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2014–2015 COORDINATED SCHOOL HEALTH (CSH) IMPLEMENTATION REPORT AND FITNESSGRAM RESULTS: ELEMENTARY SCHOOL SUMMARY

The CSH Program promotes health education and services designed to support students' physical and mental wellbeing and to establish long-lasting healthy behaviors. There are eight components to the CSH program: health education and services, physical education, counseling, healthy and safe school environment, staff wellness promotion, nutrition services, and parent and community outreach. Austin Independent School District's (AISD) CSH Program design is based on State mandates for health, physical education, and coordinated school health, as well as on AISD's requirements.

CSH Program implementation data were collected from each AISD campus in Spring 2015. Seventy-five percent of AISD elementary schools received an **exemplary** rating for their CSH Program implementation. Campus results will be reflected their 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). Campuses are also encouraged to use their results to set CSH goals for their annual Campus Improvement Plan.

Results

CSH Implementation Summary

Campuses with exemplary rating	75% (n=63)
Campuses with recognized or acceptable ratings	0% (n=0)
Campuses with unacceptable rating	25% (n=21)

Source. 2015 AISD CSH Program Report

Rating scale: unacceptable – achieved 16 or less required items; acceptable – achieved 17 or more required and 9 or fewer supplemental items; recognized – earned an acceptable rating and achieved 10 to 20 supplemental items; exemplary – earned an acceptable rating and achieved 21 or more supplemental items

The rating scale was based on AISD-identified activities that support CSH efforts. There were 19 required and 64 supplemental opportunities for campuses to meet or exceed the AISD CSH Program standards. All 84 campuses submitted enough data to be rated. AISD schools achieved a mean of 17 required items and 39 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. 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. The HFZ is composed of criterion-referenced standards set specifically for boys and girls of various ages. In 2014–2015, AISD campuses showed improvements on an average of three (out of six) Fitnessgram areas (body mass index [BMI], aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).



Coordinated School Health Item Implementation Inventory[†]

Implementation of PE	% "Yes"
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	98
* The campus assessed at least 85% of the students for Fitnessgram	94
* PE teacher(s) are certified in CPR/First Aid and AED	95
* The campus followed the AISD Special Area Standards of Service	94
* All PE teachers followed the CRMs and Assessments for planning lessons	95
The PE teacher(s) followed the National PE Appropriate Practices	92
The PE teacher(s) maintained the required PE inventory and materials	95
The PE teacher(s) used a projector and/or other technology in a lesson at least once per week	85
The PE teacher(s) informed parents about what units were taught and assessed per grading period	68
Coordinated School Health Planning	
*The principal established a CSH team that met a minimum of two times this year	94
The principal identified a CSH chair	99
The CSH team included one teacher representative from each grade level (K-5)	63
The CSH team included at least 1 administrator	93
The CSH team included at least 2 students	54
The CSH team included the cafeteria manager	65
The CSH team met more than 3 times this year	65
The campus identified funds to purchase and maintain CSH equipment for the classroom teacher to use during WOW time	76
The campus identified students to be on the Student Wellness Team	74
Coordinated School Health Implementation	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	83
The campus participated in Tobacco Awareness Week in the month of November	90
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	87
The campus participated in Healthy Texas Week in the month of April	83
* The campus has implemented the CATCH program, which is the Board adopted CSH program	94
The campus had at least 1 CATCH/Family Fun Fitness Night	95
The CSH Chair provided annual training for all classroom teachers regarding the CSH initiatives for the campus	68
Campus personnel used the CATCH Coordination Kit throughout the school year	76
The campus provided opportunities for the Student Wellness Team to advocate for nutrition and physical activity to their peers	67

