# JAIME PADRON ELEMENTARY 2017-2018 Coordinated School Health Report

Principal: Rafael Soriano Physical education teacher: James Ventre CSH team member: Anna De Los Santos

#### 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 Jaime Padron 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).

| 2016-2017     | 2017-2018                 |
|---------------|---------------------------|
| SCORE/ RATING | SCORE/ RATING             |
| 19            | 19                        |
| 61            | 63                        |
| Exemplary     | Exemplary                 |
|               | Score/ Rating<br>19<br>61 |

Source. 2018 AISD CSH Program Report

The rating scale<sup>36</sup> 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. Jaime Padron Elementary School completed 19 required and 63 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. Spring 2018 Coordinated School Health Program Report

| CSH Implementation  | Padron<br>Response | %Yesat A<br>Bernentary<br>Schools |
|---|--------------------|-----------------------------------|
| * Campus students and staff participated in the Health and FEDepartment's district-wide activity for CSHKidk-Off<br>Week in September.                          | Yes                | 100%                              |
| * CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.   | Yes                | 99%                               |
| * Campus staff implemented the OATCH Coordination Kit themes each grading period.   | Yes                | 99%                               |
| Campus students and staff participated in Red Rbbon 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                | 86%                               |
| Campus staff hosted at least one CATCH Family Fun Fitness Night.  | Yes                | 100%                              |
| The FEDepartment Chair or the CSH teamprovided information or training for all dassroom teachers' staff regarding this year's CSH initiatives for their campus. | Yes                | 90%                               |
| The Student Wellness Teamwas given opportunities to advocate for nutrition and physical adivity to their peers.   | Yes                | 88%                               |
| Other (please specify):   | Nd                 | 42%                               |
| Health Lessons  |                    |                                   |
| * Students were taught the Human Sexuality and Responsibility lessons during science dass in the month of May (unless the parents signed an opt-out form).      | Yes                | 98%                               |
| * All dæsroomteachersfollowed the district's Health curriculum  | Yes                | 96%                               |
| Other (please specify):   | Nb                 | 27%                               |
| Working Out for Wellness (WOW)  |                    |                                   |
| * All dæsroomteachersfollowed the campus WOWschedule (20 minutes) to meet the 135 minutes of structured physical activityper week.                              | Yes                | 100%                              |
| * All dæsroom teachers provided 30 minutes of recess daily.   | Yes                | 100%                              |
| The CSH Chair provided beginning of year staff training on how to implement WOW and where to find WOW resources.  | Yes                | 90%                               |
| The CSH Chair provided information to all staff abouteshmad 6/(th Ter Oppine 17,90025 Tilburgs 1/1)/2)-51 n tei 311;  | 3.1 TmaNdúrathn    | nad)-6n2/6/                       |

The CSHChair provided information to all staff abouteshmad6([[th]Te.00m1g.17.90025 T1hm6c1(l)2)-51n tei 31131 Tima)/4(rathmad)-6n2(6([ Kids.341.346

| Nutrition  | Padron<br>Response | %YesatAl<br>Elementary<br>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 (FMN)<br>(induding 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.,<br>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 food and beverages were served at after-school<br>events/activities.   | Yes                | 99%                               |
| The campus developed additional guidelines concerning birthday celebrations (i.e. the number of celebrations per month and a certain time to celebrate) so as not to interfere with instructional time.    | Yes                | 91%                               |
| The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking dasses, etc.)  | Yes                | 95%                               |
| Other (please specify):  | No                 | 43%                               |
| How many food-related fundraisers did your campus staff sponsor outside the school day this year?  | 0                  | (SæFigure:                        |

| Brain Breaks   | Padron<br>Response | %YesatAll<br>Elementary<br>Sthools |
|--|--------------------|------------------------------------|
| 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 Ran.  | Yes                | 78%                                |
| Brain break activities were provided at faculty meetings throughout the school year.   | Yes                | 86%                                |
| Other (please specify):  | No                 | 38%                                |
| Approximately what percentage of dassroom teachers are registered and using Go Noodle activities at least one time every day?  | 100%               | (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.

