During this interactive session, the district’s Health & Physical Education Supervisor will describe:

1. **how the Whole School, Whole Community, Whole Child Model has guided their efforts** to adopt, implement, and sustain a comprehensive coordinated school health program and the accountability systems that have been developed to increase collaboration between district administrators, principals, teachers, parents, and students.

2. Session activities will **help participants to assess their district’s strengths and opportunities** regarding coordinated school health and to identify practical strategies for integrating health and wellness into existing activities and systems at the district and campus levels.

3. Additionally, **participants will be presented with AISD data showing the positive impact of coordinated school health** on academic success measures including attendance and standardized test scores.

4. Whether just beginning to think about coordinated school health or working towards institutionalization, audience members are **sure to take away new ideas to help move their districts forward** in supporting the health and wellbeing of students.
Learning objectives (at least 1, max of 4):

1. Describe how the Austin Independent School District has built coordinated school health into district policies and systems to increase compliance and foster a whole child approach to learning.

2. Discuss campus-level strategies for implementing coordinated school health and creating learning environments that promote healthy behaviors including physical activity and healthy eating.
Integrating Health & Wellness into District Systems

Whole Child Approaches, District and School Coordination, Connecting Health and Learning

Michele Rusnak, M.Ed.
Health & Physical Education Supervisor
Austin ISD, Office of Academics
October 7, 2016
Which Student Do You Want To Teach?

Composite Attentional Allocation of 20 students taking the same test.

After 20 minutes of Sitting Quietly

After a 20 minutes Of Walking

(Hillman et al., 2009)
Austin ISD Basic Data

83,634
STUDENTS

130
SCHOOLS

1
FAMILY

STUDENT ENROLLMENT

- Hispanic: 49,141 | 58.8%
- African-American: 6,555 | 7.8%
- White: 22,290 | 26.6%
- Other: 5,648 | 6.8%
- Limited English Proficiency: 23,258 | 27.8%
- Economically Disadvantaged: 47,724 | 57.1%
- Special Education: 8,493 | 10.2%

CAMPUS LOCATIONS

- High Schools*: 17
- Middle Schools: 18
- Elementary Schools†: 85
- Other Campuses: 10

*Includes Ann Richards School for Young Women Leaders
†Includes AISD Guild Development Center
How many components of Coordinated School Health (CSH) can you name?
Building a Coordinated School Health Program... How do I even begin?
What is Coordinated School Health?

Coordinated School Health (CSH) is a systemic approach of advancing student academic performance by promoting, practicing and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last their lifetime.

Why implement a CSH program?

Benefits:

- Improves student performance and test scores
- Decreases risky behaviors
- Reduces drop out rates
- Lowers absenteeism
- Less fighting
- Improves rates of physical activity
- Saves school districts money

SUMMARY OF SELECTED EVIDENCE-BASED RESEARCH FROM HEALTHY KIDS LEARN BETTER AND MAKING THE CONNECTION: HEALTH AND STUDENT ACHIEVEMENT
How do I play CSH?
Where do I find CSH rules?
State Focus

• Texas Education Code:
  • CHAPTER 38.013. COORDINATED HEALTH PROGRAM FOR ELEMENTARY, MIDDLE, AND JUNIOR HIGH SCHOOL STUDENTS
  • CHAPTER 38.014. IMPLEMENTATION OF COORDINATED HEALTH PROGRAM FOR ELEMENTARY, MIDDLE, AND JUNIOR HIGH SCHOOL STUDENTS
  • CHAPTER 28.0004. LOCAL SCHOOL HEALTH ADVISORY COUNCIL AND HEALTH EDUCATION INSTRUCTION.

• Texas Administrative Code
  • Chapter 102. Educational Programs, Subchapter CC. Commissioner’s Rules Concerning Coordinated Health Programs

• How do I play within the guidelines of Texas?
  • Pick a CSH Program
  • Implement health education, physical education/activity, nutrition services, parental involvement
  • Work with the School Health Advisory Council (SHAC)
Why Pick CATCH?

1. **Most scientific evidence**
   CATCH is supported by 25 years and 120 academic papers indicated as much as 11% decrease in overweight and obesity.

2. **Most cost effective**
   A 2010 article in Health Affairs named CATCH “the most cost effective program proven to prevent childhood obesity.”

3. **Academic impact**
   Research indicated better physical fitness is correlated with better academic achievement, and better attendance.
District Focus

• Mission statement
  • AISD exists to fulfill the mission put forth by the State of Texas, which is to “ensure that all Texas children have access to quality education that enables them to achieve their potential and fully participate now and in the future in the social, economic, and educational opportunities of our state and nation.”

