

COWAN ELEMENTARY SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Debbie Warnken
Physical education teacher: Tracy Lord
CSH team member: Rebecca Phillips

Results

Coordinated School Health (CSH) Program implementation data were collected from each Austin Independent School District (AISD) campus in Spring 2017. The results indicated that Cowan 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	66
Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year	3
2016-2017 CSH Rating	Exemplary

Source. 2015 AISD CSH Program Report

The rating scale²¹ 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. Cowan Elementary School achieved 19 required and 66 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.

²¹ 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.

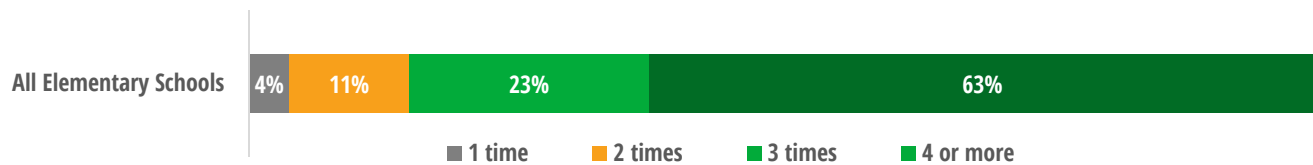
Coordinated School Health Item Implementation Inventory[†]

	Cowan Response	% Yes at All Elementary Schools
Implementation of PE		
* 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): <i>n/a</i>	Yes	54%
CSH Planning		
*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.	Yes	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).	Yes	88%
Other (please specify): <i>n/a</i>	Yes	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 collection. All percentages are rounded to the nearest whole number.

	Cowan Response	% Yes at All Elementary Schools
CSH Implementation		
* 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): <i>n/a</i>	Yes	54%
Health Lessons		
* 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): <i>n/a</i>	Yes	46%
Working Out for Wellness (WOW)		
* 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.	Yes	70%
Other (please specify): <i>n/a</i>	Yes	48%
* All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.		

Nutrition	Cowan 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): <i>n/a</i>	Yes	58%

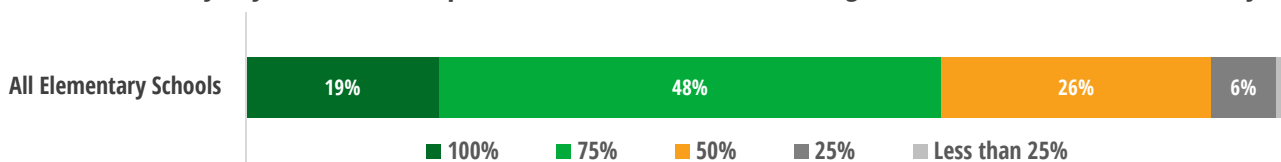
Brain Breaks

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.	Yes	80%
Other (please specify): <i>n/a</i>	Yes	48%
Approximately what percentage of classroom teachers are registered and using Go Noodle activities at least one time every day?	50%	(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, 50% or more of the classroom teachers are registered and using Go Noodle activities at least one time every day. At 19% of campuses, 100% of teachers were using Go Noodle at least one time every day.



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

	Cowan Response	% Yes at All Elementary Schools
Other Physical Activity Opportunities		
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or Go Noodle).	No	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): <i>Fit Kids</i>	Yes	62%
School Health Environment		
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 activity information on the campus website.	Yes	63%
Other (please specify): <i>n/a</i>	Yes	52%
Parent and Community Participation		
* 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.	Yes	64%
There was at least one parent on the CSH team.	Yes	74%
Other (please specify): <i>n/a</i>	Yes	46%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	10%	(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?	76-100%	(See Figure 4)
What percentage of K-5 students completed the equivalent of three marathons?	51-75%	(See Figure 4)
What percentage of K-5 students completed the equivalent of four marathons?	25%	(See Figure 4)

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

Figure 3

At the majority of campuses, at least 25%-50% of parents participated in the CATCH/Family Fun Night at their campus.



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

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. All percentages are rounded to the nearest whole number.

Fitnessgram Results

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

Fitness Area Tested	Cowan 2016 Final	Cowan 2017 Final	Cowan 2016 to 2017 Change*	2017 All Elementary Final Average	Comparison of Cowan 2017 Final to All Elementary Final
BMI	61%	66%	Increased	57%	Greater than
Aerobic Capacity	75%	82%	Increased	71%	Greater than
Curl-Ups	81%	72%	Stayed the same	75%	Less than
Push-Ups	56%	55%	Decreased	67%	Less than
Sit and Reach	70%	74%	Increased	69%	Greater than
Trunk Lift	77%	66%	Decreased	78%	Less than

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

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

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