

**CATCH**<sup>®</sup>  
COORDINATED APPROACH TO CHILD HEALTH

# Yearbook

We are a  
CATCH **MVP**  
School!

**CLINTON SCHOOL  
IS FILLED  
WITH  
C.A.T.C.H. MVPS!**



- **M**ove and Stay Active
- **V**alue Healthy Eating
- **P**ractice Healthy Behaviors

# CATCH us Being Healthy at Clinton Elementary

2020-2021

*CATCH is supported at this campus by*

**CATCH**<sup>®</sup>  
GLOBAL FOUNDATION

# A Coordinated Approach to Child Health: To-Do List



School Leadership



Coordinating the Message



Sharing the Message



Instruction



Family Engagement

# CATCH<sup>®</sup>

COORDINATED APPROACH TO CHILD HEALTH

Clinton is a 2020-21 CATCH School!!!!!!

By uniting multiple players in a child's life to create a community of healthy life choices, CATCH is proven to prevent childhood obesity and teach students to live a healthy lifestyle.

Staff Kick-Off  
Event took  
place at an all  
staff flex day  
meeting

Our CATCH Goal



# Our CATCH Team



*“CATCH will assist Clinton School in continuing to achieve Healthy CPS Status and promote nutrition, health and PE school wide!”*  
- Clinton CATCH Team

Name	Title	Favorite GO Food
Maureen Delgado	Principal	Strawberries
Katrina Haynes	PE Teacher & CATCH Champion	Watermelon and carrots
Tim O'Malley	PE Teacher	Blueberry Yogurt
Nico Guerrero	PE Teacher	Steamed Vegetables
Alan Isaakian	PE Teacher	Oranges & Bananas
Mykella Auld	Community Resource	Grapes &



# ABC's CATCH Team

Wellness  
Team  
members:

Katrina Haynes  
Tim O'Malley  
Nico Guerrero  
Alan Isaakan  
Mykella Alud  
Maureen Delgado

Clinton PE  
Health and  
Wellness  
Team

Date: 4/8/21		Time: 8:35-9:20	Location: <a href="#">Google Meet</a>	
Purpose		Person Responsible	Time (Min)	
Log into meeting and do quick icebreaker game		CATCH Team	10	
Share agenda and calendar for PE Week		Katrina	15	
Asking Team for any feedback on what to do to improve PE Week or make it more engaging		CATCH Team	10	
Deciding on having a Field Day at school for the students in person or having it virtually for every student in June		Maureen	5	

CATCH Team  
agenda  
leading up to  
PE WEEK

- Meetings:

First Thursday of the Month - 8:35 - 9:20am

- Successes:

- 🎯 Implemented the CPS Health and Wellness policy
- 🎯 Supporting the school in developing a healthier school environment by leading health-related initiatives throughout the year
- 🎯 Advised staff members on related school and community health issues
- 🎯 Organized health-promoting programs and events in the school and community
- 🎯 Promoting parent, community, and staff involvement in developing a healthier school environment
- 🎯 Organized and Coordinated PE Health and Wellness Week for the staff and students



# CATCH Messages Everyday & Every Way

“

Clinton Staff and students are ALL IN on living a healthy lifestyle.  
- Clinton Teacher

”

