

# PADRON ELEMENTARY SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Rafael Soriano  
Physical education teacher: James Ventre  
CSH team member: Cara Stubbs

### Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Padron Elementary School received a rating of **Exemplary** for the CSH Program implementation in 2016-2017. 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

### Score/Rating



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

| Item                        | Item     | Item     | Item     | Item     | Item     | Item     | Item     | Item     | Item     |
|-----------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>Implementation of PE</b> |          |          |          |          |          |          |          |          |          |
| Item 1                      | Item 2   | Item 3   | Item 4   | Item 5   | Item 6   | Item 7   | Item 8   | Item 9   | Item 10  |
| Item 11                     | Item 12  | Item 13  | Item 14  | Item 15  | Item 16  | Item 17  | Item 18  | Item 19  | Item 20  |
| Item 21                     | Item 22  | Item 23  | Item 24  | Item 25  | Item 26  | Item 27  | Item 28  | Item 29  | Item 30  |
| Item 31                     | Item 32  | Item 33  | Item 34  | Item 35  | Item 36  | Item 37  | Item 38  | Item 39  | Item 40  |
| Item 41                     | Item 42  | Item 43  | Item 44  | Item 45  | Item 46  | Item 47  | Item 48  | Item 49  | Item 50  |
| Item 51                     | Item 52  | Item 53  | Item 54  | Item 55  | Item 56  | Item 57  | Item 58  | Item 59  | Item 60  |
| Item 61                     | Item 62  | Item 63  | Item 64  | Item 65  | Item 66  | Item 67  | Item 68  | Item 69  | Item 70  |
| Item 71                     | Item 72  | Item 73  | Item 74  | Item 75  | Item 76  | Item 77  | Item 78  | Item 79  | Item 80  |
| Item 81                     | Item 82  | Item 83  | Item 84  | Item 85  | Item 86  | Item 87  | Item 88  | Item 89  | Item 90  |
| Item 91                     | Item 92  | Item 93  | Item 94  | Item 95  | Item 96  | Item 97  | Item 98  | Item 99  | Item 100 |
| <b>CSH Planning</b>         |          |          |          |          |          |          |          |          |          |
| Item 101                    | Item 102 | Item 103 | Item 104 | Item 105 | Item 106 | Item 107 | Item 108 | Item 109 | Item 110 |
| Item 111                    | Item 112 | Item 113 | Item 114 | Item 115 | Item 116 | Item 117 | Item 118 | Item 119 | Item 120 |
| Item 121                    | Item 122 | Item 123 | Item 124 | Item 125 | Item 126 | Item 127 | Item 128 | Item 129 | Item 130 |
| Item 131                    | Item 132 | Item 133 | Item 134 | Item 135 | Item 136 | Item 137 | Item 138 | Item 139 | Item 140 |
| Item 141                    | Item 142 | Item 143 | Item 144 | Item 145 | Item 146 | Item 147 | Item 148 | Item 149 | Item 150 |
| Item 151                    | Item 152 | Item 153 | Item 154 | Item 155 | Item 156 | Item 157 | Item 158 | Item 159 | Item 160 |
| Item 161                    | Item 162 | Item 163 | Item 164 | Item 165 | Item 166 | Item 167 | Item 168 | Item 169 | Item 170 |
| Item 171                    | Item 172 | Item 173 | Item 174 | Item 175 | Item 176 | Item 177 | Item 178 | Item 179 | Item 180 |
| Item 181                    | Item 182 | Item 183 | Item 184 | Item 185 | Item 186 | Item 187 | Item 188 | Item 189 | Item 190 |
| Item 191                    | Item 192 | Item 193 | Item 194 | Item 195 | Item 196 | Item 197 | Item 198 | Item 199 | Item 200 |

\* All items with an asterisk (\*) indicate that the campus leadership established a Student Wellness Team (SWT).

CSH Implementation

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|      |      |      |      |      |
|------|------|------|------|------|
| 100% | 100% | 100% | 100% | 100% |
| 100% | 100% | 100% | 100% | 100% |

### Nutrition

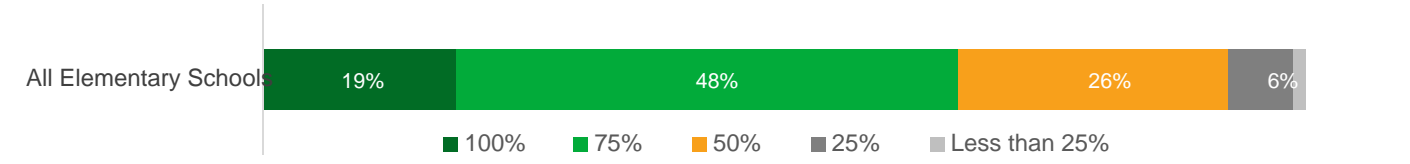
| Item                                                   | 2016-17 | 2015-16 |
|--------------------------------------------------------|---------|---------|
| Campus has a healthy food market stand every Tuesday   | 8       | 8       |
| Campus has a healthy food market stand every Wednesday | 0       | 0       |
| Campus has a healthy food market stand every Thursday  | 0       | 0       |
| Campus has a healthy food market stand every Friday    | 0       | 0       |
| Campus has a healthy food market stand every Saturday  | 0       | 0       |
| Campus has a healthy food market stand every Sunday    | 0       | 0       |
| Campus has a healthy food market stand every Monday    | 0       | 0       |
| Campus has a healthy food market stand every Tuesday   | 8       | 8       |
| Campus has a healthy food market stand every Wednesday | 0       | 0       |
| Campus has a healthy food market stand every Thursday  | 0       | 0       |
| Campus has a healthy food market stand every Friday    | 0       | 0       |
| Campus has a healthy food market stand every Saturday  | 0       | 0       |
| Campus has a healthy food market stand every Sunday    | 0       | 0       |
| Campus has a healthy food market stand every Monday    | 0       | 0       |

