

# UPHAUS EARLY CHILDHOOD CENTER

## 2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Leticia Botello  
 Physical education teacher: George Shaw  
 CSH team member: MariCruz Luna

### 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 Uphaus Early Childhood Center 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 SCORE/RATING	2017-2018 SCORE/RATING
Total achieved (of 17) required	17	17
Total achieved (of 59) supplemental	39	52
Coordinated School Health Rating	Exemplary	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale<sup>1</sup> was based on identified activities that support coordinated school health efforts. There were 17 required and 59 supplemental opportunities for Uphaus to meet or exceed the AISDCSH Program standards. All campuses submitted enough data to be rated. Uphaus achieved 17 required and 52 supplemental items during the 2017–2018 school year.

AISD campuses are encouraged to use their results to set goals for their Campus Improvement Plan.

<sup>1</sup> Uphaus rating scale: unacceptable– achieved less than the 17 required items; acceptable– achieved all 17 required and 18 or fewer supplemental items; recognized– achieved all 17 required and 19–66 supplemental items; exemplary– achieved all 17 required and 37 or more supplemental items

Elementary school 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 Item Implementation Inventory

Implementation of PE	Uphaus Response	% Yes at All Elementary and Pre-K Schools
* PE teacher(s) planned and implemented physical education on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	99%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All PE teachers followed the PE curriculum and assessments.	Yes	100%
PE teacher(s) followed the PE Appropriate Practices.	Yes	100%

CSH Implementation	Uphaus Response	% Yes at All Elementary and Pre-K Schools
* Campus students and staff participated in PE Department's district activity for CSH Kick-Off Week in September.	Yes	99%
* CSH chair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.	Yes	99%
* Campus staff implemented the CATCH Kit themes each grading period.	Yes	99%
Campus students and staff participated in Red Ribbon Week in November.	Yes	93%
Campus students and staff participated in Healthy Heart Week in February.	Yes	98%
Campus students and staff participated in Sip and Eat Breakfast Week in March.	Yes	87%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	100%
The PE Department Chair or the CSH team provided training to classroom teachers/staff regarding this year's CSH initiatives for their campus.	Yes	90%
Other (please specify) <b>Brighter Bites PD</b>	Yes	43%

Health Lessons	Uphaus Response	% Yes at All Elementary and Pre-K Schools
* Students were taught the Human Sexuality and Responsibility lessons during science class in the month of May (unless the parents signed an opt-out form).	Yes	98%
* All classroom teachers followed district's Health curriculum.	Yes	96%
Other (please specify) <b>Health Lessons taught in PE and in the classroom.</b>	Yes	30%

Working Out for Wellness (WOW)	Uphaus Response	% Yes at All Elementary and Pre-K Schools
* All classroom teachers followed the campus WOW (20 minutes) to meet the 135 minutes of structured physical activity per week.	Yes	100%
* All classroom teachers provided 30 minutes of recess daily.		Yes
The CSH Chair provided beginning staff training on how to implement WOW and where to find WOW resources.	Yes	90%
The CSH Chair provided information to all staff about how to participate in Marathon Kids.	Yes	99%
Classroom teachers planned and implemented structured physical activity WOW, which included Marathon Kids.	Yes	98%
Campus staff provided WOW inside during inclement weather.	Yes	100%
Other (please specify) <b>Kid's off and finale for Marathon kids</b>	Yes	37%

\* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus. Only items relevant to Uphaus are presented.

Nutrition	Uphaus Response	% Yes at All Elementary and Pre-K Schools
* Healthy options were available when food/beverages were provided to meetings (i.e. faculty meetings and professional development days).	Yes	100%
* The students had access to healthy foods/beverages 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 (FMNV) (including candy or food rewards) <del>school day</del> unless stated in a student's IEP.	Yes	94%
* The campus refrained from selling food or beverages during activity 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/beverages were served at after-school events/activities.	Yes	99%
The campus developed additional guidelines concerning celebrations (i.e. the number of celebrations per month and a certain time to celebrate) so as not to interfere with instructional time.	Yes	92%
The campus provided integrated nutrition education in class (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	95%
Other (please specify) <b>Brighter Bites Program</b>	Yes	44%
How many food-related fundraisers did your camp		

	Uphaus Response	% Yes at All Elementary and Pre-K Schools
<b>Brain Breaks</b>		
The CSH chair provided staff training this year on how to implement Brain Breaks and GoNoodle resources.	Yes	92%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	77%
Brain break activities were provided in classrooms throughout the school year.	Yes	87%
Other (please specify) <b>GoNoodle Activities and morning activities for PK</b>	Yes	39%
Approximately what percentage of classroom teachers are using Go Noodle activities at least one time every day?	100%	(See Figure 3)

Figure 3

At 21% of Elementary and Pre-K 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.

	Uphaus Response	% Yes at All Elementary and Pre-K Schools
<b>Other Physical Activity Opportunities</b>		
The campus provided before-school activity opportunities (i.e. club sports, open gym, or Go Noodle)	No	58%

Parent and Community Participation  
Campus has a Healthy Lifestyle Champion

**Uphaus  
Response**      **% Yes at All  
Elementary and  
Pre-K Schools**