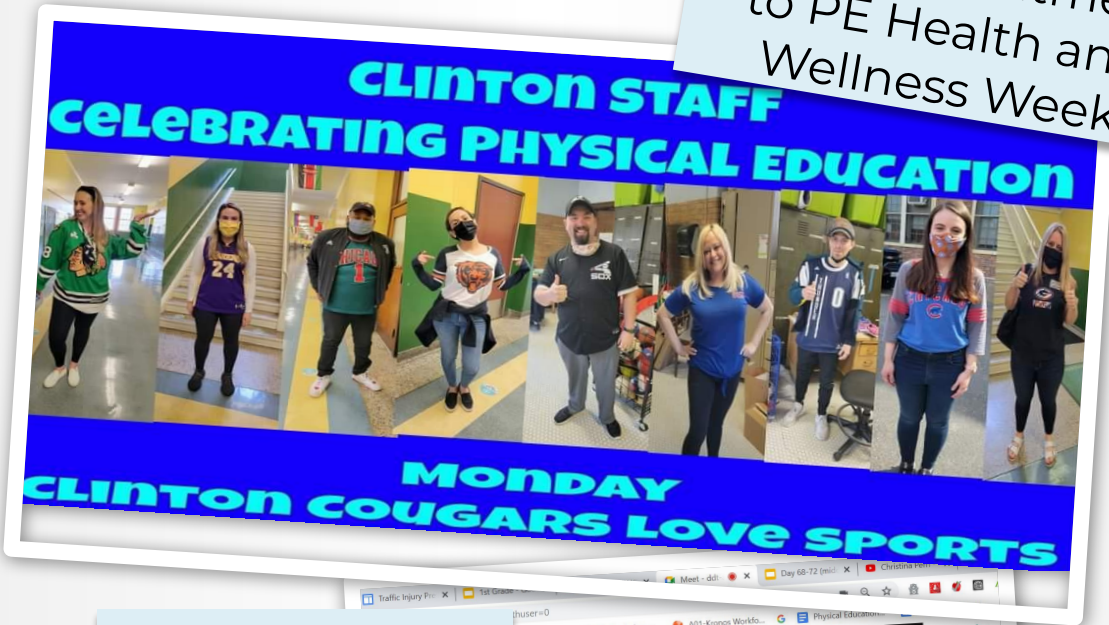


Clinton School  
Pride Day

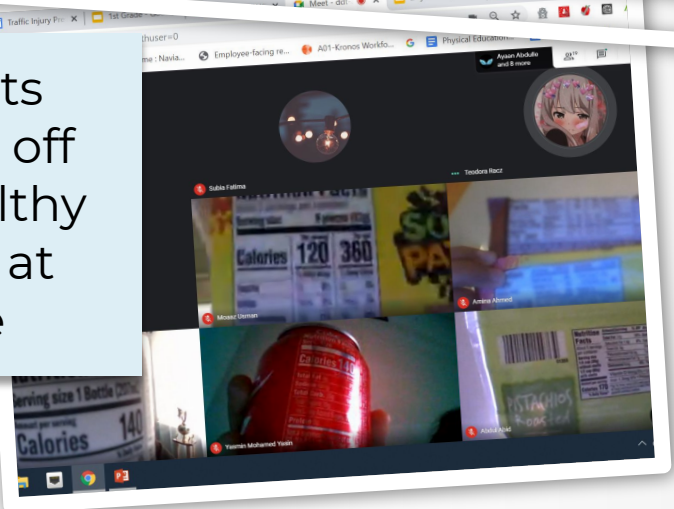


## Coordinating the Message

Staff Commitment to PE Health and Wellness Week



Students showing off their healthy choices at home



Information posted and translated on our school website and social media

منگل کو ٹیم کا دن ہے! کلاس کا رنگ چیلنج: اپنی پوری کلاس پہننے کے... See More

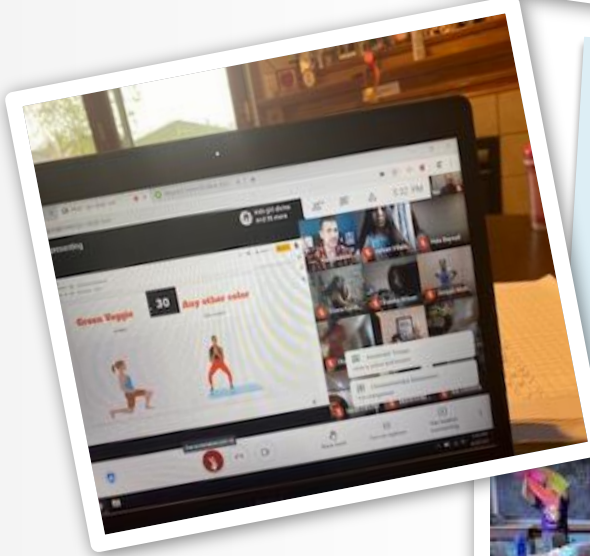
Translation

**EVERY KID HEALTHY WEEK**  
**CELEBRATING PHYSICAL EDUCATION**

**TUESDAY 4/27/21**

<b>COUGARS</b> are Part of a TEAM	<b>FAMILY FITNESS NIGHT EVENT</b> 5:00pm FITNESS HYMNS	<b>THIRSTY TUESDAY</b>  DRINKING WATER KEEPS YOU HYDRATED, INCREASES ENERGY AND IS GOOD FOR YOUR SKIN. YOU SHOULD DRINK EIGHT 8-OUNCE GLASSES OF WATER EVERYDAY! PRACTICE
--------------------------------------	---	---