### Brain Breaks

| Item                                            | 2016-17 | 2015-16 |
|-------------------------------------------------|---------|---------|
| Brain Breaks are used every day                 | 19      | 19      |
| Brain Breaks are used 4-5 times per week        | 48      | 48      |
| Brain Breaks are used 2-3 times per week        | 26      | 26      |
| Brain Breaks are used 1 time per week           | 6       | 6       |
| Brain Breaks are used less than 1 time per week | 0       | 0       |

\* 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 **100% of teachers** were using Go Noodle at least one time every day.



Source. 2016-2017 Elementary Coordinated School Health data. All percentages are rounded to the nearest whole number

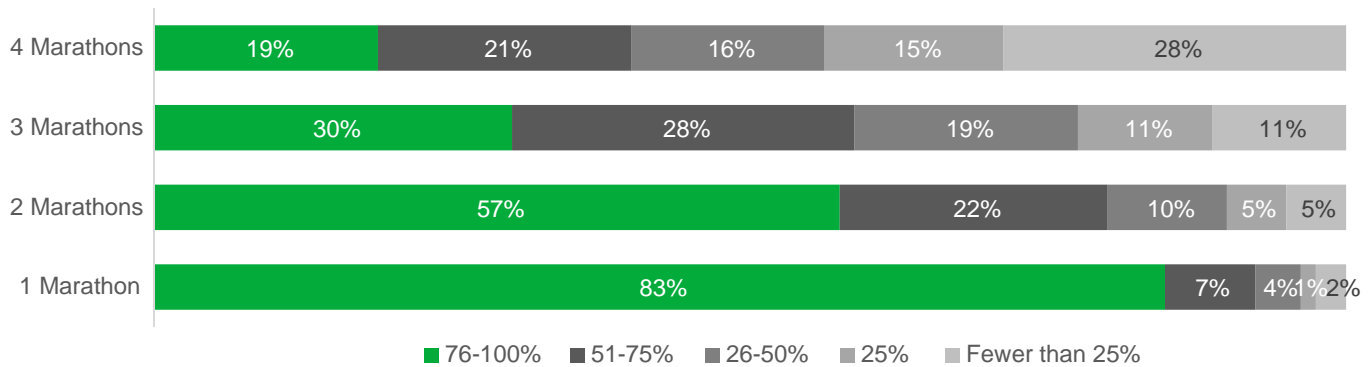
|                                                        | 2016 | 2017 | 2018 | 2019 |
|--------------------------------------------------------|------|------|------|------|
| <b>Other Physical Activity Opportunities</b>           |      |      |      |      |
| Students participate in physical education             | 100% | 100% | 100% | 100% |
| Students participate in recess                         | 100% | 100% | 100% | 100% |
| Students participate in after-school activities        | 100% | 100% | 100% | 100% |
| Students participate in community events               | 100% | 100% | 100% | 100% |
| Campus participated in North Schools Soccer Tournament | 100% | 100% | 100% | 100% |

|                                                    | 2016 | 2017 | 2018 | 2019 |
|----------------------------------------------------|------|------|------|------|
| <b>School Health Environment</b>                   |      |      |      |      |
| Healthy choices are promoted in the cafeteria      | 100% | 100% | 100% | 100% |
| Healthy choices are promoted in the classroom      | 100% | 100% | 100% | 100% |
| Healthy choices are promoted in the playground     | 100% | 100% | 100% | 100% |
| Healthy choices are promoted in the community      | 100% | 100% | 100% | 100% |
| We post nutrition facts in our monthly newsletter. | 100% | 100% | 100% | 100% |

|                                                       | 2016 | 2017 | 2018 | 2019 |
|-------------------------------------------------------|------|------|------|------|
| <b>Parent and Community Participation</b>             |      |      |      |      |
| Parents are invited to school events                  | 100% | 100% | 100% | 100% |
| Parents are invited to school meetings                | 100% | 100% | 100% | 100% |
| Parents are invited to school fundraisers             | 100% | 100% | 100% | 100% |
| Parents are invited to school volunteer opportunities | 100% | 100% | 100% | 100% |
| Parents are invited to school health fairs            | 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 | Padron 2016 Final | Padron 2017 Final | Padron 2016 to 2017 Change* | 2017 All Elementary Final Average | Comparison of Padron 2017 Final to All Elementary Final |
|---------------------|-------------------|-------------------|-----------------------------|-----------------------------------|---------------------------------------------------------|
| BMI                 | 8%                | 8%                | 0%                          | 8%                                | On Par                                                  |
| Aerobic Capacity    | 8%                | 9%                | 1%                          | 8%                                | Below Average                                           |
| Curl-Ups            | 8%                | 8%                | 0%                          | 8%                                | On Par                                                  |
| Push-Ups            | 8%                | 8%                | 0%                          | 8%                                | On Par                                                  |
| Sit and Reach       | 8%                | 7%                | -1%                         | 8%                                | Below Average                                           |
| Trunk Lift          | 8%                | 8%                | 0%                          | 8%                                | On Par                                                  |

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

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