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Department of Research and Evaluation

SUNSET VALLEY ELEMENTARY 2017-2018 Coordinated School Health Report

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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 Sunset Valley 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).

2016-2017	2017-2018
SCORE/ RATING	SCORE/ RATING
19	19
72	53
Exemplary	Exemplary
	19 72

Source. 2018 AISD CSH Program Report

The rating scale⁷¹ was based on identified activities that support coordinated school health efforts. There were 19 required and 77 supplemental opportunities for elementary campuses to meet or exceed the AISD CSH Program standards. All campuses submitted enough data to be rated. Sunset Valley Elementary School completed 19 required and 53 supplemental items during the 2017–2018 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.

⁷¹ 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

CSH1mplementation	Sunset Valley Response	%YesatAll Elementary Schools
* Campus students and staff participated in the Health and PEDepartment's district-wide activity for CSHKick-Off Week in September.	Yés	100%
* C3H chair forwarded the CATCH Coordination Kit Newsletter and other C3H information to staff.	Yes	99%
* Campusstaff implemented the CATCH Coordination Kit themeseach grading period.	Yes	99%
Campus students and staff participated in Red Rbbon Week in November.	Yes	94%
Campus students and staff participated in Healthy Heart Week in February.	Yes	

Nutrition	Sunset Välley Response	%YesatAll Elementary Schools
* Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days).	Yés	100%
* The students had access to healthy foods/ beverages when food and beverages were provided at campus events during the school day.	Yés	100%
* The campus staff refrained from providing students access to Foods of Minimal Nutritional Value (FIVIN) (induding candy or food rewards) during the school day unless stated in a student's IEP.	Yes	94%

Brain Breaks	Sunset Välley Response	%YesatAll Elementary Schools
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	No	91%
At least 1 brain break goal was identified in the Campus Improvement Ran.	Nb	78%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	86%
Other (please specify):	No	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 every day.



Other Physical Activity Opportunities	Sunset Valley Response	%YesatAl Elementary Schools
The campus provided before-school physical activity opportunities (i.e. running dub, open gym, or Go Nocolle).	Nb	60%
The campus provided after-school physical activity opportunities (i.e. running dub or open gym).	Nb	95%
The campus participated in the ASD5th Grade Volleyball Rayday.	Nb	53%
The campus participated in the APERCross Country Run.	Nb	31%
Other (please specify):	Nb	59%
School Health Environment		
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	99%
Campusstaff posted physical activity information in the school hallways throughout the school year.	Yes	95%
Campus staff sent nutrition and physical activity information to parents.	Yes	93%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	73%
Other (please specify): Staff Drum Fit 2 times / week	Yes	48%

	Sunset Valley	%Yesat Al
Parent and Community Participation	Response	HementaryShools
* Parents were notified that they could request their child's Fitnessgram results on the Parent Coud.	Yes	98%
Campushasa Healthy Lifestyle chairperson as an identified position on their PTA	Yes	65%
There was at least one parent on the CSH team	Yes	77%
Other (please specify): "HUB" for Bike/Walk to school with prizes awarded by parents @ assembly	Yes	35%
Approximately how many parents participated in the CATCH/Family Fun Night 9r campus?	50%or more of parents	(SæFigure4)

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

Figure 4

At the majority of campuses, 25% or more of parents participated in the CATCH/ Family Fun Night at their campus.

FITNESSGRAM RESULTS

	Sunset Valley Bementary			Average	
Fitness Area – Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Eementary 2018 Final
BMI	55%	55%	56%	Increased	57%
Aerobic Capacity	67%	60%	67%	Stayed the same	71%
Curl-Ups	81%	89%	88%	Increased	75%
Push-Ups	51%	57%	48%	Decreased	66%

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