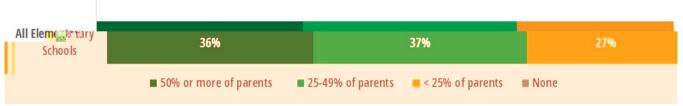
| Other Physical Activity Opportunities  | Padron Response | %YesatAll<br>Elementary<br>Sthools |
|--|-----------------|------------------------------------|
| The campus provided before-school physical activity opportunities (i.e. running dub, open gym, or Go<br>Noodle). | No              | 60%                                |
| The campus provided after-school physical activity opportunities (i.e. running dub or open gym).                 | Yes             | 95%                                |
| The campus participated in the ASD5th Grade \dleyball Rayday.  | Nb              | 53%                                |
| The compusparticipated in the APER Cross Country Run.  | Nb              | 31%                                |
| Other (please specify):  | Nb              | æl Hæltr <b>6500601E</b>           |

|   | Padron         | %YesatAl                |
|---|----------------|-------------------------|
| Parent and Community Participation  | Response       | <b>EementarySchools</b> |
| * Parents were notified that they could request their child's Fitnessgram results on the Parent Coud. | Yes            | 98%                     |
| Campus has a Healthy Lifestyle chairperson as an identified position on their PTA                     | Yes            | 65%                     |
| There was at least one parent on the CSH team.  | Yes            | 77%                     |
| Other (please specify):   | No             | 35%                     |
| Approximately how many parents participated in the CATCH Family Fun Night at your campus?             | 15% of parents | (SæFigure4)             |

\* 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 CATCH/ Family Fun Night at their campus.

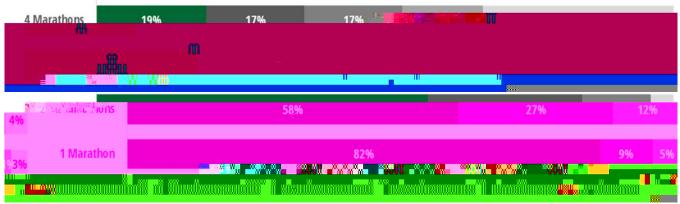


Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

|  | Padron   | %Yesat Al               |
|--|----------|-------------------------|
| Marathon Participation   | Response | <b>HementarySchools</b> |
| What percentage of K5 students completed the equivalent of one marathon?     | 76-100%  | (SæFigure5)             |
| What percentage of K-5 students completed the equivalent of two marathons?   | 76-100%  | (SæFigure5)             |
| What percentage of K-5 students completed the equivalent of three marathons? | 76-100%  | (SeeFigure 5)           |
| What percentage of K-5 students completed the equivalent of four marathons?  | 76-100%  | (SæFigure5)             |

#### Figure 5

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

### **FITNESSGRAM RESULTS**

|                          | Jaime Padron Bementary |                 |            | Average                                  |                         |
|--------------------------|------------------------|-----------------|------------|--|-------------------------|
| Fitness Area –<br>Tested | 2017 Final             | 2018 Diagnostic | 2018 Final | Change* from<br>2017 Final to 2018 Final | Eementary<br>2018 Final |
| BMI                      | 49%                    | 44%             | 44%        | Decreased                                | 57%                     |
| Aerobic Capacity         | 39%                    | 46%             | 57%        | Increased                                | 71%                     |
| Curl-Ups                 | 31%                    | <30%            | 37%        | Increased                                | 75%                     |
| Push-Ups                 | 35%                    | 33%             | 46%        | Increased                                | 66%                     |
| St and Reach             | 47%                    | 41%             | 53%        | Increased                                | 69%                     |
| Trunk Lift               | 82%                    | 87%             | 96%        | Increased                                | 78%                     |

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

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