CSH Implementation

Spring 2018 Coordinated School Health Program Report

Nutrition	Ridgetop 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 (FMNN) (induding candy or food reverds) 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, farm stand, 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?	5 or more	(SeeFigure 2)

* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus

Figure 2

Only 41% of the elementary schools refrained from sponsoring food-related fundraisers at their school this year.

All Elementary	A4M					440/	Scho
		ru∰or4 ∎5or	more			_	

Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Brain Breaks

Rdgetop %Yesat All Response

	Rdgetop	%Yesat Al
Parent and Community Participation	Response	HementarySchools
* 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):	No	35%
Approximately how many parents participated in the CATCH Family Fun Night at your campus?		

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FITNESSGRAM RESULTS

Fitness Area – Tested	Ridgetop Bementary				
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Eementary 2018 Final
BMI	74%	65%	71%	Decreased	57%
Aerobic Capacity	96%	95%	92%	Decreased	71%
Curl-Ups	61%	50%	68%	Increased	75%
Push-Ups	69%	73%	69%	Stayed the same	66%
St and Reach	43%	50%	40%	Decreased	69%

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