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Department of Research and Evaluation
Austin Independent School District

TRAVIS HEIGHTS 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 Travis Heights 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).

CSH Implementation Summary	2016-2017 Score/Rating	2017-2018 Score/Rating
Total achieved (of 19) required	18	19
Total achieved (of 77) supplemental	54	68
Coordinated School Health Rating	Unacceptable	Exemplary

Source. 2018 AISD CSH Program Report

The rating scale[72] 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. Travis Heights Elementary School completed 19 required and 68 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.

[72] 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

Coordinated School Health Item Implementation Inventory

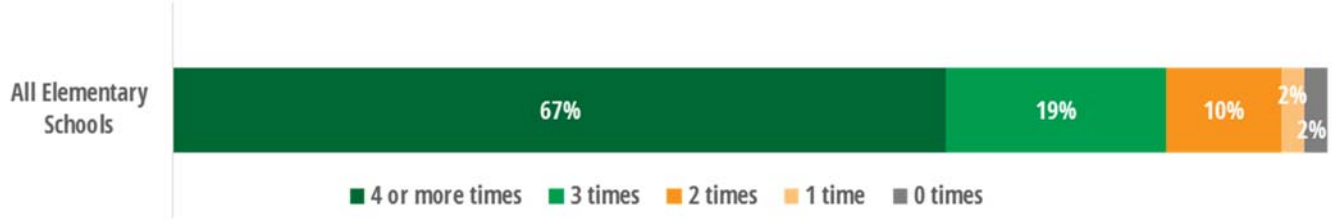
Implementation of PE	Travis Heights Response	% Yes at All Elementary Schools
* PE teacher(s) planned and implemented physical education lessons on a weekly basis that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA).	Yes	100%
* At least 85% of the students were assessed for Fitnessgram.	Yes	100%
* PE teacher(s) are certified in CPR/First Aid and AED.	Yes	99%
* Campus staff followed the AISD Special Area Standards of Service.	Yes	100%
* All PE teachers followed the district PE curriculum and assessments.	Yes	100%
PE teacher(s) followed the National PE Appropriate Practices.	Yes	100%
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	96%
At the beginning of each grading period, parents were informed of units to be taught and assessed, including FitnessGram information.	Yes	83%
Other (please specify):	No	47%

CSH Planning		
*The principal established a CSH team.	Yes	99%
The principal identified a CSH chair.	Yes	99%
The CSH team included teacher representatives from each grade level.	No	73%
The CSH team included at least one administrator.	Yes	93%
The CSH team included at least two students.	Yes	67%
The CSH team included the cafeteria manager.	Yes	75%
Campus leadership identified funds to purchase and maintain CSH equipment for the classroom teachers to use during WOW time.	Yes	93%
The campus leadership established a Student Wellness Team (SWT).	Yes	90%
Other (please specify): Wellness Warriors	Yes	38%
How many times did the CSH team meet this year?	4 or more times	(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. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

CSH Implementation	Travis Heights 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	100%
* CSH chair 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.	No	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.	Yes	86%
Campus staff hosted at least one CATCH/Family Fun Fitness Night.	Yes	100%
The PE Department Chair or the CSH team provided information or training for all classroom teachers/staff regarding this year's CSH initiatives for their campus.	Yes	90%
The Student Wellness Team was given opportunities to advocate for nutrition and physical activity to their peers.	Yes	88%
Other (please specify): Friday Assembly presentations	Yes	42%

Health Lessons		
* Students were taught the Human Sexuality and Responsibility lessons during science class in the month of May (unless the parents signed an opt-out form).	Yes	98%
* All classroom teachers followed the district's Health curriculum.	Yes	96%
Other (please specify): Health lessons were also included in the PBL of Kindergarten and First grade.	Yes	27%

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	100%
* All classroom teachers provided 30 minutes of recess daily.	Yes	100%
The CSH Chair provided beginning of year staff training on how to implement WOW and where to find WOW resources.	Yes	90%
The CSH Chair provided information to all staff about how to participate in Marathon Kids.	Yes	100%
Classroom teachers planned and implemented structured physical activities during WOW, which included Marathon Kids.	Yes	98%
Campus staff provided WOW activities inside during inclement weather.	Yes	100%
The PE teacher trained students in 3rd 5th grade classes to help lead WOW activities.	Yes	77%
Other (please specify): Bulletin boards tracking classroom marathons was visible and updated in the main hall.	Yes	36%

