

PALM ELEMENTARY 2017-2018 COORDINATED

CSH1mplementation	Palm Response	%YesatAl Elementary Schools
* Campus students and staff participated in the Health and FEDepartment's district-wide activity for CSHKdk-Off 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 CATCH 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 linitiatives for their campus.	Yes	90%
The Student Wellness Teamwas given opportunities to advocate for nutrition and physical activity to their peers.	Yes	

Nutrition	Palm Response	%YesatAll Elementary Sthools
* 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) (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., 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 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, farmstand, farm to work, cooking dasses, etc.)	Yes	95%
Other (please specify):	Nb	43%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?	0	(SæFigure2

Brain Breaks	Palm Response	%YesatAll Elementary 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 wasidentified in the Campus Improvement Plan. Brain break activities were provided at faculty meetings throughout the school year.	Yes Yes	78% 86%

Parent and Community Participation	PalmResponse	%YesatAll ElementarySchools
* 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): Parent Volunteers for Events	Yes	35%
Approximately how many parents participated in the OATCH Family Fun Night at your campus?	25% 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.

Marathon Participation	PalmResponse	%YesatAll ElementarySchools
What percentage of K5 students completed the equivalent of one marathon?	76-100%	(SæFigure5)
What percentage of K5 students completed the equivalent of two marathons?	76-100%	(SæFigure5)
What percentage of K5 students completed the equivalent of three marathons?	76-100%	(SæFigure5)
What percentage of K5 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.

## **FITNESSGRAM RESULTS**

-	Palm Bementary		Average		
Fitness Area – Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Eementary 2018 Final
BMI	52%	53%	51%	Decreased	57%
Aerobic Capacity	67%	56%	68%	Increased	71%
Curl-Ups	67%	51%	63%	Decreased	75%
Push-Ups	59%	44%	75%	Increased	66%
St and Reach	72%	68%	75%	Increased	69%
Trunk Lift	77%	72%	85%	Increased	78%

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

Source. 2017-2018 Coordinated School Health data collection.