

CSH  
Implementation  
Summary

2016  
2017

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



	Pillar Response	% Yes at All Elementary Schools
<b>Implementation of PE</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.	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	100%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All PE lessons were based on district PE curriculum and assessments.	Yes	100%
The PE teacher(s) followed the National PE Appropriate Practices.	Yes	99%
The PE teacher(s) maintained the required PE inventory and materials.	Yes	100%
The PE teacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week.	Yes	93%
Each grading period PE teacher(s) informed parents what units were taught and assessed, including FitnessGram information.	Yes	81%
Other (please specify):	No	54%
<b>CSH Planning</b>		
*The principal established a CSH team.	Yes	100%
The principal identified a CSH chair.	Yes	100%
The CSH team included one teacher representative from each grade level.	Yes	79%
The CSH team included at least one administrator.	Yes	95%
The CSH team included at least two students.	No	64%
The CSH team included the cafeteria manager.	Yes	78%
Campus leadership identified funds to purchase and maintain CSH equipment for the classroom teacher to use during WOW time.	Yes	95%
The campus leadership established a Student Wellness Team (SWT).	No	88%
Other (please specify):	No	53%
How many times did the CSH team meet this year?	4 or more	(See Figure 1)

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

Figure 1  
The majority of Elementary Coordinated School Health teams met 4 or more times this year



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

	Pillar Response	% Yes at All Elementary Schools
<b>CSH Implementation</b>		
* 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%
The CSH Chair provided training for all classroom teachers regarding of this year's CSH initiatives for the campus.	Yes	86%
Other (please specify):	No	54%
<b>Health Lessons</b>		
* All of the specified Sexuality and Responsibility lessons were taught during science class by classroom teachers, unless parents signed an opt-out form.	Yes	95%
* All classroom teachers followed the district's Health curriculum.	Yes	99%
Other (please specify):	No	46%
<b>Working Out for Wellness (WOW)</b>		
* All classroom teachers followed the campus WOW schedule (20 minutes) to meet the 135 minutes of structured physical activity per week.	Yes	98%
* All classroom teachers provided 30 minutes of recess daily.	Yes	99%
The CSH Chair provided beginning of year staff training on how to implement WOW and where to find WOW resources.	Yes	95%
The CSH Chair provided information to all staff about how to participate in Marathon Kids.	Yes	99%
The campus used designated PE teacher activities, games, resources in addition to participating in Marathon Kids.	Yes	95%
Campus staff provided WOW activities during inclement weather.	Yes	99%
The PE teacher trained students in 3rd - 5th grade classes to help lead WOW activities.	No	70%
Other (please specify):	No	48%

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

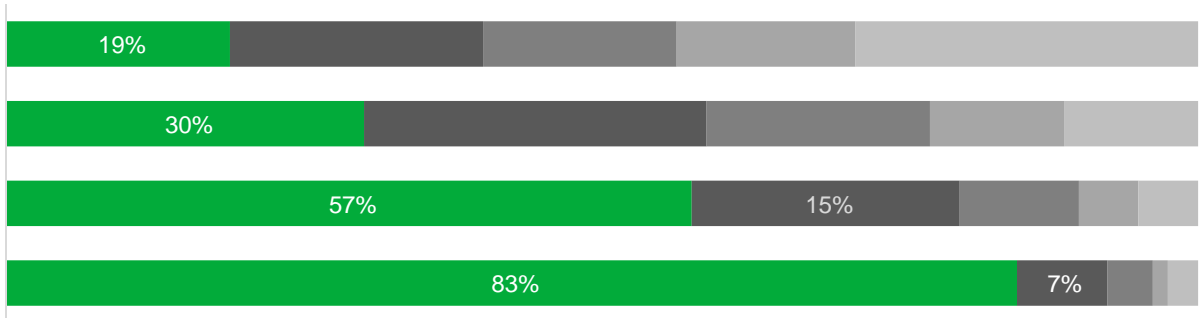
## Nutrition

	Pillow 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.	Yes	52%
The campus participated in the AAPER Cross Country Run.	Yes	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.	Yes	89%
Staff posted nutrition and physical acti		

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	Pillow 2016 Final	Pillow 2017 Final	Pillow 2016 to 2017 Change*	2017 All Elementary Final Average	Comparison of Pillow 2017 Final to All Elementary Final
BMI	58%	57%	Decreased	57%	Less than
Aerobic Capacity	67%	65%	Decreased	71%	Less than
Curl-Ups	73%	59%	Decreased	75%	Less than
Push-Ups	52%	39%	Decreased	67%	Less than
Sit and Reach	66%	71%	Increased	69%	Greater than
Trunk Lift	86%	88%	Increased	78%	Greater than

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

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