

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

# Yearbook



We are a  
CATCH **MVP**  
School!

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

# CATCH us Being Healthy at Vandenberg Elementary

2020-2021

*CATCH is supported at this campus by*

**MICHIGAN HEALTH**  
**ENDOWMENT FUND**

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



School Leadership



Coordinating the Message



Sharing the Message



Instruction



Family Engagement



Main Hallway  
Bulletin Board



# Our CATCH Team



*“CATCH has been an amazing resource for teaching our students the value of healthy eating and physical activity”*  
*-Mrs. Eason, Principal*

Name	Title	Favorite GO Food
Kevin Mead	PE Teacher	Cherries
Monica Eason	Principal	Salad
Julie Wolf	Art Teacher	Unsalted Almonds
Terri Gibbons	Physical Therapist	Peaches
Officer Maya	District Liaison Officer	Apples





# ABC's CATCH Team



Mr. Mead  
helping with  
a helmet on  
Bike at  
School Day



Miss Terri and  
Officer Maya

## School Leadership

- **Meetings:**

December 21st  
February 1st  
March 10th  
April 12th  
May 3rd, 10th, 17th, 24th

- **Successes:**

Whole school introduction to GO, Slow, Whoa foods  
Creation of Go, Slow, Whoa bulletin board with a CATCH MVP section  
Bike at School Day Event  
Distributed 50 free bike helmets to students who attend Vandenberg





# CATCH Messages Everyday & Every Way

Weekly parent  
discussions  
with School  
Psychologist,  
Dr. Evans



## JOIN US FOR AWESOME AFTERNOONS WITH DR. EVANS

Parents, we hope you will be able to join Dr. Evans for this week's  
Awesome Afternoon Session from 2:00 pm-3:00pm.

During these sessions, families will have an opportunity be a part of collaborative discussions  
with topics related to the social-emotional experiences of school-aged children.

Please plan to join Dr. Evans via this WebEX meeting link this Wednesday, February 3, 2021:  
<https://oneoakland.webex.com/meet/rachael.evans>

*\*Note: If any parents would like to meet with Dr. Evans for an individual conversation please  
contact her via her email address: [rachel.evans@southfieldk12.org](mailto:rachel.evans@southfieldk12.org).*

## Coordinating the Message


**Why I'm a CATCH MVP**

My name is: Vicki Lenhard

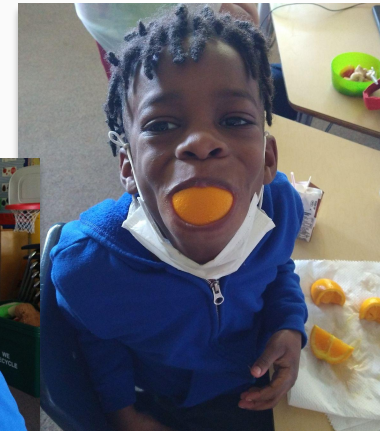
I Move & stay active by: Walking, using weights, using the stepper and taking very long walks in warmer weather.

I Value healthy eating by: I eat many vegetables, fruits and lean poultry. (I love fresh fruits and veggies) I do not eat red meat.

I Practice healthy habits by: Washing my hands numerous times a day, getting plenty of rest, taking showers, washing my hair, brushing and flossing my teeth.



