus students and staff participated in School Breakfast Week in March.	Yes	

Nutrition	Hbuston 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).	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.	Yes	94%

Brain Breaks	Houston 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%
Oher (please specify): Breathing techniques and Yoga during school wide assemblies and staff meetings	Yes	38%
Approximately what percentage of dasaroom teachers are registered and using Go Nocolle activities at least one time every day?	75%	(SæFigure3)

Figure 3
At 21% of campuses, 100% of teachers were registered and using Go Noodle activities at least one time every day.



Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Other Physical Activity Opportunities	Houston Response	%YesatAll Elementary Sthools
The campus provided before-school physical activity opportunities (i.e. running dub, open gym, or Go Noodle).	Nb	60%
The campus provided after-school physical activity opportunities (i.e. running dub or open gym).	Yes	95%
The campus participated in the AISD5th Grade Volleyball Playday.	Nb	53%
The campus participated in the APPER Cross Country Run.	Nb	31%
Other (please specify): Marathan Kids	Yes	59%
School Health Environment		
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	99%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	95%
Campus staff sent nutrition and physical activity information to parents.	Yes	93%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	73%
Other (please specify): PE Health and Nutrition bulletin board	Yes	48%

	Houston	%Yesat All
Parent and Community Participation	Response	Elementary Schools
* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	98%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA	No	65%
There was at least one parent on the CSH team.	No	77%
Other (please specify): PTA has a GAVA representative focused on Health and		
Wellness. She supports our gardens and connects us to Sustainable food groups team	Yes	35%
Approximately how many parents participated in the CATCH Family Fun Night at your campus?	50% or more of parents	(See Figure 4)

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

Figure 4

At the majority of campuses, 25% or more of parents participated in the CATOH/ Family Fun Night at their campus.

Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

	Houston	%Yesat All
Marathon Participation	Response	Elementary Schools
What percentage of K-5 students completed the equivalent of one marathon?	76-100%	(See Figure 5)

Spring 2018 Coordinated School Health Program Report

FITNESSGRAM RESULTS

CHANGE IN H