

# **WOOTEN ELEMENTARY** 2017-2018 COORDINATED SCHOOL HEALTH REPORT

Principal: Angelo San Segundo

Physical education teacher: Cynthia Davis

CSH team member: Heather Wise

#### Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2018. The

## Coordinated School Health Item Implementation Inventory

Implementation of PE	Wboten Response	%Yesat All Elementary Sthools
* FEteacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MNPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	Yes	100%
* FEteocher(s) are certified in CFR First Aid and AED.	Yes	99%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All FEteachers followed the district FEourriculum and assessments.	Yes	100%
PEteacher(s) followed the National PEAppropriate Practices	Yes	100%
The PEteacher(s) maintained the required PEinventory and materials.	Yes	100%
The PEteacher(s) used instructional technology (i.e. projector, laptop, other) in a lesson at least once per week	Yes	96%
At the beginning of each grading period, parents were informed of units to be taught and assessed, including Fitness Graminformation.	Yes	83%
Other (please specify): P.E. Unit, Health and CATCH Bulletin Boards posted	Yes	47%
CSH Planning		
*The principal established a CSH team	Yes	99%
The principal identified a CSH dhair.	Yes	99%
The CSH team included teacher representatives from each grade level. i		

CSH1mplementation	Wbaten Response	%Yesat All Elementary Schools
* Campus students and staff participated in the Health and FEDepartment's district-wide activity for CSHKdk-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.	Nb	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.	YesYes	

Nutrition	Wbaten Response	%Yesat All Elementary Sthools
* 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%

Brain Breaks	Wboten Response	%Yesat All Elementary Schools
The CSH dhair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNbodle resources.	Yes	91%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	78%

	Wooten	%Yesat All
Parent and Community Participation	Response	<b>Elementary Schools</b>
* Parents were notified that they could request their child's Fitnessgram results on the Parent Cloud.	Yes	98%
Campus has a Healthy Lifestyle chairperson as an identified position on their PTA	Yes	65%
There was at least one parent on the CSH team.	No	77%
Other (please specify):	No	35%
Approximately how many parents participated in the CATCH Family Fun Night at your campus?	25% of parents	(Sæ Figure 4)

<sup>\*</sup> 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.

Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the t whoestnumbei

#### FITNESSGRAM RESULTS

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

Wooten ⊟ementary			Average		
Fitness Area == Tested	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	Bementary 2018 Final
BMI	48%	42%	45%	Decreased	57%
Aerobic Capacity	62%	58%	60%	Decreased	71%
Curl-Ups	43%	51%	74%	Increased	75%
Push-Ups	55%	53%	62%	Increased	66%
St and Reach	63%	70%	57%	Decreased	69%
Trunk Lift	84%	83%	75%	Decreased	78%

Source. 2017-2018 Coordinated School Health data collection.

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

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