

Cinda Christian, Ph.D.

# MATHEWS ELEMENTARY SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Grace Martino-Brewster  
Physical education teacher: Steven Outlaw  
CSH team member: Nicole Cortez

### Results

Coordinated ScE. for wellness and physical education (C.039.0545).

CSH Implementation Summary	Score/Rating
44	4
44	5
44	2
44	4

Source: 2015 AISD CSH Program Report

The rating scale<sup>44</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. Mathews Elementary School achieved 19 required and 53 supplemental items during the 2016-2017 school year.

One component of the supplemental criteria 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>44</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.

## Coordinated School Health Implementation Inventory †

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Implementation of PE

100%

100%

100%

CSH Implementation				2016	2017
1. Comprehensive Health Education		2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning
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1. Comprehensive Health Education	N/A	2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning

Health Lessons				2016	2017
1. Comprehensive Health Education		2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning
1. Comprehensive Health Education		2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning
1. Comprehensive Health Education		2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning
1. Comprehensive Health Education	N/A	2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning

Working Out for Wellness (WOW)				2016	2017
1. Comprehensive Health Education		2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning
1. Comprehensive Health Education		2. Physical Activity	3. Nutrition	4. Mental Health	5. Social and Emotional Learning
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\* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at all schools

Nutrition				MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA
MS	MSA	MS	MSA	MS	MSA



Figure 4

The majority of students across AISD elementary schools completed at least one marathon, and 19% of elementary