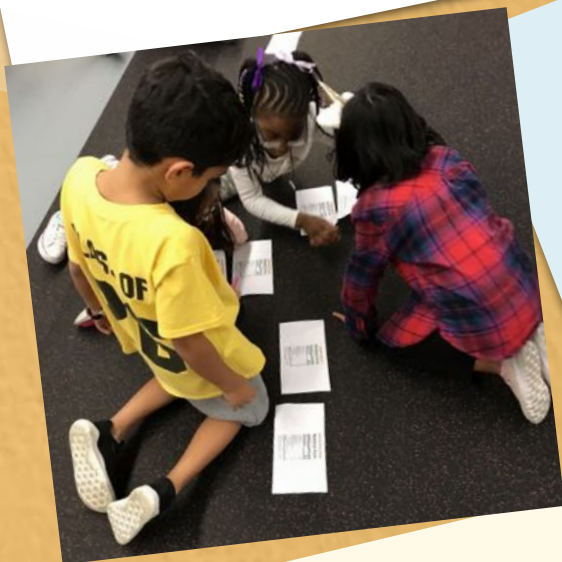


CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH

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 Sor Juana Elementary



2019-2020

CATCH is supported at this campus by

CATCH[®]
GLOBAL FOUNDATION

A Coordinated Approach to Child Health: To-Do List



School Leadership



Coordinating the Message



Sharing the Message



Instruction



Family Engagement



*GO food snacks
provided at a
whole school
event*

Our CATCH Team



“I love how the CATCH program helped us, teachers, and staff, make living a healthy lifestyle part of our school’s culture! We became and are a school that moves and eats healthy!” **-Cynthia Juarez, Literacy Teacher**

Name	Title	Favorite GO Food
Jenny Aguinaga	Health & Wellness Specialist	Carrots, apples
Leah Stephens	Music Teacher	Strawberries, zucchini
Cynthia Juarez	Literacy Teacher	Avocado
Susana Barajas	Pre K Teacher Aide	Watermelon
Sandra Prado	Teacher Aide	Banana
Alicia Torres	Literacy Teacher	Watermelon, cucumber
Sylvia Granados	Parent	Zucchini
Mireya Balcirak	Parent	Spinach



Sor Juana CATCH Team



Principal Kehr
announcing GO
foods in lunch for
the day.

Role Model
CATCH MVPs
at their 7:15
AM Running
group



School Leadership

- **Meetings:**

Every 2nd Wednesday of every other month & as needed

- **Successes:**

- Developing a reputation as a healthy school
- Making known what is happening to parents/staff
- Consistent health classes & health taught actively
- Common language about food
- Building a larger Wellness Team
- Making others rethink their words/behavior about food
- Giving PA and PE priority in school



CATCH Messages Everyday & Every Way



“It’s important for students to see what’s on their plates and figure out for themselves what types of foods they’re eating.” -**Mireya Balcirak**,
CATCH Team Parent

Coordinating the Message



Parent & Teacher Aide
designed bulletin board
in Cafeteria

Counselor designed a Google Lunch Meet up for students & encouraged them to show off their GO foods

LUNCH BUNCH

With Ms. Ulloa
Grab a healthy snack or a quick healthy lunch and take a break from remote learning. In this group you can eat, chat with peers and participate in some fun games/activities!

WHEN: EVERY WEDNESDAY FROM
11:00AM-11:25AM

GOOGLE MEET LINK PROVIDED 5



All staff have CATCH MVP playing cards outside their spaces

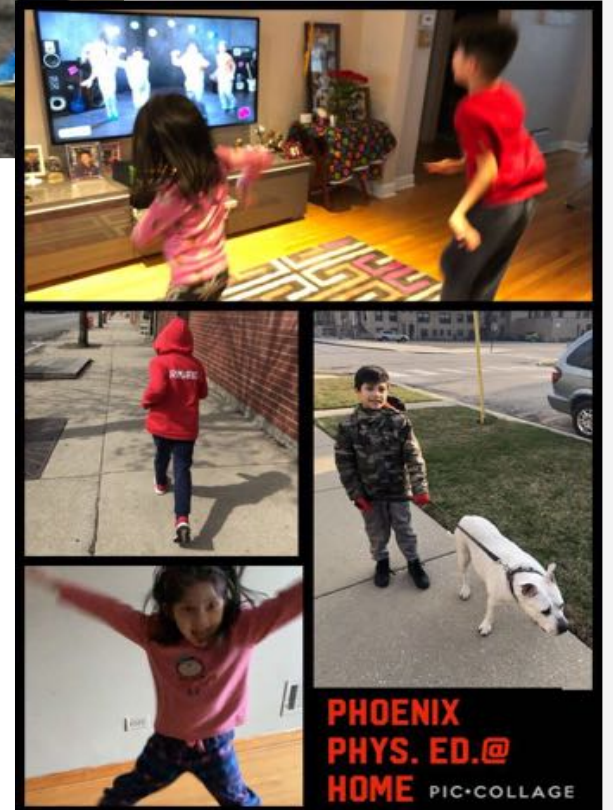


Coordinating the Message

We value moving & staying active -
National Walk to
School Day - whole
school event



