

WIDEN ELEMENTARY SCHOOL

2016-2017 COORDINATED SCHOOL HEALTH REPORT

Principal: Kim Royal
Physical education teacher: Gregory Dono
CSH team member: Starr Taylor

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 Widen Elementary School received a rating of **Recognized** 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 | 47 |
| Total (of 6) Healthy Fitness Zones areas with “increased” status since the prior school year | 5 |
| 2016-2017 CSH Rating | Recognized |

Source. 2015 AISD CSH Program Report

The rating scale⁷⁵ 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. Widen Elementary School achieved 19 required and 47 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.

⁷⁵ 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.

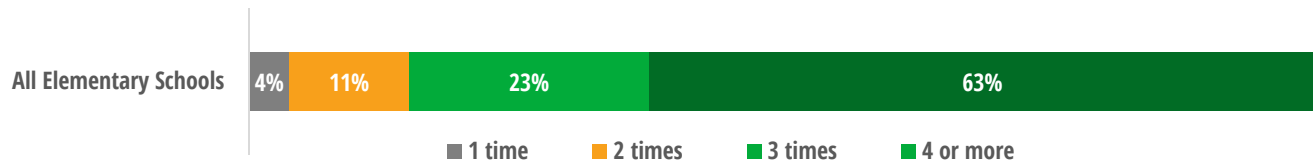
Coordinated School Health Item Implementation Inventory[†]

| | Widen 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): | No | 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. | No | 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). | Yes | 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 collection. All percentages are rounded to the nearest whole number.

| | Widen 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): | No | 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): | No | 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. | No | 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. | No | 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.

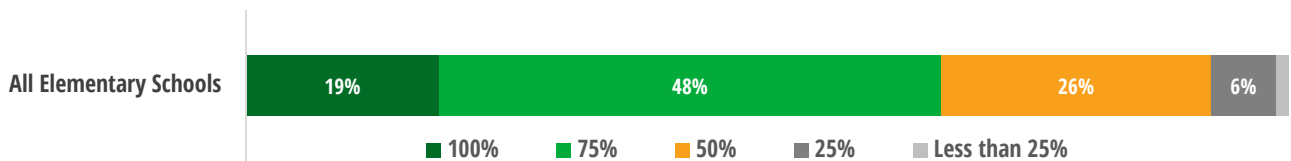
| | Widen Response | % Yes at All Elementary Schools |
|---|----------------|---------------------------------|
| Nutrition | | |
| * Healthy options were available when food/beverages were provided to teachers/staff during meetings (i.e. faculty meetings and professional development days). | Yes | 98% |
| * 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. | No | 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): | No | 58% |

| | | |
|--|-----|----------------|
| Brain Breaks | | |
| The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break and GoNoodle resources. | No | 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): | No | 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.

| | Widen 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). | 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. | No | 52% |
| The campus participated in the AAPER Cross Country Run. | No | 32% |
| Other (please specify): | No | 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. | No | 89% |
| Staff posted nutrition and physical activity information on the campus website. | No | 63% |
| Other (please specify): | No | 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. | No | 64% |
| There was at least one parent on the CSH team. | No | 74% |
| Other (please specify): | No | 46% |
| Approximately how many parents participated in the CATCH/Family Fun Night at your campus? | 30% | (See Figure 3) |
| What percentage of K-5 students completed the equivalent of one marathon? | 51-75% | (See Figure 4) |
| What percentage of K-5 students completed the equivalent of two marathons? | 51-75% | (See Figure 4) |
| What percentage of K-5 students completed the equivalent of three marathons? | 26-50% | (See Figure 4) |
| What percentage of K-5 students completed the equivalent of four marathons? | Fewer than 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

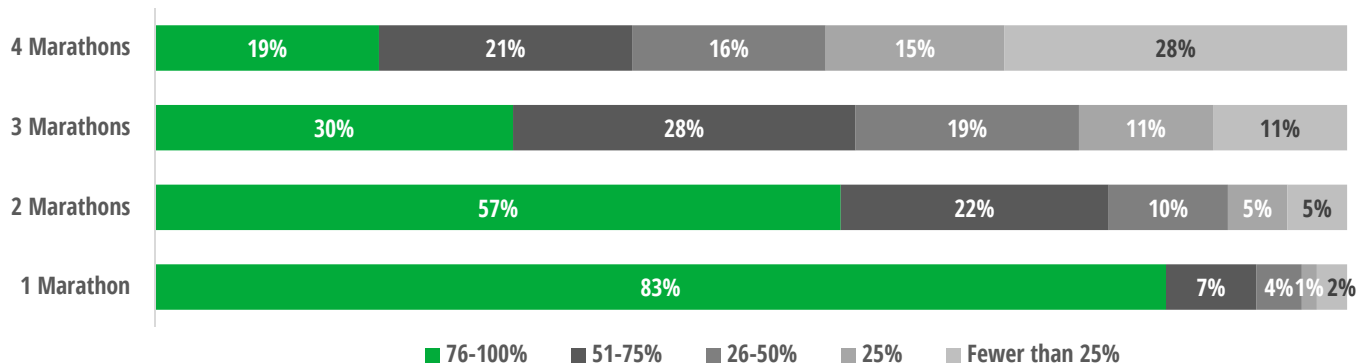
At the majority of campuses, at least 25%-50% of parents participated in the CATCH/Family Fun Night at their campus.



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 | Widen 2016 Final | Widen 2017 Final | Widen 2016 to 2017 Change* | 2017 All Elementary Final Average | Comparison of Widen 2017 Final to All Elementary Final |
|---------------------|------------------|------------------|----------------------------|-----------------------------------|--|
| BMI | 43% | 42% | Decreased | 57% | Less than |
| Aerobic Capacity | 60% | 83% | Increased | 71% | Greater than |
| Curl-Ups | 96% | 97% | Increased | 75% | Greater than |
| Push-Ups | 39% | 45% | Increased | 67% | Less than |
| Sit and Reach | 74% | 78% | Increased | 69% | Greater than |
| Trunk Lift | 85% | 97% | Increased | 78% | Greater 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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