

**EASTSIDE MEMORIAL HIGH**  
**2017-2018 COORDINATED SCHOOL HEALTH REPORT**

Principal: Miguel Garcia III

Physical education teacher: Michael Eckert

CSH team member: Yvette Alvarado

## Coordinated School Health Item Implementation Inventory

<b>Implementation of PE</b>	<b>Eastside Response</b>	<b>% Yes at All High Schools</b>
* 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 who were enrolled in a PE course or PE substitution.	Yes	93%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* All PE teachers followed the dist		



	Eastside Response	% Yes at All High Schools
<b>Brain Breaks</b>		
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	93%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	86%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	93%
The classroom teachers provided opportunities for students to lead brain break activities during class time.	Yes	93%
Other (please specify):	No	50%

	Eastside Response	% Yes at All High Schools
<b>Other Physical Activity Opportunities</b>		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provided after-school physical activity opportunities (i.e. running club, open gym, or open weight room).	Yes	100%
The campus provides lunch time physical activity opportunities (i.e. open weight gym, open weight room).	Yes	93%
Other (please specify):	No	43%

	Eastside Response	% Yes at All High Schools
<b>School Health Environment</b>		
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	100%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	100%
Campus staff sent nutrition and physical activitySchool rh		

**FITNESSGRAM RESULTS**

**CHANGE IN HEALTHY FITNESS ZONE (HFZ) FROM P**