



Mayor's Health and Fitness Council Healthiest Schools – 2019 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 31, 2019.

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. 2019 is the third 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 13, 2019.

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

- 100 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, 2019

School District	Elementary or Primary	Middle	Total # of schools from district
Austin ISD	71	16	87
Pflugerville ISD	10	2	12
Del Valle ISD	--	2	2
Total # of schools	81	20	101

Questionnaire

- A total of 47 survey questions were asked of all elementary schools. Schools then had an opportunity to describe 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 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 – 14 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, 2019

School Name	School District
Elementary School Winners	
Highland Park Elementary	PfISD
Maplewood Elementary	AISD
Parmer Lane Elementary	PfISD
Middle School Winner	
John P. Ojeda Middle School	DVISD

Table 3. Honorable Mentions in Healthiest Schools Challenge, 2019

School Name	School District
Elementary School Honorable Mention	
Campbell Elementary	AISD
Clayton Elementary	AISD
Murchison Elementary	PfISD
Middle School Honorable Mention	
Dailey Middle School	DVISD

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 Initiatives

Casey Elementary – *Genius Hour* – “With help from community partners, families and teachers we provided 15 classes for students to choose from. Of these classes we had Taekwondo, Karate, modern dance, belly dancing, making healthy recipes, gardening, taking a nature walk and making and flying kites. Students were engaged and happy!”

McBee Elementary – *Snack Attack* – “I provided an opportunity to all students to bring in cutout labels of healthy snack, foods, beverages. Students would then display in the go, wow, and slow categories outside of gym and classrooms. It gave them an understanding of what type of foods they were eating. An incentive of stickers, pencils, bookmarks were given if the whole class participated. The parents were given an opportunity to help their child and see what they were eating. Their teachers were instrumental in helping the class.”



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Exemplary Schools

Table 4. Exemplary Schools Participating in the Healthiest School Challenge, 2019

Austin ISD Elementary Schools (71)	
Andrews Elementary	Linder Elementary
Baldwin Elementary	Maplewood Elementary*
Baranoff Elementary	Mathews Elementary
Barrington Elementary	McBee Elementary
Barton Hills Elementary	Menchaca Elementary
Becker Elementary	Metz Elementary
Blackshear Elementary	Mills Elementary
Blazier Elementary	Norman Elementary
Boone Elementary	Oak Hill Elementary
Brentwood Elementary	Oak Springs Elementary
Brooke Elementary	Odom Elementary
Brown Elementary	Ortega Elementary
Bryker Woods Elementary	Overton Elementary
Campbell Elementary	Padron Elementary
Casey Elementary	Palm Elementary
Casis Elementary	Patton Elementary
Clayton Elementary	Pease Elementary
Cook Elementary	Pecan Springs Elementary
Cowan Elementary	Perez Elementary
Cunningham Elementary	Pillow Elementary
Davis Elementary	Pleasant Hill Elementary
Dawson Elementary	Reilly Elementary
Doss Elementary	Ridgetop Elementary
Galindo Elementary	Rodriguez Elementary
Graham Elementary	Sanchez Elementary
Guerrero Thompson Elementary	St. Elmo Elementary
Harris Elementary	Summitt Elementary
Hart Elementary	Sunset Valley Elementary
Highland Park Elementary	Travis Heights Elementary
Hill Elementary	Walnut Creek Elementary
Houston Elementary	Williams Elementary
Joslin Elementary	Winn Elementary
Kiker Elementary	Wooldridge Elementary
Kocurek Elementary	Wooten Elementary
Langford Elementary	Zavala Elementary
Lee Elementary	



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AISD Middle Schools (16)	
Covington Middle	Bailey Middle
Murchison Middle	Burnet Middle
Webb Middle	Martin Middle
Dobie Middle	Kealing Middle
Ann Richards School for Young Women Leaders	Gorzycki Middle
Lamar Middle	Lively Middle
Small Middle	Paredes Middle
Bedichek Middle	Garcia YMLA
Pflugerville ISD Elementary Schools (10)	
Caldwell Elementary	Murchison Elementary School
Dearing Elementary	Parmer Lane Elementary*
Delco Primary	River Oaks Elementary
Highland Park Elementary*	Rowe Lane Elementary
Mott Elementary	Wieland Elementary
Pflugerville Middle Schools (2)	
Cele Middle School	Dessau Middle School
Del Valle Middle Schools (2)	
Dailey Middle School	John P. Ojeda Middle School*

*Winner