CATCH us
Being Healthy
at Sor Juana
Elementary
2019-2020

We are a CATCH MVP School!

- Move and Stay Active
- Value Healthy Eating
- Practice Healthy Behaviors
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

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jenny Aguinaga</td>
<td>Health &amp; Wellness Specialist</td>
<td>Carrots, apples</td>
</tr>
<tr>
<td>Leah Stephens</td>
<td>Music Teacher</td>
<td>Strawberries, zucchini</td>
</tr>
<tr>
<td>Cynthia Juarez</td>
<td>Literacy Teacher</td>
<td>Avocado</td>
</tr>
<tr>
<td>Susana Barajas</td>
<td>Pre K Teacher Aide</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Sandra Prado</td>
<td>Teacher Aide</td>
<td>Banana</td>
</tr>
<tr>
<td>Alicia Torres</td>
<td>Literacy Teacher</td>
<td>Watermelon, cucumber</td>
</tr>
<tr>
<td>Sylvia Granados</td>
<td>Parent</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Mireya Balcirak</td>
<td>Parent</td>
<td>Spinach</td>
</tr>
</tbody>
</table>
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
“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

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. Ullas
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 $

All staff have CATCH MVP playing cards outside their spaces.

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

We value moving & staying active - National Walk to School Day - whole school event.
Sharing the Message

Boosting the Message on Social Media

Class Dojo Messages about GO foods and drinks & parent comments

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

2nd grade whole class deep breathing break

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

Learning different types of GO activities

Health lessons in Google Classroom for remote learning

HEALTH LESSONS (*1)

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 lesson. These 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 WHIS and this week I am releasing one more about WHOLE GRAINS. Please understand that I am responsible for TWO SEPARATE grades, a HEALTH and PE grade for your student.

1.6 How GO Can Become ...
https://docs.google.com/presentation

2.7 Whole Grains - Goog...
https://docs.google.com/presentation
Family Wellness Event: Virtual Field Day

May 8, 2020

Annette R Gordils: We are super excited for Friday's Field Day!!! Carina can't wait and we have been practicing thanks to Ms. Aguinaga's Instagram posts and YouTube videos!

Pepe Luis Perez: Thank you Ms. Aguinaga. We had a lot of fun and we learned new games. I wish I had a Jump Rope... See More

Melissa Lynn: We had a great time today!

Healthy GO snacks at home

Students sent videos & photos of participation in events.

Whole families participated in Field Day and submitted scorecards.
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.

“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

A Year of CATCH

Health is CATCH’ing on