**CLINTON STAFF**



Health and PE Scavenger Hunt during Every Kid Moving Week Parent night



Clinton Students Love PE

## Coordinating the Message

Healthy Hero Movement Challenge



Students playing This and That Go/Whoa Food Fitness



Great way to help Identify GO-SLOW-WHOA Foods while exercising



Clinton School  
@cpsclinton

Chicago Public  
School District  
**@ChiPublicSchools**

CATCH  
@CATCHhealth

Katrina Haynes  
@MshaynesPE

**EVERY KID HEALTHY WEEK  
CELEBRATING PHYSICAL EDUCATION  
WEDNESDAY**

**WEDNESDAY**  
**4/28/21**

**CLINTON COUGARS KNOW  
IT IS IMPORTANT TO GET A  
GOOD NIGHT SLEEP**

WEAR YOUR FAVORITE PAJAMAS

**FAMILY**

**FITNESS  
NIGHT  
EVENT  
5:00pm**  
FITNESS  
SCAVENGER HUNT

FAMILIES WILL PLAY AS A TEAM AND WORK  
TOGETHER TO COMPLETE THE AT HOME FAMILY  
THEMED SCAVENGER HUNT

WAKE - UP  
WEDNESDAY

**cpsclinton** @cpsclinton  
Wednesday is Pajama day!  
pajamas all day. Families join  
our Fitness Scavenger Hunt  
as a team and work together!



**THURSDAY**  
Superheros are...  
**KIND**

**ACTIVITIES:**  
BE A SUPERHERO AT HOME!  
HELP WITH A CHORE AT  
HOME THAT YOU DO NOT  
USUALLY DO

**THURSDAY**  
Superheroes are...  
**KIND**  
WEAR YOUR  
SUPERHERO GEAR



"NO ACT OF KINDNESS NO MATTER  
HOW SMALL IS EVER WASTED"  
-AESOP

Last day of #randomactsofkindness week at @cpsclinton. The kindness doesn't stop here...we are always brightly tied together with kindness. Students are challenged to spread kindness in their school community!  
@SHAPE\_America  
#HealthMovesMinds @CATCHhealth  
@HealthierGen @IAHPERD



by...  
**KINDNESS**  
ACTIVITIES:  
SPREAD...

READ SOME KINDNESS  
IN YOUR SCHOOL  
COMMUNITY! SEND A  
NOTE TO A TEACHER,  
AND, OR CLASSMATE.

**FRIDAY**  
Tie together by ...  
**KINDNESS**  
OUR TIE-DYE, BOW  
TIE, AND BRIGHT  
CLOTHES



# Clinton Cougars Make Healthy Choices

CATCH Lessons

**FRUIT** of the week  
**ORANGE**

- High in Vitamin C- keeps you healthy!
- Can help wounds/cuts heal (Vitamin C)
- Maintain healthy skin

Coach Gore-FC

“

Calling it a GO Food is so much easier to remember that it is healthy - Clinton Student

”

Instruction

**CLINTON COUGARS**  
**Eat the RAINBOW**  
**at Every**

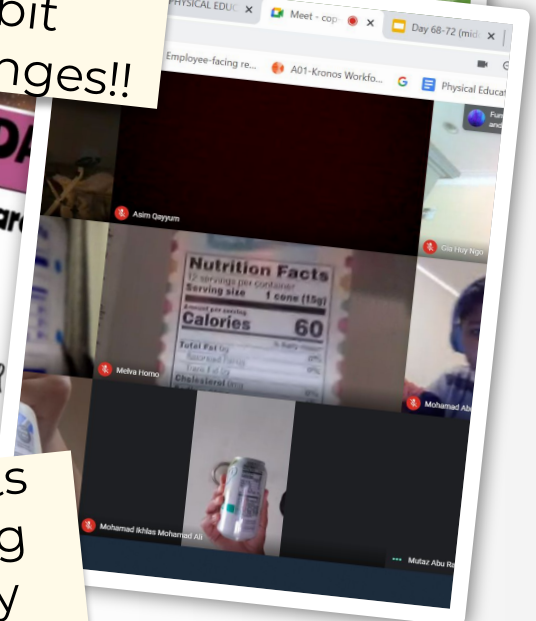


Healthy Habit Challenges!!