Why Mrs.  
Lenhard is a  
CATCH MVP

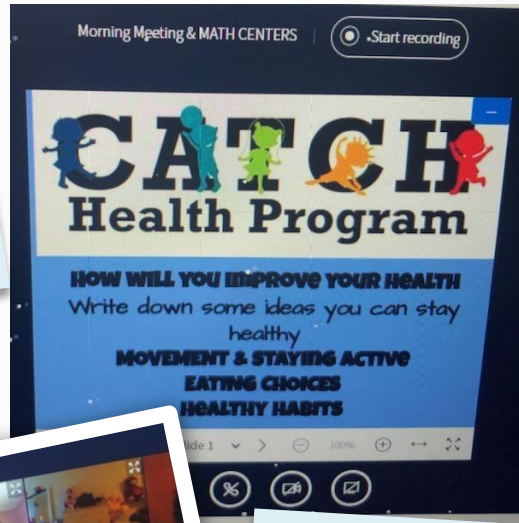


Go Snacks w/  
Mrs.  
Washington's  
class



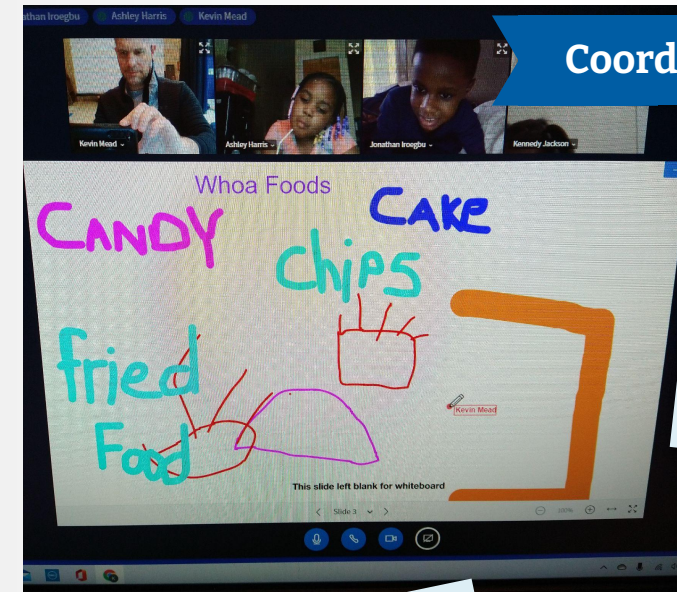


Classroom  
"Do Now"  
Activity



Classroom  
"Do Now"  
Activity

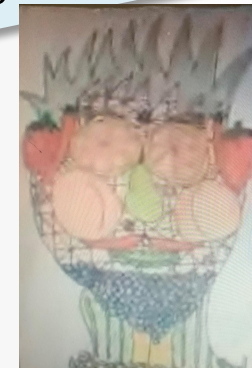
Activity  
Break w/  
Mrs.  
Benjamin's  
Class



Coordinating the Message

Whoa  
Foods in  
virtual PE

Giuseppe  
Arcimboldo (fruit  
and  
vegetable) inspire  
d art from Mrs.  
Wolf's art class





# Boosting the Message on Social Media

smore Beautiful and easy to use newsletters.



## JOIN US FOR THE WONDERFUL WEDNESDAY MINDFULNESS & YOGA SESSION THIS WEEK!

Every Wednesday from 12:15 pm - 12:30 pm (K-5 Student Choice Time) students and families are welcome to join the Wonderful Wednesday Mindfulness & Yoga Session.

Please click on the link below to join us this Wednesday, February 3, 2021, at 12:15 pm!

Link to Join: [WONDERFUL WEDNESDAY MINDFULNESS & YOGA SESSION](#)

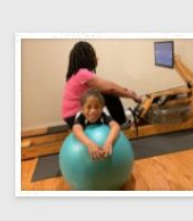
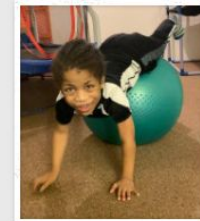
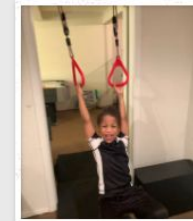
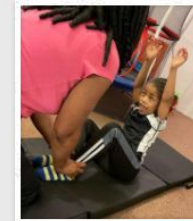


## SMORES Newsletter Yoga Announcement

## Sharing the Message

### HERE'S THIS WEEK'S CATCH MVP FAMILY THE TURNER FAMILY

Thanks to the Turner Family for submitting photos of your family doing awesome exercises together! Keep up the great work!