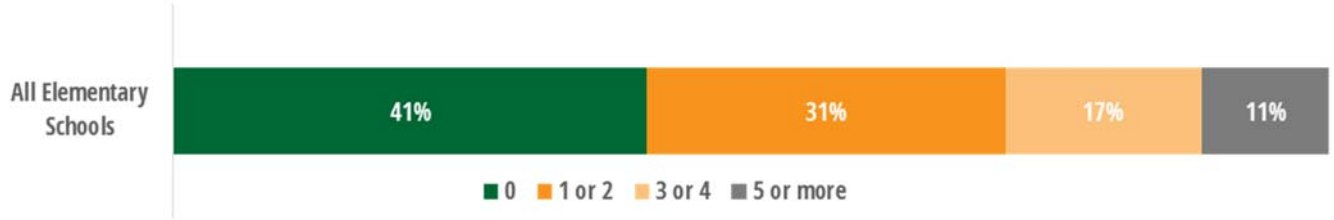
*** All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.**

Nutrition	Travis Heights 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	100%
* 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 refrained from providing 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	94%
* The campus refrained from selling food or beverages for any fund-raising activity during the school day (i.e., there were no food sales from 30 min before the bell until 30 minutes after the bell).	Yes	98%
* Students and parents had access to healthy foods when food and beverages were served at after-school events/activities.	Yes	99%
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	91%
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): Grade level gardens are maintained and used by teachers and classes.	Yes	43%
How many food-related fundraisers did your campus staff sponsor outside the school day this year?		(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

Only 41% of the elementary schools refrained from sponsoring food-related fundraisers at their school this year.

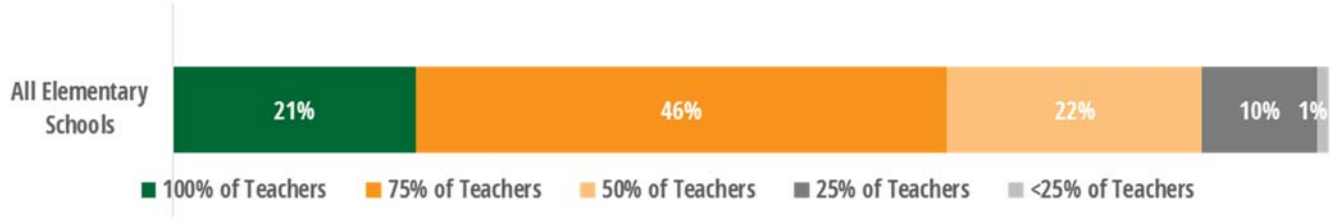


Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Brain Breaks	Travis Heights Response	% Yes at All Elementary Schools
The CSH chair provided staff training this year on how to implement Brain Breaks and locate Brain Break and GoNoodle resources.	Yes	91%
At least 1 brain break goal was identified in the Campus Improvement Plan.	Yes	78%
Brain break activities were provided at faculty meetings throughout the school year.	Yes	86%
Other (please specify): Monthly staff meetings included these as did Friday assembly time.	Yes	38%
Approximately what percentage of classroom teachers are registered and using Go Noodle activities at least one time every day?	75%	(See Figure 3)

Figure 3

At 21% of campuses, 100% of teachers were registered and using Go Noodle activities at least one time every day.



Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Other Physical Activity Opportunities	Travis Heights Response	% Yes at All Elementary Schools
The campus provided before-school physical activity opportunities (i.e. running club, open gym, or Go Noodle).	Yes	60%
The campus provided after-school physical activity opportunities (i.e. running club or open gym).	Yes	95%
The campus participated in the AISD 5th Grade Volleyball Playday.	Yes	53%
The campus participated in the AAPER Cross Country Run.	Yes	31%
Other (please specify): First grade swim lessons	Yes	59%

