

# RIDGETOP ELEMENTARY SCHOOL

## 2016-2017 COORDINATED SCHOOL HEALTH REPORT

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### Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Ridgetop Elementary School received a rating of **Unacceptable** for the CSH Program implementation in 2016-2017. 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 (TECS 46 (C) 39.0545).

### CSH

Total (of 6) Healthy Fitness Zones created this year	38	4
2016-2017 CSH Rating	Unacceptable	

Source: 2015 AISD CSH Program Report

The rating scale<sup>65</sup> was based on identified activities that support coordinated school health efforts. There were 19 required and 80 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Ridgetop Elementary School achieved 16 required and 38 supplemental items during the 2016-2017 school year.

One component of the supplemental credit 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.

<sup>65</sup> 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 Implementation Inventory <sup>†</sup>

Implementation of PE			Elementary	Secondary
Elementary	Secondary	Elementary	☐	☐
Elementary	Secondary	Elementary	☐	☐
Elementary	Secondary	Elementary	☐	☐
Elementary	Secondary	Elementary	☐	☐
Elementary	Secondary	Elementary	☐	☐

CSH Implementation	Implemented	Not Implemented	Not Applicable	Not Reported	Not Implemented	Not Reported	
Physical Education							
Health Education							
Physical Activity							
Healthy Eating							
Substance Use Prevention							
Mental Health							
Other							
<b>Health Lessons</b>							
Physical Education							
Health Education							
Physical Activity							
Healthy Eating							
Substance Use Prevention							
Mental Health							
Other							
<b>Working Out for Wellness (WOW)</b>							
Physical Education							
Health Education							
Physical Activity							
Healthy Eating							
Substance Use Prevention							
Mental Health							
Other							
	some teachers use GoNoodle for inclement weather, brain break activities						

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

Nutrition				2016	2017
100%	100%	100%	100%	100%	100%
100%	100%	100%	100%	100%	100%
100%	100%	100%	100%	100%	100%
100%	100%	100%	100%	100%	100%
100%	100%	100%	100%	100%	100%



Figure 4

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.

Source. 2016-2017 Elementary Coordinated School Health Data. All percentages are rounded to the nearest whole number

## Fitnessgram Results

### CHANGE IN HEALTHY