

Principal: Lauro Davalos

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Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Pickle 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	49
Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year	2
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale<sup>61</sup> 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. Pickle Elementary School achieved 19 required and 49 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.

<sup>61</sup> 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.



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Implementation of PE	Pickle Response	% Yes at All Elementary Schools
* 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%

CSH Implementation	Pickle 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	Pickle Response	% Yes at All Elementary Schools
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yes	98%
* 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 did not provide 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	98%
* The campus did not sell food or beverages for any fund-raising activity during the school day.	Yes	98%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	100%
The campus developed additional guidelines concerning birthday celebrations (i.e. the number of celebrations per month and a certain time to celebrate) so as not to interfere with instructional time.	Yes	95%
The campus students and staff had no more than one food-related fundraiser.	Yes	81%
The campus provided integrated nutrition education-based opportunities (i.e. school garden, farm stand, farm to work, cooking classes, etc.)	Yes	95%
Other (please specify):	No	58%

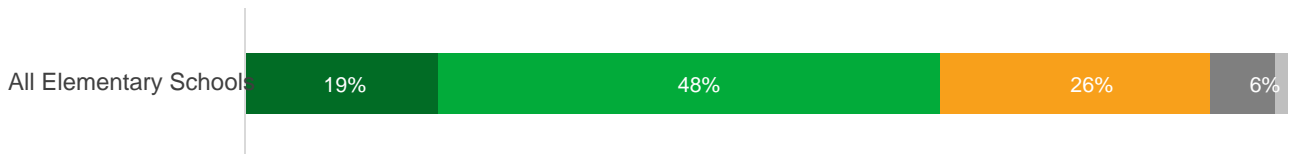
**Brain Breaks**

The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	94%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	78%
Brain breaks were provided at faculty meetings throughout the school year.	No	80%
Other (please specify):	No	48%
Approximately what percentage of classroom teachers are registered and using Go Noodle activities at least one time every day?	75%	(See Figure 2)

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

Figure 2

At 93% of elementary campuses 58% or more of the classroom teachers are registered and using Go Noodle activities at least one time every day. At 19% of campuses 19% of teachers were using Go Noodle at least one time every day.



Source. 2016-2017 Elementary Coordinated School Health data. All percentages are rounded to the nearest whole number.

	Pickle Response	% Yes at All Elementary Schools
<b>Other Physical Activity Opportunities</b>		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or Go Noodle).	Yes	59%
The campus provided after-school physical activity opportunities (i.e. running club or open gym).	Yes	91%
The campus participated in the AISD 5th Grade Volleyball Playday.	No	52%
The campus participated in the AAPER Cross Country Run.	No	32%
Other (please specify):	No	62%
<b>School Health Environment</b>		
Campus staff posted nutrition information in the school hallways, cafeteria, and classrooms throughout the school year.	Yes	99%
Campus staff posted physical activity information in the school hallways and classrooms throughout the school year.	Yes	96%
Campus staff sent nutrition and physical activity information to parents.	No	89%
Staff posted nutrition and physical activity information on the campus website.	No	63%
Other (please specify):	No	52%
<b>Parent and Community Participation</b>		
* Parents were notified that they could request their child's Fitnessgram results.	Yes	98%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA.	No	64%
There was at least one parent on the CSH team.	No	74%
Other (please specify):	No	46%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	30%	(See Figure 3)
What percentage of K-5 students completed the equivalent of one marathon?	76-100%	(See Figure 4)
What percentage of K-5 students completed the equivalent of two marathons?	51-75%	(See Figure 4)

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	Pickle 2016 Final	Pickle 2017 Final	Pickle 2016 to 2017 Change*	2017 All Elementary Final Average	Comparison of Pickle 2017 Final to All Elementary Final
BMI	51%	44%	Decreased	57%	Less than
Aerobic Capacity	54%	45%	Decreased	71%	Less than
Curl-Ups	46%	40%	Decreased	75%	Less than
Push-Ups	44%	45%	Increased	67%	Less than
Sit and Reach	72%	50%	Decreased	69%	Less than
Trunk Lift	60%	75%	Increased	78%	Less than

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

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