• Vision
  • All students will graduate college, career, and life ready
  • We will create an effective, agile, and responsive organization
  • We will create vibrant relationships critical for successful students and schools

• Values
  • Whole Child, Every Child
  • Physical, social, and emotional health and safety
  • Equity, diversity and inclusion
  • High expectations for all students, employees, parents/guardians, and community members
  • Creativity, collaboration, and innovation
  • Community schools
  • Life long learning
District Strategic Plan

• **Core Belief #1**: All Students will graduate college-, career-, and life-ready. As part of this, we commit ourselves to:

  • **Commitment #1**: Achieve excellence by delivering a high-quality education to every student.

  • **Strategy 1.3**: We will provide services and supports for every student on every campus.

  • **Key Action Step d**: Establish goals at each school related to FITNESSGRAM cardiovascular and Body Mass Index indicators

  • **Key Action Step e**: Each student will learn about and practice a healthy lifestyle.
Who can help?

- School Health Advisory Council (SHAC)
- Department Partnerships
  - Health Services
  - Curriculum
  - Food Services
  - Nurses
  - Counselors
  - Staff Wellness
  - Department of Research and Evaluation
What do I want to accomplish?

- Improve the health and wellness of students and staff
- Create CSH Campus Teams
- Embed CSH goals/strategies into the Campus Improvement Plans (CIP)
- Provide CSH training for staff
- **Communicate CSH events and expectations**
  - CATCH Coordination Tool Kits
  - Send CSH/CATCH theme emails
Coordinated School Health

Austin ISD in conjunction with the School Health Advocacy Council (SHAC) chose the Coordinated Approach to Child Health (CATCH) as its CSH program. In accordance with state law and District policy, CATCH is implemented in grades K-6. Austin ISD's Coordinated School Health Program (CSH) is directed toward the needs of students, responsive to the needs of families, and reflective of the values of the local community.

Definition of Coordinated School Health:
Coordinated School Health (CSH) is a systemic approach of advancing student academic performance by promoting, practicing and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last their lifetime. The components of the CSH program include: health education, physical education/activity, nutrition, and parent/community involvement.

Texas Statute:
All Texas school districts are required by law to implement a coordinated school health program in grades K-6. Click on HERE to review this section in Title 2, Chapter 39, Section 39.013 of the Texas Education Code.

Districtwide CSH Events 2016-2017

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 12-16</td>
<td>Coordinated School Health Kick Off Week (CSH Kick-Off Plan, CSH Announcements, CSH Secondary Announcements, CSH Student Pledge, CSH Secondary Student Pledge, CSH Teacher Staff Pledge, All weeks)</td>
</tr>
<tr>
<td>November 14-18</td>
<td>Tobacco Awareness Week</td>
</tr>
<tr>
<td>January 10-February 3</td>
<td>Health Week (Wear Red Day 2/3)</td>
</tr>
<tr>
<td>March 6-10</td>
<td>School Breakfast Week</td>
</tr>
</tbody>
</table>

CLICK HERE To Search Coordinated School Health Information Reports by Campus (2014-2015)

General CSH Resources
- CATCH Overview PPT
- CSH Overview "one-paper"
- CSH Training PPT
Coordinated School Health Resources:

- [CATCH and Your School (Bilingual)]
- [CATCH Parent Present (Bilingual)]
- Eat Smart with CATCH Go, Slow, Whoa (English) / Spanish
- Healthy Habits at Home (Bilingual)
- Square Meals: 3 Easy Ways to Improve Your Family’s Eating Habits (Bilingual)
- Square Meals: 10 Ways to Make Calories Count (Bilingual)
- Square Meals: Good Food Good Exercise Good Grades (Bilingual)
- Square Meals: Taking the Mystery Out of Food Labels (Bilingual)
- Obesity Trends PPT

CSH Team Best Practices:

- [CATCH Meetings Reminder]
- [Elementary EDCs]
- [Campus Wide Implementation]
- [CATCH Family Event]
- [Communicating CATCH]
- [Effective CATCH Team]
- [Thank You Community Partner]

CATCH Team Coordination Guide:

- [CATCH Team Goals]
- [Theme I Only Pages]
- [Theme II Only Pages]
- [Theme III Only Pages]
- [Theme IV Only Pages]

CATCH ES Theme Campus Emails:

<table>
<thead>
<tr>
<th>Theme</th>
<th>Emails</th>
<th>Attachments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theme I</td>
<td>CATCH Campus School</td>
<td></td>
</tr>
<tr>
<td>Theme II</td>
<td>CATCH School</td>
<td></td>
</tr>
<tr>
<td>Theme III</td>
<td>CATCH School</td>
<td></td>
</tr>
<tr>
<td>Theme IV</td>
<td>CATCH School</td>
<td></td>
</tr>
</tbody>
</table>

