

Principal: Lalla Beachum

Physical education teacher: Anita Norris

CSH team member: Anita Norris

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 Mills 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

C9-Hmplementation	Mills Response	%Yesat All Elementary Schools
* Campus students and staff participated in the Health and PEDepartment's district-wide activity for CSHKick-Off Week in September.	Yes	100%
* CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.	Yes	

Mills
Nutrition

4

%Yesat All

Hementary

Schools

Brain Breaks	Mills Response	%Yesat All Elementary Schools
The C3H chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNcodle 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): Activities and ideas presented at SEL Assemblies for whole school	Yes	38%
Approximately what percentage of dassroom teachers are registered and using Go Nocolle activities at least one time every day?	75%	(See Figure 3)

Parent and Community Participation

Mills Response

%Yesat All Hementary Sthools

FITNESSGRAM RESULTS

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

		Average			
Fitness Area Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Bementary 2018 Final
BMI	70%	72%	74%	Increased	57%
Aerobic Capacity	68%	83%	80%	Increased	71%
Curl-Ups	80%	79%	82%	Increased	<i>7</i> 5%
Push-Ups	74%	75%	72%	Decreased	66%
St and Reach	52%	45%	50%	Decreased	69%
Trunk Lift	87%	83%	80%	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:

Monthly SEL assembly included healthy strategies, Afterschool clubs (golf, tennis, running, Fit Kids), Movie Night/CATCH Night, Chess Club, Big Art Day, Author Visits, Spanish Program, Robotics, Citizenship Day, Spanish Dance performances, Math Pentathlon, School Choir musicals, Cultural Awareness Day, Dance Fit Day, Amazing Race, Mills Around the World, Flexible Seating at lunch for 5th graders, Track and Field, Musical performances, social groups, Spelling Bee, Leadership - SEL Committee, Safety Patrol, Leadership Symposium, Courage to Stand, Camp Champions.

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Department of Research and Evaluation

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