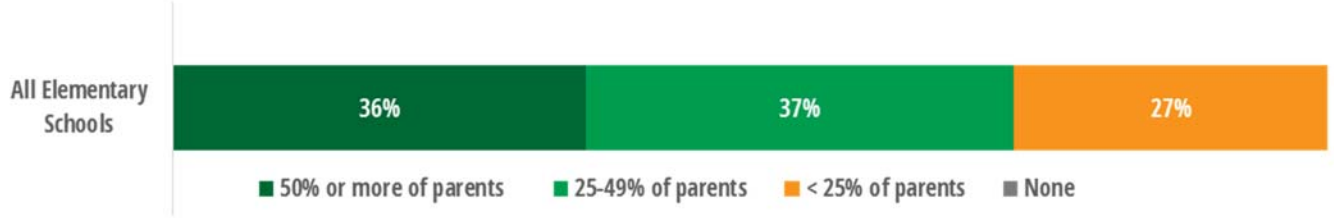
School Health Environment		
Campus staff posted nutrition information in the school hallways and cafeteria throughout the school year.	Yes	99%
Campus staff posted physical activity information in the school hallways throughout the school year.	Yes	95%
Campus staff sent nutrition and physical activity information to parents.	Yes	93%
Campus staff posted nutrition and physical activity information on the campus website.	Yes	73%
Other (please specify): City of Austin parental and staff health screening and we participated in the district bio-metric screening	Yes	48%

Parent and Community Participation	Travis Heights Response	% Yes at All Elementary Schools
* 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.	Yes	77%
Other (please specify): parent collaborators were involved in Family fitness events each semester	Yes	35%
Approximately how many parents participated in the CATCH/Family Fun Night at your campus?	50% or more of parents	(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 4

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

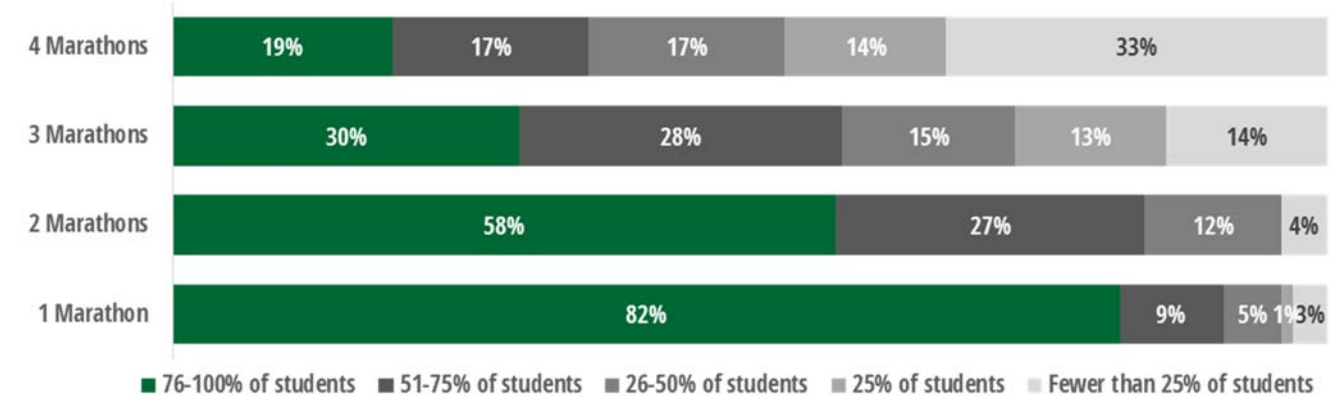


Source. 2017-2018 Coordinated School Health data collection. All percentages are rounded to the nearest whole number.

Marathon Participation	Travis Heights Response	% Yes at All Elementary Schools
What percentage of K-5 students completed the equivalent of one marathon?	76-100%	(See Figure 5)
What percentage of K-5 students completed the equivalent of two marathons?	76-100%	(See Figure 5)
What percentage of K-5 students completed the equivalent of three marathons?	51-75%	(See Figure 5)
What percentage of K-5 students completed the equivalent of four marathons?	26-50%	(See Figure 5)

Figure 5

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. 2017-2018 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	Travis Heights Elementary				Average Elementary 2018 Final
	2017 Final	2018 Diagnostic	2018 Final	Change* from 2017 Final to 2018 Final	
BMI	65%	65%	65%	Stayed the same	57%
Aerobic Capacity	82%	69%	67%	Decreased	71%
Curl-Ups	66%	69%	70%	Increased	75%
Push-Ups	50%	59%	61%	Increased	66%
Sit and Reach	48%	64%	54%	Increased	69%
Trunk Lift	85%	75%	78%	Decreased	78%

Source. 2017-2018 Coordinated School Health data collection.

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

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

Whole child is one of our pillars of learning and a key component in our instruction. Teacher training and planning time included ways have active and outdoor learning during all content area. Evidence of student participation include PBL work as well as the schedules for WOW and recess. Several teachers held a running club throughout the year to support student health and parents led soccer matches several times a week after school.

AUSTIN INDEPENDENT SCHOOL DISTRICT

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