Yearbook

CATCH us
Being Healthy
at Clinton Elementary
2020-2021

CATCH is supported at this campus by

CLINTON SCHOOL
IS FILLED
WITH
CATCH MVPs!

Move and Stay Active
Value Healthy Eating
Practice Healthy Behaviors

We are a CATCH MVP School!
A Coordinated Approach to Child Health:
To-Do List

- ✔ School Leadership
- ✔ Coordinating the Message
- ✔ Sharing the Message
- ✔ Instruction
- ✔ Family Engagement

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

Our CATCH Goal

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.
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

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maureen Delgado</td>
<td>Principal</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Katrina Haynes</td>
<td>PE Teacher &amp; CATCH Champion</td>
<td>Watermelon and carrots</td>
</tr>
<tr>
<td>Tim O’Malley</td>
<td>PE Teacher</td>
<td>Blueberry Yogurt</td>
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<tr>
<td>Nico Guerrero</td>
<td>PE Teacher</td>
<td>Steamed Vegetables</td>
</tr>
<tr>
<td>Alan Isaakian</td>
<td>PE Teacher</td>
<td>Oranges &amp; Bananas</td>
</tr>
<tr>
<td>Mykella Auld</td>
<td>Community Resource Coordinator</td>
<td>Grapes &amp; Blueberries</td>
</tr>
</tbody>
</table>
ABC’s CATCH Team

Wellness Team members:
Katrina Haynes
Tim O’Malley
Nico Guerrero
Alan Isakalian
Mykella Alud
Maureen Delgado

Clinton PE Health and Wellness Team

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

Students showing off their healthy choices at home

Clinton School Pride Day

Staff Commitment to PE Health and Wellness Week

Coordinating the Message
Information posted and translated on our school website and social media.

Coordinating the Message

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

Clinton Students Love PE

Healthy Hero Movement Challenge

Students playing This and That Go/Whoa Food Fitness

Great way to help identify GO-SLOW-WHOA Foods while exercising.
Sharing the Message on Social Media

PLAYING *tag*!

Clinton School
@cpsclinton

Chicago Public School District
@ChiPublicSchools

CATCH
@CATCHhealth

Katrina Haynes
@MshaynesPE

Tuesday is Team day! Class color challenge: pick a color for your whole class to wear. Families join us at 5pm for our Fitness Bingo event. Come play a fitness-based bingo game where you play a fun game while getting a great workout. Event Link: meet.google.com/gzc-dpgn-ney

EVERY KID HEALTHY WEEK
CELEBRATING PHYSICAL EDUCATION

Wednesday, Apr. 19, 2023

Every Kid Healthy Week is our time to celebrate physical education as a key component of a well-rounded education. Participate in our activities to promote health and wellness. Let's move together!

CATCH @CATCHhealth

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@SHAPE_America

#HealthMovesMinds @CATCHhealth
@HealthierGen @SHAPE_America

#randomactsofkindness

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 @SHAPE_America
Clinton Cougars Make Healthy Choices

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

**Family Fitness Night Winners**

**Prize Packs!**
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!