



## Mayor's Health and Fitness Council Healthiest Schools – 2018 Awards Report

### What are the Mayor's Healthiest School Awards?

As an extension of the Mayor's Health and Fitness Council (MHFC) Partnership Certification Program, the Mayor's Healthiest School Awards highlight schools that have implemented healthy changes to create school environments that support the health and well-being of students. Schools that demonstrate practices above the state and federal standards are eligible to earn an award. Awards are granted at the Elementary and Middle School levels.

### Who can apply?

Districts with any school within the Austin city limits is eligible to apply, including: Austin Independent School District, Manor Independent School District, Pflugerville Independent School District, Round Rock Independent School District, Leander Independent School District, Del Valle Independent School District, Eanes Independent School District. All schools that apply for the Mayor's Healthiest School Awards will be considered. No preference will be given to school size, location, public/private sector, school district, etc. Winners will be determined using a point system based off responses to the online application. Three elementary schools and one middle school will be awarded with top honors.

### How does a school apply for the Mayor's Healthiest School Awards?

Schools interested in applying for the Mayor's Healthiest School Awards must complete the online application including the survey and the open-ended questions.

### What is the application deadline?

Applications were due by close of business on Friday, May 25, 2018.

### Why should my school apply?

Each year, the MHFC hosts an awards ceremony at City Hall to recognize the efforts of partners who strive to make Austin the fittest, healthiest community in America. 2018 is the second year for the Mayor's Healthiest School Awards.

### When is the Mayor's Health and Fitness Awards ceremony?

The awards ceremony is scheduled for September 14, 2018.

All schools with an 'Exemplary' rating receive:

- Outdoor vinyl banner
- Group recognition & photo at the awards ceremony

In addition, the following awards will be presented to the top 3 elementary and 1 middle schools:

- \$1,000 grant to support school health and wellness initiatives\*
- Outdoor vinyl banner
- Individual recognition & photo at the awards ceremony with the Mayor

\*Winners will be required to return a reflection in the format the winner prefers (i.e. Word document, video, blog, etc.) within the first school semester after winning the grant. More details will be provided to winning campuses.



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### Participation

- Ninety-four (94) schools, both elementary and middle schools, participated from three districts – Austin ISD, Pflugerville ISD, and Del Valle ISD.

Table 1. School Districts & Number of Schools Participating in Healthiest Schools Challenge, 2018

School District	Elementary or Primary	Middle	Total # of schools from district
Austin ISD	61	15	76
Pflugerville ISD	13	3	16
Del Valle ISD	0	2	2
<b>Total # of schools</b>	<b>74</b>	<b>20</b>	<b>94</b>

### Questionnaire

- A total of 47 survey questions were asked of all elementary schools. Schools then had an opportunity to describe 3 health events and 3 health initiatives (including frequency, duration, staff and student participation, student engagement and community participation) occurring at their schools.
- A total of 46 survey questions were asked of all middle schools. Schools then had an opportunity to describe 3 health events and 3 health initiatives (including frequency, duration, staff and student participation, student engagement and community participation) occurring at their schools.
- **Exemplary schools** were defined as meeting all of the selected metrics for both students and staff in the following areas: physical education, opportunities for physical activity, healthy food and beverage options, and restrictions on unhealthy food and beverages.
  - For primary schools – 12 metrics
  - For elementary schools – 15 metrics
  - For middle schools – 14 metrics
- **Winners** were determined by the sum of the total survey points and the total open-ended response points.



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## Top Performing Schools

Table 2. Winning Schools in Healthiest Schools Challenge, 2018

School Name	School District
<b>Elementary School Winners</b>	
Brown Elementary	Austin ISD
Lee Elementary	Austin ISD
Murchison Elementary	Pflugerville ISD
<b>Middle School Winner</b>	
Cele Middle School	Pflugerville ISD

Table 3. Runners Up in Healthiest Schools Challenge, 2018

School Name	School District
<b>Elementary School Runners Up</b>	
Davis Elementary	Austin ISD
Harris Elementary	Austin ISD
Perez Elementary	Austin ISD
<b>Middle School Runner Up</b>	
Dailey Middle School	Del Valle ISD

## Innovation & Evidence-Based Highlights

These highlighted initiatives demonstrate innovation and creativity, using evidence-based techniques, and/or self-evaluation to track progress or improvement.

### Health Event

**Palm Elementary** – *Mini World Cup Event* – 4th and 5th grade “countries” sponsored by teachers play in a one-day indoor soccer tournament.

### Health Initiatives

**Harris Elementary** – *Pull Up/Push Up Initiative* – Because of the school’s low curl up/push up performance the previous year, the PE teacher initiated a competition between grade levels to increase stamina. Percentage improved following the initiative.

**Hill Elementary** – *Winter Break Healthy Habit Diary* - During winter break, students recorded their healthy habits performed each day, such as reducing screen time. Overall, students and teachers recorded more than 18,000 healthy habits in two weeks.



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### Exemplary Schools

Table 3. Exemplary Schools Participating in the Healthiest School Challenge, 2018

<b>Austin ISD Elementary Schools (61)</b>	
Andrews Elementary	Kiker Elementary
Baranoff Elementary	Kocurek Elementary
Barrington Elementary	Langford Elementary
Barton Hills Elementary	Lee Elementary*
Becker Elementary	Linder Elementary
Blackshear Elementary	Maplewood Elementary
Blazier Elementary	McBee Elementary
Brentwood Elementary	Metz Elementary
Brooke Elementary	Mills Elementary
Brown Elementary*	Oak Hill Elementary
Bryker Woods Elementary	Odom Elementary
Campbell Elementary	Ortega Elementary
Casey Elementary	Overton Elementary
Casis Elementary	Palm Elementary
Cook Elementary	Pease Elementary
Cowan Elementary	Pecan Springs Elementary
Cunningham Elementary	Perez Elementary
Davis Elementary	Pleasant Hill Elementary
Dawson Elementary	St. Elmo Elementary
Doss Elementary	Summitt Elementary
Galindo Elementary	Sunset Valley Elementary
Graham Elementary	Travis Heights Elementary
Guerrero-Thompson Elementary	Walnut Creek Elementary
Gullett Elementary	Widen Elementary
Harris Elementary	Williams Elementary
Hart Elementary	Winn Elementary
Highland Park Elementary	Wooldridge Elementary
Hill Elementary	Wooten Elementary
Houston Elementary	Zavala Elementary
Jaime Padron Elementary	Zilker Elementary
Joslin Elementary	
<b>AISD Middle Schools (15)</b>	
Ann Richards School for YWL	Kealing Middle School
Bailey Middle School	Lamar Middle School



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Bedichek Middle School	Murchison Middle School
Burnet Middle School	O. Henry Middle School
Covington Middle School	Paredes Middle School
Fulmore Middle School	Small Middle School
Garcia Young Men's Leadership Academy	Webb Middle School
Gorzycki Middle School	
<b>Pflugerville ISD Elementary Schools (8)</b>	
Dearing Elementary	River Oaks Elementary
Fannie Mae Caldwell Elementary	Rowe Lane Elementary
Murchison Elementary*	Wieland Elementary
Parmer Lane Elementary	Windermere Primary
<b>Pflugerville Middle Schools (1)</b>	
Cele Middle School*	
<b>Del Valle Middle Schools (2)</b>	
Dailey Middle School	John P. Ojeda Middle School

\*Winner