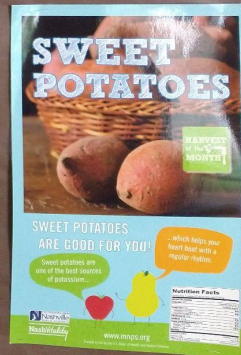
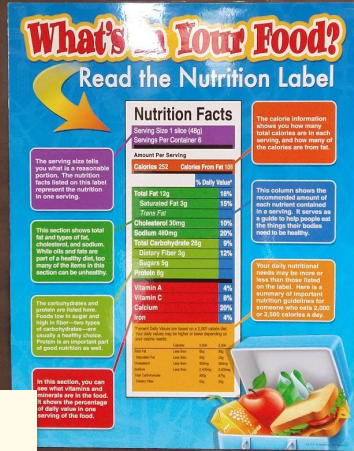
## SMORES Newsletter CATCH MVP Family



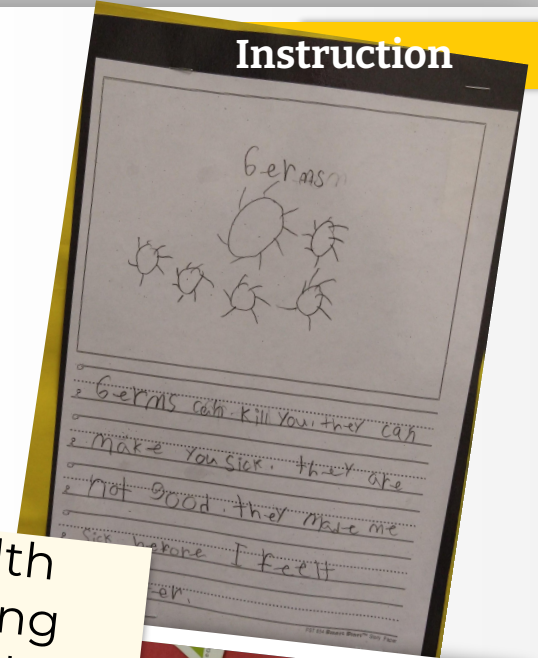
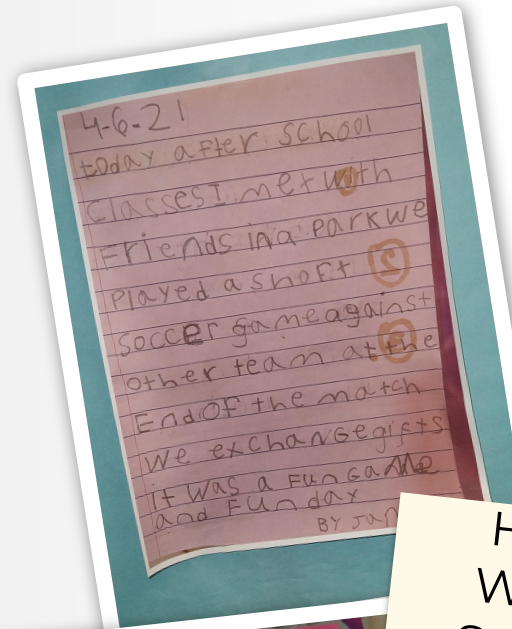


# Learning to Make Healthy Choices

Nutrition Label Information



CATCH has really made our students think about what they are eating.-Mr Mead



Health Writing Samples



SEL Board and Activity







# Family Wellness Event



“

*We had so much fun at Bike at School Day!*

*This is the best day ever!*

”



## Family Engagement



Now THAT  
is a bike!

Helmets on,  
moving safely



Down the  
stretch  
they go!



## Health is CATCH'ing on

Being able to introduce the CATCH curriculum was extremely beneficial to our students understanding of healthy habits with a focus on Go, Slow, and Whoa foods.

Teacher buy-in was not initially strong but “CAUGHT” on as the year progressed. Now our staff can’t wait until next year when we are fully in person and can watch our children grow with the seeds of knowledge we have planted with CATCH this year.