CATCH MVPs
send photos &
videos of their
GO activities
during school
closure





Boosting the Message on Social Media

Class Dojo Messages about GO foods and drinks & parent comments

Messages

Ms. Aguinaga's post

P.E. 2



Choose more unsaturated fats and fewer saturated fats.

This week 2nd grade is learning about healthy and unhealthy fats. One type of unhealthy fat is SATURATED FAT. Your body doesn't need ANY saturated fat. Consider taking a look at the paper I am sending home today in the red folder and work with your student at home to make a plan to replace at least 1 unhealthy fat with a healthier one.

11 likes 2 comments 20 views

Regina M (Ja'Mari F's parent) 20m
Love this suggestion.

Mayra M (Gabriella M's parent) 5m
Awesome! This is when Gabby takes everything so serious and actually wants to eat better!! Looking forward to it

Add a comment... Send

Ms. Aguinaga's post



A 20 oz soda has the same amount of SUGAR as 6 donuts or 18 cookies.

Most of the added sugar in our diets comes from what we drink, not what we eat!

It's time to rethink your drink! Give up soda for the month of November and take charge of your heart health!

heart.org/sugar

Something else to consider this MOOOVE-EMBER!

Translation viewed by 1 parent

22 likes 2 comments 102 views

Annette G (Ja'Mari F's parent) 2h
Wow, I didn't know this!

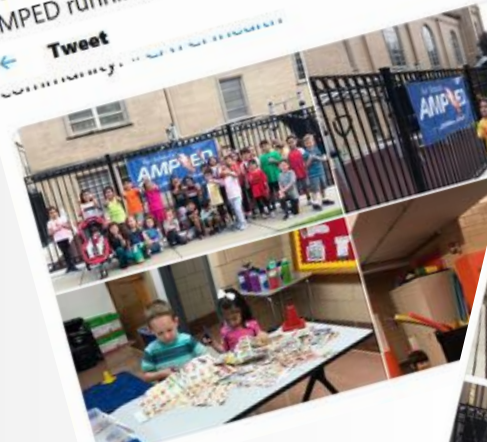
Monica G (Myles M's parent) 1m
talking about Whoa drinks... wow...

Add a comment... Send

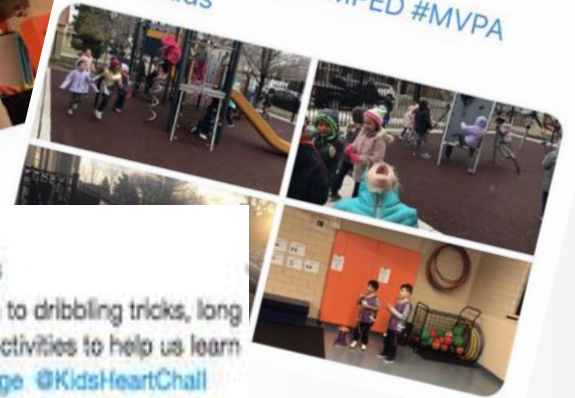
Sharing the Message

Aguinaga @pe_SorJuanaElem
Sor Juana @ChiPubSchools @Network8CPS kicks off #CATCHKickoff this week with students cutting out GO foods for a bulletin board, beginning the morning AMPED running program, and playing CATCH MVP tag

Tweet



Aguinaga @pe_SorJuanaElem · 1d
This is the fit life @SorJuanaElem @Network8CPS @ChiPubSchools cold day recess fun, AMPED morning run, and P.E. heart education game. #CATCHMVP #getAMPED #MVPA #activekids



