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PECAN SPRINGS ELEMENTARY 2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Elaine McKinney

Physical education teacher: Kim Young

CSH team member: Angel Pratts

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 Pecan Springs 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 I MPLEMENTATION SUMMARY	2016-2017	2017-2018
CONTIMINE MENTATION SUMMARY	SCORE/ RATING	SCORE/ RATING
Total achieved (of 19) required	19	19
Total achieved (of 77) supplemental	ස	67
Coordinated Sthool Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale⁵⁹ 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. Pecan Springs Elementary School completed 19 required and 67 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.

⁵⁹ Elementary school 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 Item Implementation Inventory

	Pecan Springs	%Yésat All Bementary
Implementation of PE	Response	Sthools
* FEteacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MMPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	Yes	100%
* PEteacher(s) are certified in CPR/ First Aid and AED.	Yes	99%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All PEteachers followed the district PEcurriculum and assessments.	Yes	100%
PEteacher(s) followed the National PEAppropriate Practices	Yes	100%
The PEteacher(s) maintained the required PEinventory and materials	Yes	100%
The PEteacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week	Yes	96%

C3H1mplementation	Pecan Springs Pesponse	%Yesat All Elementary Sthools
* Campus students and staff participated in the Health and FEDepartment's district-wide activity for CSHKidk-Off Week in September.	Yes	100%
* C3H chair forwarded the CATCH Coordination Kit Newsletter and other C3H information to staff.	Yes	99%
* Campus staff implemented the CATOH Coordination Kit themes each grading period.	Yes	99%
Campus students and staff participated in Red Ribbon Week in November.	Yes	94%
Campus students and staff participated in Healthy Heart Week in February.	Yes	98%

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Nutrition

Brain Breaks	Pecan Springs Response	%Yesat All Elementary Schools
The CSH drair 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 Plan.	Yes	78%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	86%
Other (please specify):	Nb	38%
Approximately what percentage of dasaroom teachers are registered and using Go Nocolle 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	Pecan Springs Response	%Yesat All Elementary Sthools
The campus provided before-school physical activity opportunities (i.e. running dub, open gym, or Go Nocolle).	Yes	60%
The campus provided after-school physical activity opportunities (i.e. running dub or open gym).	Yes	95%
The campus participated in the AISD5th Grade \dlleyball Playday.	Yes	53%
The campus participated in the APPER Cross Country Run.	Nb	31%
Other (please specify):	Nb	59%
School Health Environment		
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	99%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	95%
Campus staff sent nutrition and physical activity information to parents.	Yes	93%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	73%
Other (please specify): The campus was granted the veggie bag program for next school year.		

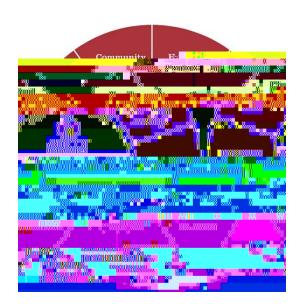
FITNESSGRAM RESULTS

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

Pecan Springs Elementary				Average	
Fitness Area Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Bementary 2018 Final
BMI	56%	45%	47%	Decreased	57%
Aerobic Capacity	7 5%	62%	70%	Increesed	71%
Curl-Ups	57%	46%	52%	Decreased	7 5%
Push-Ups	42%	42%	34%	Decreased	66%
St and Reach	87%	78%	94%	Increased	69%
Trunk Lift	98%	78%	97%	Decreased	78%

Source. 2017-2018 Coordinated School Health data collection.

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



PLEASE SHARE ANYTHING ELSE YOUR CAMPUS DID TO SUPPORT CSH OR WHOLE CHILD THAT YOU WOULD LIKE TO TELL US ABOUT:

We really pushed for our staff to stay healthy and whole with mindfulness activities. We also used SEL/CLI/WOW in the classrooms with our students.

