

CATCH[®]
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 Ring Lardner

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



Healthy
Vikings are
Strong
Vikings



Our CATCH Team



Here at Ring Lardner, we place a high value on the whole child and community wellness. CATCH has been a great program to lead us in this valuable work.-Mike Vota

Name	Title	Favorite GO Food
Mike Vota	Assistant Principal	Berries
Evan Winkler	Principal	Banana
Paul DePoy	Health Teacher	Almonds
Brittany Millan	Nutrition Education Coordinator	Grapes



ABC's CATCH Team



Students
Lead the
Way

In and Out of
Class



Catch In Action

- **2021 Focus:**

Information "Push"

- Daily Announcements
- Monthly Videos
- Classroom Focus
- Project Lean for 6th and 7th Grade

- **2021 Successes:**

- Knowledge is Power
- Increased Daily Engagement
- Students Ready to Learn
- Staff Buy-In



CATCH Messages Everyday & Every Way

“

From CATCH videos, daily food announcements, staff challenges, to modeling exercising all are components of our healthy school community. - Brandy Carrington Dean of Students

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District wide
H2O
challenge.
Benefits of
water

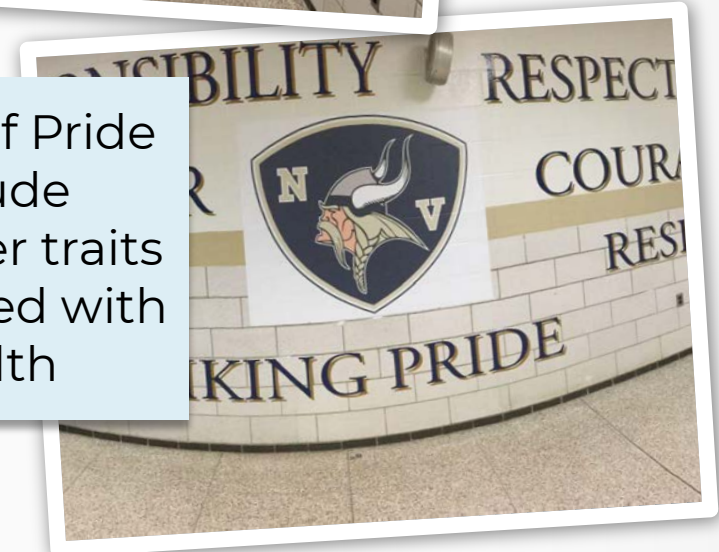


Coordinating the Message



Staff after
school
exercise.
Leading by
example.

