

Principal: Adriana Gonzales

Physical education teacher: Jennifer Barnes

CSH team member: Viviana Santos



Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that St. Elmo Elementary School received a rating of Exemplary 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 (TEC §46 (C) 39.0545).

CSH Implementation Summary	Score/Rating
Total achieved (of 19) required	19
Total achieved (of 80) supplemental	65
Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year	5
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale⁶⁹ 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. St. Elmo Elementary School achieved 19 required and 65 supplemental items during the 2016–2017 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.

⁶⁹ 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.





	St. Elmo Response	% Yes at All Elementary Schools
Implementation of PE		
* PE teacher(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%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All PE lessons were based on district PE curriculum and assessments.	Yes	100%
The PE teacher(s) followed the National PE Appropriate Practices.	Yes	99%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	100%
The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week.	Yes	93%
Each grading period PE teacher(s) informed parents what units were taught and assessed, including FitnessGram information.	Yes	81%
Other (please specify):	No	54%
CSH Planning		
*The principal established a CSH team.	Yes	100%
The principal identified a CSH chair.	Yes	100%
The CSH team included one teacher representative from each grade level.	Yes	79%
The CSH team included at least one administrator.	Yes	95%
The CSH team included at least two students.	Yes	64%
The CSH team included the cafeteria manager.	Yes	78%
Campus leadership identified funds to purchase and maintain CSH equipment for the classroom teacher to use during WOW time.	Yes	95%
The campus leadership established a Student Wellness Team (SWTdent0 Tcp est.		

CSH Implementation	St. Elmo Response	% Yes at All Elementary Schools
* Campus students and staff participated in the Health and PE Department's district-wide activity for CSH Kick-Off Week in September.	Yes	98%
* CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information each 9-weeks.	Yes	94%
* Campus staff implemented the CATCH Coordination Kit themes each 9-weeks.	Yes	93%
Campus students and staff participated in Tobacco Awareness Week in the month of November.	Yes	96%
Campus students and staff participated in Healthy Heart Week in the month of February.	Yes	99%
Campus students and staff participated in School Breakfast Week in the month of March.	Yes	86%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	99%

Nutrition

Other Physical Activity Opportunities

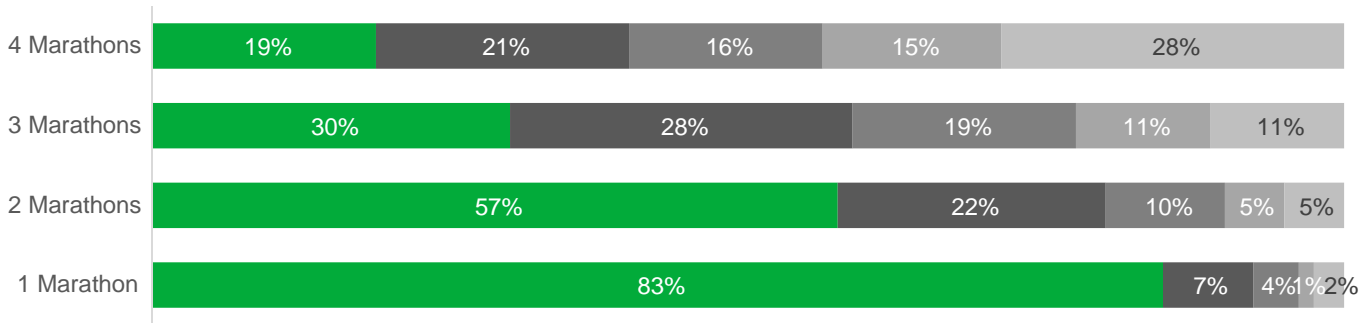
The campus provided before-school

St. Elmo
Response

% Yes at All
Elementary
Schools

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 collection. Percentages are rounded to the nearest whole number



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

Fitness Area Tested	St. Elmo 2016 Final	St. Elmo 2017 Final	St. Elmo 2016 to 2017 Change*	2017 All Elementary Final Average	Comparison of St. Elmo 2017 Final to All Elementary Final
BMI	53%	57%	Increased	57%	Less than
Aerobic Capacity	100%	91%	Decreased	71%	Greater than
Curl-Ups	95%	93%	Decreased	75%	Greater than
Push-Ups	93%	95%	Increased	67%	Greater than
Sit and Reach	78%	93%	Increased	69%	Greater than
Trunk Lift	94%	97%	Increased	78%	Greater than

Source. 2016-2017 Elementary Coordinated School Health data collection.

* Campuses provided change information was not calculated from the scores.