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

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
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<tbody>
<tr>
<td>Mike Vota</td>
<td>Assistant Principal</td>
<td>Berries</td>
</tr>
<tr>
<td>Evan Winkler</td>
<td>Principal</td>
<td>Banana</td>
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<tr>
<td>Paul DePoy</td>
<td>Health Teacher</td>
<td>Almonds</td>
</tr>
<tr>
<td>Brittany Millan</td>
<td>Nutrition Education Coordinator</td>
<td>Grapes</td>
</tr>
</tbody>
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ABC’s CATCH Team

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
Coordinating the Message

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

District wide H2O challenge. Benefits of water

Points of Pride include character traits associated with health

Staff after school exercise. Leading by example.
Healthy Bodies

Exercise

Create Healthy Minds

Proper Fuel

Be an MVP

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
Partnership with Project LEAN

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 Move is to kayak on Lake Michigan, I Value healthy eating by choosing grapes over candy, and I Practice healthy habits by taking small steps each day to a healthier me!

Brittany Millan, Nutrition Education Coordinator
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.