ACTIVITIES:  
BE A SUPERHERO AT HOME!  
HELP WITH A CHORE AT HOME THAT YOU DO NOT USUALLY DO

**THURSDAY**  
**Superheroes are KIND**  
**WEAR YOUR SUPERHERO GEAR**






Students showing healthy choices!



# ALL Kids Moving Event

All Kids Moving Week consisted of theme dress up days, CATCH Healthy Habit Challenges each day and a family night event each day of the week. All events and pictures were shared on social media and the School Newsletter

Students documented their participation in All Kids Moving School wide and after school Events on Flipgrid and for every submission entered earned them a raffle ticket for a PE prize pack

MON DAY 4/26/21	TUESDAY 4/27/21	WEDNESDAY 4/28/21	THURSDAY 4/29/21	FRIDAY 4/30/21
<b>CLINTON COUGARS</b> love <b>SPORTS</b>  REPRESENT YOUR FAVORITE SPORTS OR ATHLETIC TEAM (WEAR A JERSEY, TEAM COLOR)	<b>CLINTON COUGARS</b> are Part of a <b>TEAM</b>  CLASS COLORENGE: RED PICK A COLOR FOR THE	<b>CLINTON COUGARS</b> know it's important to get a good night <b>SLEEP</b>  WEAR YOUR FAVORITE	<b>CLINTON COUGARS</b> Eat the <b>RAINBOW</b> at Every Meal  DRESS IN AS MANY DIFFERENT COLORS AS POSSIBLE	<b>CLINTON COUGARS</b> <b>LOVE PE</b>  DRESS LIKE A PE TEACHER: WEAR YOUR FAVORITE WORKOUT CEAR P

FOR THEN AT THE END THE DAY BY WRITING DOWN 2 POSITIVE THINGS THAT HAPPENED TO YOU THROUGHOUT THE DAY <b>CATCH. HEALTHY HABIT CHALLENGE</b>	IS GOOD FOR YOUR SKIN. YOU SHOULD DRINK EIGHT 8-OUNCE GLASSES OF WATER EVERYDAY! PRACTICE TODAY AND SEE IF YOU ARE MORE ALERT AND ENERGIZED. <b>CATCH. HEALTHY HABIT CHALLENGE</b>	TO CONCENTRATE AND GIVES YOU ENERGY TO GET THROUGH THE DAY. WAKE UP EARLY TODAY AND HAVE A HEALTHY BREAKFAST AND SEE IF YOU ARE MORE ENERGIZED TODAY. <b>CATCH. HEALTHY HABIT CHALLENGE</b>	HEALTHY SNACKING AND COOKING OPTIONS. AS A FAMILY COOK A HEALTHY MEAL AND EAT TOGETHER AS A FAMILY. <b>CATCH. HEALTHY HABIT CHALLENGE</b>	CHILD WILL HELP STUDENTS TO GROW INTO HEALTHY ADULTS. GET MOVING AS A FAMILY AND PLAN A FAMILY FITNESS ACTIVITY THIS WEEKEND! <b>CATCH. HEALTHY HABIT CHALLENGE</b>
--	---	--	--	--



Family Fitness Night Winners



Prize Packs!

# Health is CATCH'ing on

This year has been a year unlike any we ever had. It was hard to have any feeling of normalcy but the CATCH program helped to promote the importance of movement and healthy eating. The strategies shared helped to keep momentum going and keep everyone excited! Together with the help of CATCH our team made committing to a healthy school environment fun and easy. A key component was providing reflection time and a brain boost activities for students (in all classes) and with staff (during meetings). This helped all of us cope with all the changes and made us embrace the wonderful moments we had this year. Making Healthy choices is a major focus at Clinton School and that will continue for years to come@. We can't wait to keep it going next year!

