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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).

CSH I MPLEMENTATION SUMMARY	2016-2017	2017-2018
CAT INVINENTATION SUMMARY	SCORE/ RATING	SCORE/ RATING

Coordinated School Health Item Implementation Inventory

Implementation of PE	Perez Response	%Yesat All Elementary Sthools
* FEteacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	Yes	100%
* FEteacher(s) are certified in CFR First Aid and AED.	Yes	99%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All Feteachers followed the district Feourriculum 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. At the beginning of each grading period, parents were	Yes	96%

Perez Response %Yesat All Elementary Schools

Nutrition

^{*} Healthy options were available when food/ beverages were provided to

Brain Breaks	Perez Pesponse	%Yesat All Elementary Schools
The CSH dhair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNbodle 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): Daily morning exercises at 7:25 using GoNoodle.	Yes	38%
Approximately what percentage of dasarcom teachers are registered and using Go Nocolle activities at least one time every day?	75%	(See Figure 3)

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	Perez Pesponse	%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 \dleyball Playday.	Yes	53%

FITNESSGRAM RESULTS

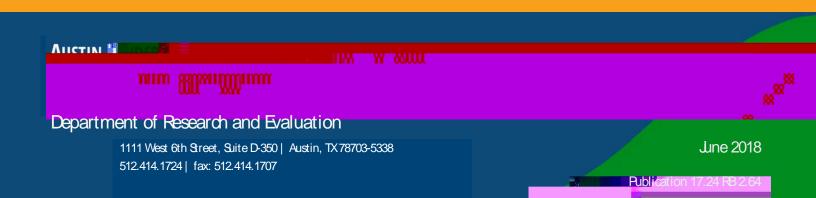
CHANGE IN HEALTHY FITNESS ZONE (HFZ) FROM PRIOR TO CURRENT YEAR (PERCENTAGE OF CAMPUSES REPORTING IN EACH CATEGORY)

^	Perez Elementary				Average
Fitness Area — Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Bementary 2018 Final
BMI	47%	49%	51%	Increased	57%
Aerobic Capacity	69%	61%	66%	Decreased	71%
Curl-Ups	75%	55%	55%	Decreased	75%
Push-Ups	77%	65%	68%	Decreased	66%
St and Reach	46%	53%	58%	Increased	69%
Trunk Lift	77%	72%	77%	Stayed the same	78%

Source, 2017-2018 Coordinated School Health data collection.

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

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 Z umba 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



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