



PEREZ ELEMENTARY

2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Kara Mitchell-Santibanez
Physical education teacher: Megan Tunningley
CSH team member: Carolina Sisti

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 Perez 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).

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Coordinated School Health Item Implementation Inventory

Daily morning exercises at 7:25 using GoNoodle.

FITNESSGRAM RESULTS

Various staff members pursuing mindfulness training and implementation in the classroom and library; sensory lab that opened for special needs students; life skills participated in the Cap10K for the first year; repainted Fuel Up to Play stencils outside the school; removed microwave from the cafeteria to ensure student safety and healthy food consumption; local fruit and veggie sampling in the cafe; offered salad bar daily in the cafe to all students; breakfast in the classroom options have increased health/nutritional value; increased BIC consumption; the Perez running team was the largest and fastest team at the Cap10K (elementary level); life skills participated in the Special Olympics; free Zumba classes for parents; offered healthy food options at evening school events; Jingle Bell Run had over 200 attendees; AAPER cross country run participants; the student running club had its largest year with more than 75 participants; Ghissallo Cycling Initiative provided bike instruction for students; first graders attend two weeks of swimming lessons at Dove Springs Rec Center; removed concession stand from Track and Field Day