Points of Pride
include
character traits
associated with
health



Healthy Bodies



Create Healthy Minds



RL Daily Exercise



Be an MVP



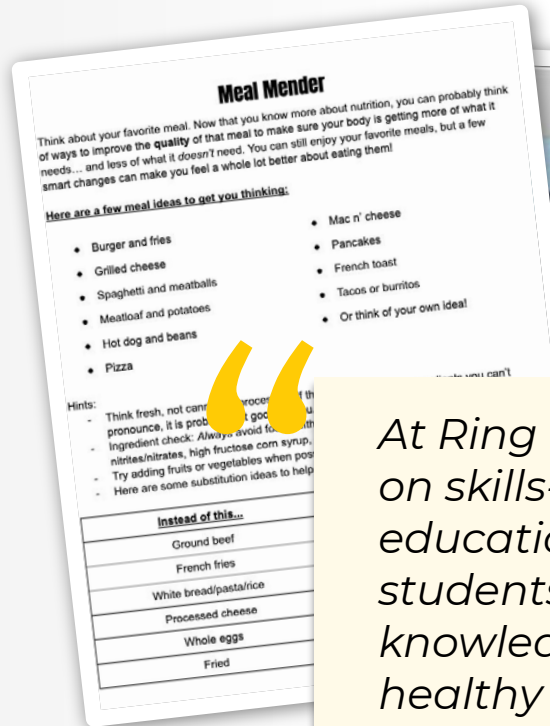
Proper Fuel



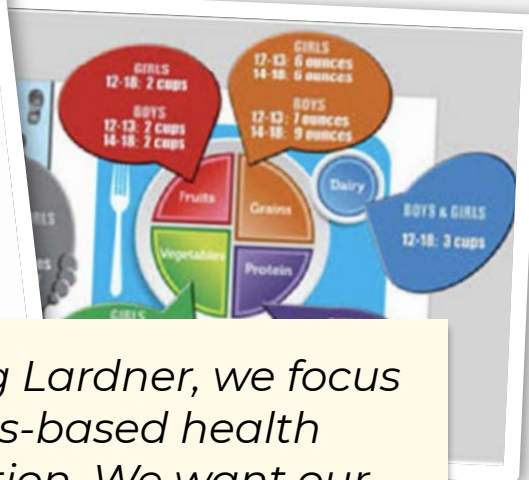
Mental Focus



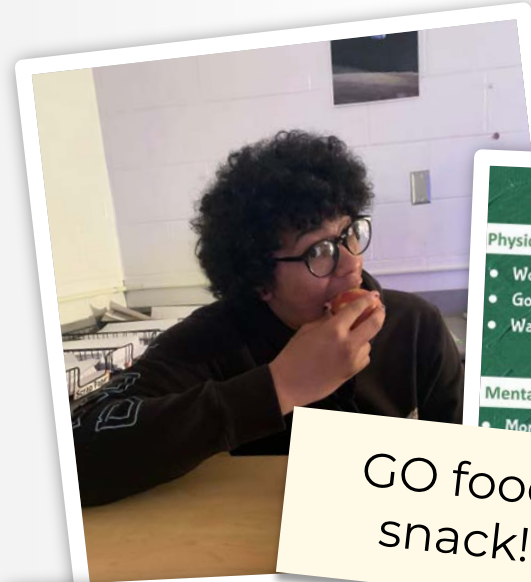
Learning to Make Healthy Choices



At Ring Lardner, we focus on skills-based health education. We want our students to have the knowledge to choose healthy food and physical activity options that they enjoy. -Paul DePoy Health Teacher



Instruction



GO food snack!

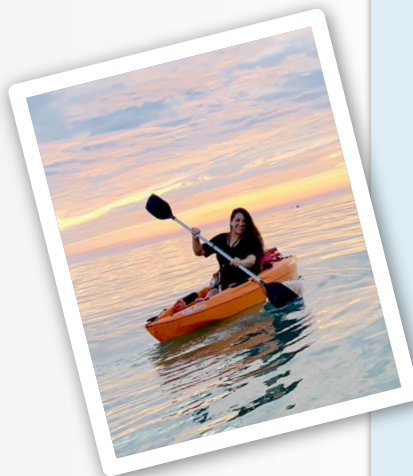
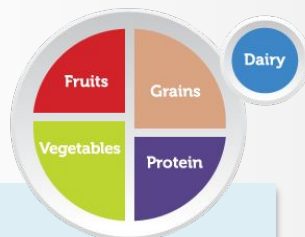


Student created Physical Activity PSA's





Partnership with Project LEAN



HEALTHY
FOOD
HEALTHY
LIFESTYLE

“

During our program I encourage students to be more physically active and make healthier choices. I want students to make health a lifestyle that they enjoy! I challenge students to find something active that they love to do and to cut out excess beverages and just stick with water! We also discuss our 5 food groups and ways to incorporate more GO foods into our diets.

*My favorite way to **M**ove is to kayak on Lake Michigan, I **V**alue healthy eating by choosing grapes over candy, and I **P**actice healthy habits by taking small steps each day to a healthier me!*

Brittany Millan,
Nutrition Education Coordinator



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Project LEAN

A poster titled "WHAT IS PROJECT LEAN?" featuring a collage of images: a healthy meal with a sandwich, fruit, and yogurt; a group of diverse children running outdoors; and the VBISD logo. The text on the poster reads: "Project LEAN is a nutrition education program that serves more than 12,000 students throughout Southwest Michigan to increase our students' consumption of fresh fruits, vegetables, and physical activity levels from their beginning personal baselines at the start of the program."

An infographic titled "How many teaspoons of sugar are in just one 8-ounce serving?" showing five beverages and their sugar content in teaspoons (TSPS): Water (0 TSPS), Sports Drink (4 TSPS), Sweet Tea (6 TSPS), Soda (6 TSPS), and Lemonade (7 TSPS). The infographic includes illustrations of each beverage and logos for the American Heart Association and the American Dietetic Association.

Beverage	Sugar (TSPS)
Water	0
Sports Drink	4
Sweet Tea	6
Soda	6
Lemonade	7





Health is CATCH'ing on

Don't be afraid to "Catch" the movement as Ring Lardner Middle School did this year. As a second semester focus, our school used the CATCH program to boost mental and physical wellness. As you can see, it was a huge success with students ready to learn every day with an understanding of the "fuel" needed to engage mentally in the classroom. Staff and students alike all have joined forces to make our school a healthier environment.