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

Health Lessons	% "Yes"
* All classroom teachers taught the identified Sexuality and Responsibility lessons during science class	65
* All classroom teachers followed the district's Health CRMs and taught the identified 5 health lessons per 9 weeks	87
The CSH chair provided an annual training on the identified 20 health lessons and how to utilize the HealthTeacher.com resources for staff	68
The campus had at least 1 classroom teacher per grade level registered and downloading health lessons from HealthTeacher.com	64
The campus had at least 25% of classroom teachers registered at HealthTeacher.com	69
The campus had at least 50% of classroom teachers registered at HealthTeacher.com (if this is true, please also check the 25% option above)	55
The campus had at least 75% of classroom teachers registered at HealthTeacher.com (if this is true, please also check the 25% and 50% options above)	30
Working Out for Wellness (WOW)	
* All classroom teachers followed the campus WOW schedule to ensure 135 minutes of physical activity was met per week	95
* All classroom teachers documented 135 minutes of physical activity time (WOW and PE) in their lesson plans	88
The CSH Chair provided an annual training for staff on how to implement WOW and where to find the WOW resources	70
The campus purchased and used Adventure to Fitness	23
The campus used Go Noodle activities during inclement weather for WOW time	95
The PE teacher trained students in 3rd -5th grade classes to help lead WOW activities	61
Nutrition	
* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	92
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	98
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	99
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	98
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	96
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after-school events/activities	92
The campus developed additional guidelines concerning birthday celebrations, such as the number of celebrations per month and a certain time to celebrate, so as not to interfere with instructional time	83
Outside of the school day, the campus had fewer than two food fund-raisers	71

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Brain Breaks	% "Yes"
* All classroom teachers taught the identified Sexuality and Responsibility lessons during science class	65
The CSH chair provided annual training to staff on how to implement Brain Breaks and where to find Brain Break resources	88
At least 25% of the classroom teachers are registered and using Go Noodle Brain Break activities at least once during the day	92
At least 50% of the classroom teachers are registered and using Go Noodle Brain Break activities at least once during the day (if this is true, please also check the 25% option above)	75
At least 75% of the classroom teachers are registered and using Go Noodle Brain Break activities at least once during the day (if this is true, please also check the 25%, and 50% options above)	55
At least 1 brain break goal was identified in the CIP	55
The campus offers Go Noodle activities during morning assemblies	36
Other Physical Activity Opportunities	
The campus provided before-school physical activity opportunities, such as running clubs or open gyms	42
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	85
The campus scheduled additional recess time (excluding WOW time)	64
The campus had at least 25% of students participate in Marathon Kids	85
The campus had at least 50% of students participate in Marathon Kids (if this is true, please also check the 25% option above)	69
The campus had at least 75% of students participate in Marathon Kids (if this is true, please also check the 50% option above)	61
The campus had at least 1 team participate in the AISD 5th Grade Volleyball Playday	54
The campus participated in A Jump for Heart event	29
School Health Environment	
The campus posted nutrition information in the school hallways, cafeteria, and classrooms	99
The campus posted physical activity information in the school hallways and classrooms	93
The campus sent home nutrition and physical activity information to parents	89
The campus posted nutrition and physical activity information on their website	39
Parent and Community Participation	
* Parents were notified that they could request their child's Fitnessgram results	71
Students' individual Fitnessgram scores will be sent home to parents at the end of the school year	69
The campus identified a Healthy Lifestyle chair PTA member	42
There was at least 1 parent on the CSH team	56
The campus had at least 50 parents who participated in the CATCH/Family Fun Fitness Night	85
The campus had at least 100 parents who participated in the CATCH/Family Fun Fitness Night (if this is true, please also check the 50 parents option above)	61
The campus had at least 200 parents who participated in the CATCH/Family Fun Fitness Night (if this is true, please also check the 50 and the 100 parents options above)	23

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

Fitnessgram Results

Change in Healthy Fitness Zone (HFZ) from Prior to Current Year (percentage of campuses reporting in each category)

Fitness Area Tested	Increased	Decreased	Remained the same	Not Available*
BMI	61%	26%	8%	5%
Aerobic Capacity	73%	15%	7%	5%
Curl-Ups	40%	45%	10%	5%
Push-Ups	39%	48%	8%	5%
Sit and Reach	32%	56%	7%	5%
Trunk Lift	44%	40%	11%	5%

Mean # of Areas in which % of students in HFZ Increased (prior to current year): 3

* Fitnessgram data were not submitted by Dobie Pre-Kindergarten, Lucy Read Pre-Kindergarten, Uphaus Early Childhood, or Webb Primary.



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