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#### 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 Zavala 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 I MPLEMENTATION SUMMARY     | 2016-2017<br>Score/ Rating | 2017-2018 |
|---------------------------------|----------------------------|-----------|
|                                 |                            |           |
| Total achieved (of 19) required | 19                         | 19        |

## Coordinated School Health Item Implementation Inventory

Zavala

Implementation of PE

\*\*Mésat All

Response

| C3H Implementation  | Zavela<br>Response | %Yesat Al<br>Elementary<br>Schools |
|---|--------------------|------------------------------------|
| * Campus students and staff participated in the Health and FEDepartment's district-wide activity for CSHKidk-Off Week in September.                             | Yes                | 100%                               |
| * CSH dhair forwarded the CATCH Coordination Kit Newsletter and other CSH information to staff.   | Yes                | 99%                                |
| * Campus staff implemented the CATCH Coordination Kit themes each grading period.   | Yes                | 99%                                |
| Campus students and staff participated in Red Ribbon Week in November.  | Yes                | 94%                                |
| Campus students and staff participated in Healthy Heart Week in February.   | Yes                | 98%                                |
| Campus students and staff participated in School Breakfast Week in March.   | Yes                | 86%                                |
| Campus staff hosted at least one CATCH Family Fun Fitness Night.  | Yes                | 100%                               |
| The PEDepartment Chair or the CSH teamprovided information or training for all dassroom teachers' staff regarding this year's CSH initiatives for their campus. | Yes                | 90%                                |
| The Student Wellness Teamwas given opportunities to advocate for nutrition and physical activity to their peers.  | Yes                | 88%                                |
| Other (please specify): CATCH parent meetings during principal chats  | Yes                | 42%                                |
| (unless the parents signed an opt-out form).  * All dassroom teachers followed the district's Health curriculum.  Other (places parents):                       | Yes<br>Yes<br>No   | 98%<br>96%<br>27%                  |
| Other (please specify):  Working Out for Wellness (WOW)   | 110                | 21 /0                              |
| * All dassroom teachers followed the campus WOWschedule (20 minutes) to meet the 135 minutes of structured physical activity per week                           | Yes                | 100%                               |
| * All dæsroom teachers provided 30 minutes of recess daily.   | Yes                | 100%                               |
| The CSH Chair provided beginning of year staff training on how to implement WOW and where to find WOW resources.  | Yes                | 90%                                |
| The CSHChair provided information to all staff about how to participate in Marathon Kids.   | Yes                | 100%                               |
| Cassroom teachers planned and implemented structured physical activities during WOW, which included Marathon Kids.  | Yes                | 98%                                |
| Campus staff provided WOW activities inside during indement weather.  | Yes                | 100%                               |
| The PEteacher trained students in 3rd 5th grade dasses to help lead WOW activities.   | Yes                | 77%                                |
| · · · · · · · · · · · · · · · · · · ·   |                    |                                    |

<sup>\*</sup> All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

| Nutrition   | Zavala<br>Response | %Yesat All<br>Elementary<br>Schools |
|---|--------------------|-------------------------------------|
| * 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 (FMNV) (including candy or food rewards) 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%                                 |

<sup>\*</sup> Students and parents had access to healthy foods when

| Brain Breaks  | Zavala<br>Response | %Yesat All<br>Elementary<br>Schools |
|---|--------------------|-------------------------------------|
| The CSH dhair 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):   | Nb                 | 38%                                 |
| Approximately what percentage of dassroom teachers are registered and using Go Noodle activities at least one time every day?   | 75%                | (SæFigure3)                         |

### Figure 3

At 21% of campuses, 100% of teachers were registered and using Go Noodle activities at least one time ev-3.3(vitc-6.3(e)1.s 0n1124

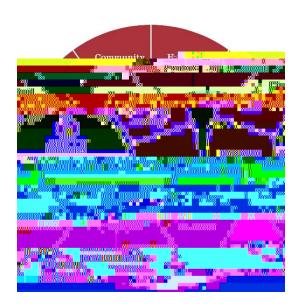
#### **FITNESSGRAM RESULTS**

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

| Zavala Bementary    |             |                 |            |  | Average                 |
|---------------------|-------------|-----------------|------------|--|-------------------------|
| Fitness Area Tested | 2017 Final  | 2018 Diagnostic | 2018 Final | Change* from<br>2017 Final to 2018 Final | Bementary<br>2018 Final |
| BMI                 | 45%         | 41%             | 40%        | Decreased                                | 57%                     |
| Aerobic Capacity    | 33%         | 35%             | 46%        | Increased                                | 71%                     |
| Curl-Ups            | 100%        | 96%             | 100%       | Stayed the same                          | 75%                     |
| Push-Ups            | 59%         | 46%             | 50%        | Decreased                                | 66%                     |
| St and Reach        | 70%         | 69%             | 67%        | Decreased                                | 69%                     |
| Trunk Lift          | <b>7</b> 5% | 66%             | 65%        | Decreased                                | 78%                     |

Source. 2017-2018 Coordinated School Health data collection.

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



# PLEASE SHARE ANYTHING ELSE YOUR CAMPUS DID TO SUPPORT CSH OR WHOLE CHILD THAT YOU WOULD LIKE TO TELL US ABOUT:

'-Social emotional lessons every week, small friendship counseling group, and outdoor garden club. We also do outdoor CATCH activities (Drum fit, Bike club, Lacrosse, Yoga).