CATCH Coordination Toolkits:

- [Principals and Administration (Admin Coordination Guide)]
  - 4th 8 Weeks - Theme I
  - 4th 8 Weeks - Theme II
  - 4th 8 Weeks - Theme III
  - 4th 8 Weeks - Theme IV

- [Classroom Teachers (Classroom Teacher Coordination Guide)]
  - 4th 8 Weeks - Theme I
  - 4th 8 Weeks - Theme II
  - 4th 8 Weeks - Theme III
  - 4th 8 Weeks - Theme IV
Time to Play
Coordinated School Health

- Physical Education/Physical Activity
- Health Education
- Nutrition Environment and Services
- Community Involvement
- Family Involvement

- Physical Environment
- Counseling, Psychological, and Social Services
- Social and Emotional School Climate
- Employee Wellness
- Health Services
Whole School, Whole Community, Whole Child

A Coordinated School Health approach to student learning & wellness
Science of exercise cues the building blocks of learning in the brain; affects mood, anxiety, and attention; guards against stress.

(Johnratey.com)
Students who participate in health education classes that use effective curricula increase their health knowledge and improve their health skills and behaviors.

School breakfast programs positively impact academic performance, absenteeism, and tardiness among low-income elementary school students.

Community Involvement

Community activities that link to the classroom improve school-related behaviors.

Schools that collaborate with students’ families, local businesses, community organizations, and health services see improved family functioning.

Students who develop a positive affiliation or social bonding with school are:
- More likely to remain academically engaged
- Less likely to be involved with misconduct at school

Youth receiving mental health services have experienced decreases in course failures, absences, and disciplinary referrals, and improved grade point averages.

Social and Emotional Learning (SEL) is a process for helping children and adults develop fundamental skills for life effectiveness. SEL teaches the skills we all need to handle ourselves, our relationships, and our work effectively and ethically.
Teachers who participated in a health promotion program focusing on exercise, stress management, and nutrition reported a higher level of general well-being.

Preventive health services provided through schools, coupled with health education and counseling that promote healthy lifestyles and self-sufficiency, can help contain health care costs.

How will I know if CSH is working?

- Campus Improvement Plans
- CSH Reports
- Fitnessgram Results
- Research (DRE)
- Campus/classroom visits
- CSH event participation
- Twitter
**District-Required Action Plan for 2014-2015**

**Performance Objective:** Students and staff will achieve health and fitness through:
1. Implementation of Coordinated School Health (K-8: CATCH, HS: Other activities)
2. Student participation in physical activities
3. Improvement of Fitnessgram results for all students
4. Compliance with the nutrition guidelines and staff wellness (Wellness Policy)

**Applicable Strategic Plan Goal(s):** 1.2

<table>
<thead>
<tr>
<th>Specific Improvement Strategy</th>
<th>Responsible Person(s)</th>
<th>Needed Resources (Include PD Support)</th>
<th>Evidence of Implementation/Effectiveness</th>
<th>Timeframe for Completion</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Increase the percent of students in the Healthy Zone for BMI (from 71% to 73%)</td>
<td>Physical Ed. Teacher Classroom Teachers</td>
<td>Test and record fitness data for 100% of all 3rd - 6th graders</td>
<td>Once in fall 2014 and spring 2014</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. Share Fitnessgram data with campus staff, parents and students (HS)</td>
<td>Physical Ed. Teacher</td>
<td>CHS Survey (HS)</td>
<td>Spring 2014</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Ensure student participation in moderate to vigorous physical activity during PE, WOW and Brain Breaks (HS)</td>
<td>Principal, PE Teacher Classroom Teachers</td>
<td>Teachers registered for Adventure to Fitness (HS) Info shared in morning announcements by student leaders of Wellness Team</td>
<td>Observation Teachers using Adventure to Fitness (HS) Students engaged in 20 min of structured WOW time activities and 10 - 15 minutes of recess (unstructured) on days they do not have PE Students engaged in 25-30 min. of recess (unstructured) on ART/Music rotation days. Students engaged in Brain Breaks daily (HS)</td>
<td>Ongoing</td>
<td>Ongoing</td>
</tr>
<tr>
<td>d. Continued Implementation of CATCH/Coordinated School Health (HS)</td>
<td>Principal, AP, CATCH Team</td>
<td>Training on CATCH Kits to staff (Facilitated by PE Teacher and member of AISD Comprehensive Health Services Dept.) Teachers teaching CRMs for Health &amp; CATCH lessons -At least 2 family fitness community events -Active CATCH Team: Principal, 3 teachers including PE teacher (HS)</td>
<td>CATCH Kit Training: Fall 2014 Fall/Spring Meets 2 times in fall and 2 times in spring</td>
<td>Ongoing 11/11/14</td>
<td>TBD Team created 8/20/14 Met 10/20/14</td>
</tr>
</tbody>
</table>
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, health 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.