You Retweeted

Sor Juana Elementary @SorJuanaCPS · Feb 28

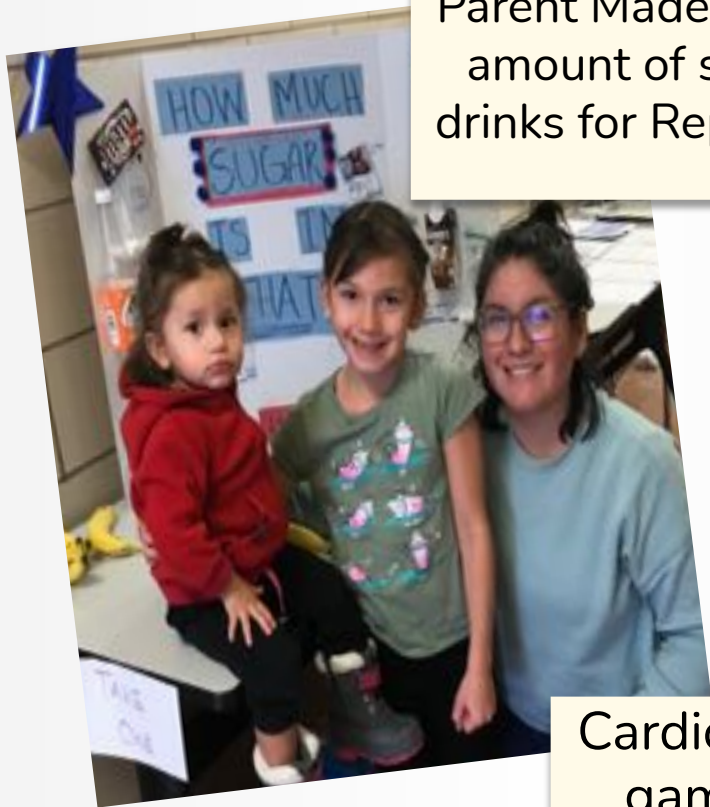
14 different stations from Yoga & calm classroom to dribbling tricks, long rope jumping & obstacle courses. 60 min of Go activities to help us learn better, run faster, & play longer #kidsheartchallenge @KidsHeartChall @American_Heart @Network8CPS @CPSuccessCHI #SorJuanaRising



School & PE social media promotes GO activities



Learning to Make Healthy Choices



Parent Made display showing amount of sugar in WHOA drinks for Report Card Pick Up day



Cardiologists in a tag game put tagged students on an exercise program



2nd grade whole class deep breathing break



Learning different types of GO activities

Health lessons in Google Classroom for remote learning

HEALTH LESSONS (*)



HEALTH LESSONS

Edited May 18

During remote learning for Health, students' grades will be based on the completion of 3 Health Lessons. A Health Lesson is a 15 minute Google Slide narrated by the teacher that is intended for the student to view with a family member. There is no assignment attached with the lesson, but rather an assumption that a family discussion and reflection will occur upon completing the learning. These are nutrition based lessons and the best way to show learning is to take what is learned and make changes in family meals & snacks. In order to show completion of these lessons, I am asking that students complete the Health Lesson Log (not available yet) when they are done with ALL 3 lessons. I have already released one Google Slide presentation on GO to WHOA and this week I am releasing one more about WHOLE GRAINS. Please understand that I am responsible for TWO SEPARATE grades, a HEALTH and P.E. grade for your student.



1.8 How GO Can Become ...
<https://docs.google.com/pre...>



2.7 Whole Grains - Googl...
<https://docs.google.com/pre...>

2 class comments



Family Wellness Event: Virtual Field Day



pe_phoenixphit Alright Phoenix CATCH MVPs! Tomorrow is Field Day! Prep your GO snacks for Field Day. Starting at 8:00 AM you will be able to see your CATCH MVP teachers and their families taking part in National Field Day! This is the schedule of events for the videos that you will see posted on Sor Juana's and Phoenix Phil's Instagram, Facebook, and Twitter pages tomorrow. Leave a comment for each event take pictures/videos of you and your family doing the events! Send videos to Ms. Aguinaga! #CATCH MVP @CATCHhealth #NationalFieldDay #PhysicalEducation #SorJuanaRising #SorJuanaElementary @chipubschools



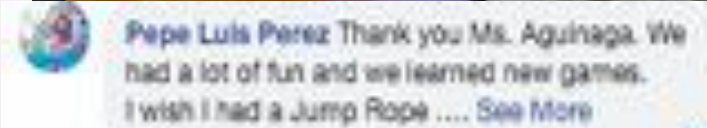
Healthy GO
snacks at
home

May 8, 2020

Family Engagement



Students
sent videos
& photos of
participation
in events.



Whole families
participated in Field
Day and submitted
scorecards.



Classroom physical
activity break -
Music



“The CATCH program provides clear messaging to help kids develop healthy habits. It’s a great way to get kids excited about being active and eating foods that fuel their activity.” - **Leah Stephens, Music teacher**

Health is CATCH'ing on

CATCH star tasks gave staff specific ideas of how to make their healthy behaviors evident to their students. Administration was given language to use with students school wide and now everyone uses it! CATCH health lessons, homework, and posters reinforced language and clear ideas of what “being healthy” means. Parents and staff made commitments to celebrating in a different way. CATCH provided Sor Juana Elementary the foundation needed to cultivate a healthy school culture.