

# MAPLEWOOD ELEMENTARY SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Vickie Jacobson  
 Physical education teacher: Marc Ellison  
 CSH team member: MaryBeth Metcalf

### Results

Coordinated School Health (CSH) and Physical Education (PE) (TEC 46 (0) 39.0545)

CSH Implementation Summary	Score/Rating
<ul style="list-style-type: none"> <li>✓</li> <li>✓</li> <li>✓</li> </ul>	<ul style="list-style-type: none"> <li>9</li> <li>8</li> </ul>
<ul style="list-style-type: none"> <li>✓</li> </ul>	2
<ul style="list-style-type: none"> <li>✓</li> </ul>	7

Source: 2015 AISD CSH Program Report

The rating scale 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. Maplewood Element

## Coordinated School Health Implementation Inventory <sup>†</sup>

Implementation of PE			PE	SHAPE America
Elementary	Secondary	High School	☐	☐
Elementary	Secondary	High School	☐	☐
Elementary	Secondary	High School	☐	☐
Elementary	Secondary	High School	☐	☐
Elementary	Secondary	High School	☐	☐

CSH Implementation	Y17	Y16	Y15	Y14	Y13	Y12	Y11	Y10	Y09	Y08	Y07	Y06	Y05	Y04	Y03	Y02	Y01	Y00
CSH chair provided fitness information to students regularly at daily Morning Assembly																		

Health Lessons	Y17	Y16	Y15	Y14	Y13	Y12	Y11	Y10	Y09	Y08	Y07	Y06	Y05	Y04	Y03	Y02	Y01	Y00
CSH Chair and Counselor brought in community groups to provide additional health and wellness instruction to intermediate students.																		

Working Out for Wellness (WOW)	Y17	Y16	Y15	Y14	Y13	Y12	Y11	Y10	Y09	Y08	Y07	Y06	Y05	Y04	Y03	Y02	Y01	Y00

Nutrition	2014-15	2015-16
* FMNV. Peace Fest (each nine weeks) emphasized healthy fruit snacks rather than FMNV.	E	E
* FMNV.	E	E
* FMNV.	E	E
* FMNV.	E	E
* FMNV.	E	E
* FMNV.	E	E
* FMNV.	E	E
* FMNV.	E	E
Brain Breaks		
* Brain break activities were used at Morning Assembly (deep breathing, relaxation, exercising in place, etc.)	E	E
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* Brain break activities were used at Morning Assembly (deep breathing, relaxation, exercising in place, etc.)	E	E

\* 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, 10% of teachers were using Go Noodle at least one time every day.

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	Prevalence	Percentage
<b>Other Physical Activity Opportunities</b>		
Mustang Stampede Fun Run	100%	100%
	100%	100%
	100%	100%
	100%	100%
	100%	100%

	Prevalence	Percentage
<b>School Health Environment</b>		
Posted NEW CATCH Posters in school	100%	100%
	100%	100%
	100%	100%
	100%	100%
	100%	100%

	Prevalence	Percentage
<b>Parent and Community Participation</b>		
PTA supports and sponsors Mustang Stampede	100%	100%
	100%	100%
	100%	100%
	100%	100%

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	Maplewood 2016 Final	Maplewood 2017 Final	Maplewood 2016 to 2017 Change*	2017 All Elementary Final Average	Comparison of Maplewood 2017 Final to All Elementary Final
BMI	7%	7%		7%	📊
Aerobic Capacity	2%	5%		7%	📊
Curl-Ups	2%	2%		2%	📊
Push-Ups	5%	5%		2%	📊
Sit and Reach	5%	5%		5%	📊
Trunk Lift	5%	5%		5%	📊

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

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