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
CATCH has been an amazing resource for teaching our students the value of healthy eating and physical activity.

-Mrs. Eason, Principal

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kevin Mead</td>
<td>PE Teacher</td>
<td>Cherries</td>
</tr>
<tr>
<td>Monica Eason</td>
<td>Principal</td>
<td>Salad</td>
</tr>
<tr>
<td>Julie Wolf</td>
<td>Art Teacher</td>
<td>Unsalted Almonds</td>
</tr>
<tr>
<td>Terri Gibbons</td>
<td>Physical Therapist</td>
<td>Peaches</td>
</tr>
<tr>
<td>Officer Maya</td>
<td>District Liaison Officer</td>
<td>Apples</td>
</tr>
</tbody>
</table>
ABC’s CATCH Team

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

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

Miss Terri and Officer Maya
Weekly parent discussions with School Psychologist, Dr. Evans

**CATCH Messages**

**Everyday & Every Way**

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-3:00 pm.

During these sessions, families will have an opportunity to 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](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: rachael.evans@southfield12.org*

Why Mrs. Lenhard is a CATCH MVP

Go Snacks w/ Mrs. Washington's class
Classroom “Do Now” Activity

Coordinating the Message

Whoa Foods in virtual PE

Giuseppe Arcimboldo (fruit and vegetable) inspired art from Mrs. Wolf’s art class

Activity Break w/ Mrs. Benjamin's Class
Boosting the Message on Social Media

SMORES Newsletter Yoga Announcement

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

Every Wednesday from 12:15 pm - 12:30 pm SSM Student Center (6th Floor) 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: WONDEROUS WEDNESDAY MINDFULNESS & YOGA SESSION

HERE’S THIS WEEK’S CATCH MVP FAMILY

THANKS TO THE TURNER FAMILY

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

Parents, do you want your family and/or child to be a CATCH MVP Family? If yes, please email us and we will provide you with the details.

SMORES Newsletter CATCH MVP Family
Learning to Make Healthy Choices

“CATCH has really made our students think about what they are eating.” - Mr. Mead
Family Wellness Event

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

This is the best day ever!”

Helmets on, moving safely

Now THAT is a bike!

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.