

Principal: Lisa Robertson

Physical education teacher: Linda Collins

CSH team member: Kiki Esquivel

## 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 Travis Heights 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 IMPLEMENTATION SUMMARY	2016-2017	2017-2018
CONTINIPLEMENTATION SUMMARY	SCORE/ RATING	SCORE/RATING
Total achieved (of 19) required	18	19

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Travis %Yesat All Heights Elementary Response

**CSHI**mplementation

Heights Elementary
Nutrition Response

%Yesat All

Travis

Brain Breaks	Travis Heights Response	%YesatAll Elementary Schools
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle 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): Monthly staff meetings included these as did Friday assembly time.	Yes	38%
Approximately what percentage of dasaroom teachers are registered and using Go Nocolle activities at least one time every day?	75%	(SæFigure3)

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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.

Travis Heights
Other Physical Activity Opportunities

time everyday?

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## **FITNESSGRAM RESULTS**

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

Travis Heights ⊟ementary					Average
Fitness Area — Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Bementary 2018 Final
BMI	65%	65%	65%	Stayed the same	57%
Aerobic Capacity	82%	69%	67%	Decreased	71%
Curl-Ups	66%	69%	70%	Increased	75%
Push-Ups	50%	59%	61%	Increased	66%
St and Reach	48%	64%	54%	Incressed	69%
Trunk Lift	85%	75%	78%	Decreased	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:

Whole child is one of our pillars of learning and a key component in our instruction. Teacher training and planning time included ways have active and outdoor learning during all content area. Evidence of student participation include PBL work as well as the schedules for WOW and recess. Several teachers held a running club throughout the year to support student health and parents led soccer matches several times a week after school.



<sup>\*</sup> Campuses provided change information – it was not calculated from the scores.