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 in their House Bill 1 ratings, i.e., the School Element Evaluation of Performance in Community and Student Engagement for wellness and physical education (TEC §61.319). 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% (+18)
- Campuses with recognized or acceptable rating: 6% (+4)
- Campuses with unacceptable rating: 21% (+17)

The rating scale was based on AISD-identified activities that support CSH goals. There were 19 required and 46 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.

Spring 2015 Coordinated School Health Program Report Summary

Coordinated School Health Item Implementation Inventory

- Implementation of PE:
  - * PE teachers planned and implemented 50% or more Moderate Intensive Physical Activity (MIPA) per week: 18%
  - * The campus assessed at least 50% of the students for fitness: 94%
  - * PE teachers are certified in CPR and AED: 95%
  - * The campus followed the NAID Special Area Standards of Service: 90%
  - * PE teachers followed the Ethics and Standards for Professional Fitness: 78%
  - * The PE teachers maintained the required PE inventory and materials: 95%
  - * The PE teachers used a projector and/or other technology in a lecture at least once per week: 85%
  - * The PE teachers informed parents about what units were taught and assessed on grading period: 68%

Coordinated School Health Planning

- The principal established a CSH team for a minimum of two times per year: 94%
- The principal identified a CHSCT: 96%
- The CSH team included one teacher representative from each grade level (K-8): 63%
- The CSH team included at least 1 administrator: 93%
- The CSH team included at least 2 students: 94%
- The CSH team included the cafeteria manager: 65%
- The CSH team met more than 3 times per year: 65%
- The campus identified funds to purchase and maintain CSH equipment for the classroom teacher to use during WISP time: 71%
- 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’s Heart Awareness in the month of February: 87%
- The campus participated in Health and Fitness week in the month of April: 83%
- The campus has implemented the Go4it program, which is the board adopted CSH program: 94%
- The campus had at least 1 Go4it family fun fitness night: 95%
- The CSH Chair provided annual training for all classroom teachers regarding CSH initiatives for the campus: 68%
- Campus personnel used the CSHC 2015 Coordination Kit throughout the school year: 71%
- The campus provided opportunities for the Student Wellness Team to advocate for nutrition and physical activity to their peers: 67%
BAILEY MIDDLE SCHOOL
2014-2015 COORDINATED SCHOOL HEALTH (CfSH)
IMPLEMENTATION CHECKLIST AND FITNESSGRAM RESULTS

Principal: John Wexler
Physical education teacher: Lason Parker
CfSH team members: Mike Owens

Results
CfSH Program implementation data were collected from each Austin Independent School District (AISD) participating campus in Spring 2015. The results indicated that Bailey Middle School received a rating of exemplary for the CfSH Program implementation in 2014-2015. Campus results will be reflected in their Health Status ratings, i.e., the School District Evaluation of Performance in Community and Student Engagement for wellness and physical education (TCEA GAP (E) 3D 9/10/15).

CfSH Implementation Summary 2014-2015 using employ

<table>
<thead>
<tr>
<th>Item</th>
<th>Total required</th>
<th>Total achieved</th>
<th>Employment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total school staff employed</td>
<td>1</td>
<td>1</td>
<td>100%</td>
</tr>
<tr>
<td>Total school staff employed (total 1)</td>
<td>2</td>
<td>2</td>
<td>100%</td>
</tr>
</tbody>
</table>

The rating scale was based on identified activities that support coordinated school health efforts. There were 18 required and 66 standards. All AISD campuses submitted enough data to be rated. Bailey Middle School achieved 18 required and 28 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 were compared with Healthy Fitness Zone (HFZ) standards to determine students’ overall physical fitness. In 2014-2015, Bailey Middle School decided to provide improvements in four areas: (1) Fitnessgram arm body mass index (BMI), (2) lower arm circumference, (3) push-ups, and (4) sit and reach, trunk lift.

In 2015-2016, AISD campuses will have to implement all required items in order to receive a recommended rating or higher. Based on next year’s projected scale, the Bailey Middle School rating would be recognized.

CfSH campuses are encouraged to use their results to set CfSH goals for their Campus Improvement Plan.

Spring 2015 Coordinated School Health Program Report:

Coordinated School Health Item Implementation Inventory

Implementation of PE

- PE teachers planned and implemented 75% or more Moderate to Vigorous Physical Activity (MVPA) per week
- The campus achieved at least 85% of the students for Fitnessgram
- All PE teachers were certified in CPR/AED and AED
- All PE teachers followed the CFHS and Assessments for planning lessons
- All 8th graders completed 4 quarters of PE or PE substitutions
- The PE teacher(s) followed the National PE Association Standards
- The PE teacher(s) maintained the required PE equipment and materials
- The PE teacher(s) used a projector and/or other technology in a lesson at least once per week
- The PE teacher(s) informed parents about what units were taught and assessed per grading period
- Other (please specify)

Coordinated School Planning

- The principal established a CFH team
- The CFH team included at least 1 administrator
- The CFH team included at least 2 grade level lead representatives
- The CFH team included at least 3 teachers
- The CFH team included the cafeteria manager
- The CFH team met at least 3 times a year
- The CFH team met at least 4 times a year
- The campus identified funds to purchase CFH equipment for before- and after-school physical activity programs (including athletic and academic physical activity opportunities during advisory, homeroom, and/or lunch)
- The campus established a Student Wellness Team
- Other (please specify)

Coordinated School Health Implementation

- The campus participated in the CFH Kick-Off Week in September by taking part in the identified district activity (provided by the Health and PE Departments)
- The campus participated in Taboo Awareness Week in the month of November
- The campus participated in Peak Times for Women (Most Important) in the month of February
- The campus implemented the CFH program, which is the Board adopted CFH program
- The campus provided intramural training for teachers regarding the CFH initiatives for the campus.
- The campus personnel used the CFH Coordination Kit throughout the school year
- The campus provided opportunities for the Student Wellness Team to advocate for nutrition and physical activity to their peers
- Other (please specify)

AIDS data was then reviewed by the AISD Department of Physical Education and Health for implementation at each campus.
<table>
<thead>
<tr>
<th>School Year</th>
<th>Body Mass Index</th>
<th>Cardio</th>
<th>Curl Ups</th>
<th>Push Ups</th>
<th>Sit &amp; Reach</th>
<th>Trunk Lift</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014 – 2015</td>
<td>61%</td>
<td>64%</td>
<td>81%</td>
<td>69%</td>
<td>64%</td>
<td>78%</td>
</tr>
<tr>
<td>2015 – 2016</td>
<td>61%</td>
<td>71%</td>
<td>82%</td>
<td>71%</td>
<td>71%</td>
<td>77%</td>
</tr>
<tr>
<td>Goals for 2016 – 2017</td>
<td>63%</td>
<td>73%</td>
<td>84%</td>
<td>73%</td>
<td>73%</td>
<td>79%</td>
</tr>
</tbody>
</table>
Better Physical Fitness = Better Attendance

Total Fitness and Absences, Grades 3-12

Better Physical Fitness = Better Test Scores

Source: Van Dusen et al, Associations of physical fitness and academic performance among schoolchildren. *Journal School Health.* (2011)
New Data from the AISD Department of Research and Evaluation

• A student who passes all 6 FITNESSGRAM tests is 4 times more likely to meet initial passing standard on STAAR reading than a student who does not pass the FITNESSGRAM tests.

• Likewise, a student is 6 times more likely to meet initial passing standard on STAAR math.

What does CSH look like in classrooms?

✓ Learn and promote the components of Whole School, Whole Community, Whole Child Model
✓ Be a role model in and out of class
✓ Provide alternative learning areas
  • Physio Balls
  • Standing desks
✓ Create a Wellness Corner
  • Allow students to move/stretch
  • Allow students to hydrate
  • Allow students to fuel their bodies and minds

Hydrate, Eat Healthy, Move, Sleep, Reduce Screen time
What does CSH look like in classrooms?

✓ Reinforce healthy messages
  • Follow CSH Theme emails (Elementary & Middle School)
  • Health lessons/healthteacher.com (Elementary Only)
  • Posters & signs
  • Reminders as the students come and go
  • Participate in district wide CSH activities and Staff Wellness
    - CSH Kick Off Week
    - Tobacco Awareness Week
    - Wear Red for Women’s Heart Health
    - School Breakfast Week

✓ Plan & provide **structured** and **unstructured** physical activity time
  - Recess
  - WOW/Marathon Kids (Elementary Only)
  - Provide daily Brain Breaks/GoNoodle
Which Student Do You Want To Teach?

Composite Attentional Allocation of 20 students taking the same test.

After 20 minutes of Sitting Quietly

After a 20 minutes Of Walking

(Hillman et al., 2009)