



Yearbook

We are a
CATCH **MVP**
School!

West Park Staff are
CATCH MVPs!

- **M**ove and Stay Active
- **V**alue Healthy Eating
- **P**ractice Healthy Behaviors

CATCH us Being Healthy at West Park Elementary

2020-2021

CATCH is supported at this campus by



A Coordinated Approach to Child Health:

To-Do List



School Leadership



Coordinating the Message



Sharing the Message



Instruction



Family Engagement



Remote Learning did not stop us from becoming a CATCH school!

Our CATCH Team



**“ We never “Whoa” We all “Go”!!
-PE Teacher**

The whole-child wellness model of CATCH helps us support our students by addressing their needs on a community engagement level and by making physical and nutritional health information accessible.

- School Social Worker

”

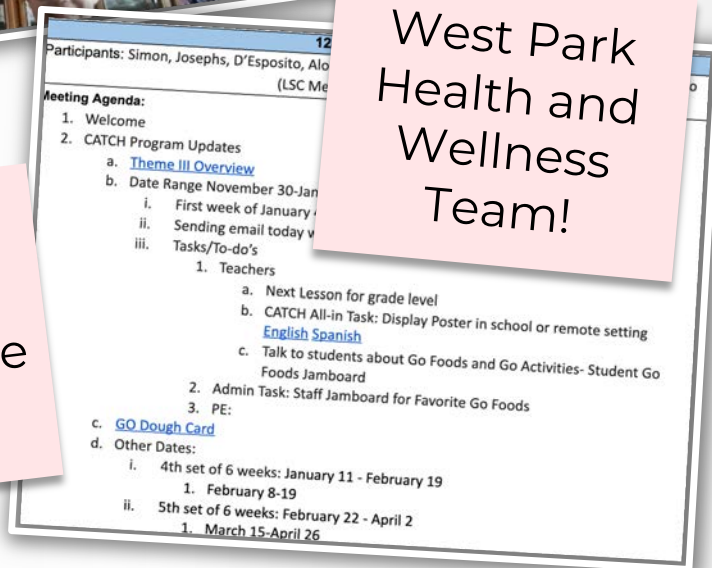
Name	Title	Favorite GO Food
Karime Asaf	Principal	Steamed Broccoli
Nicole Simon	School Counselor and CATCH Champion	Strawberries
Donyielle Josephs	PE Teacher	Grapes
Robert Alonzo	Music Teacher	Sweet Peppers
Wynter Rose	STEAM Coordinator	Berries
Laura Povsner	Art Teacher	Bananas and Sweet Potatoes
Stefie D'Esposito	School Social Worker	Strawberries and Blueberries
Elva Bahena	Resident Principal	Cucumber
Wanda Vega	School Counselor Intern	Bananas and Pecans with Yogurt
Bianca Vazquez	Prek Teacher Assistant	Cucumber and Pineapple
Aniya Williams	Student	Strawberries and Yogurt
Angelica Urquiza	Student	Apples, Pineapple, Kiwi, Oranges, Watermelon
Rosa Oquendo	Parent Liaison	Steamed Vegetables and Yogurt w/ Blueberries
Megan Hinchey	Strawberries	Program Coordinator at CLOCC

ABC's CATCH Team



West Park Health and Wellness Team!

Monthly Agendas always include CATCH!



• Meetings:

2nd Wednesday of every month

• Successes:

- Completed all CATCH activities virtually!
- Received a high rating on CPS health report!
- Hosted virtual 5 day Family Fitness event in March!
- All staff participated in tasks!
- Students enjoyed CATCH program and learning about Go, Slow and Whoa foods!

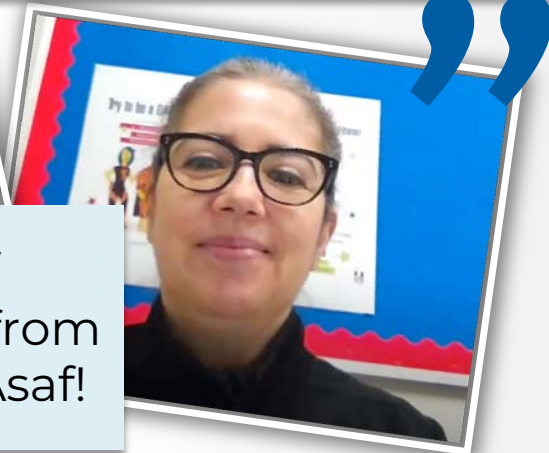
CATCH Messages Everyday & Every Way

“

I was filled with pride to see our school community working collectively to spread the CATCH message!
-Principal Asaf



Kickoff
messages from
Principal Asaf!



"It was awesome to be able to know how much sugar and salt are on foods. My students enjoyed it very much! Discussions were on point about their health and discovering what they eat is healthy or is not healthy.

-4th Grade Teacher



Students
spreading the
word!

Staff members
making
commitments!

Coordinating the Message

My Healthy Living Commitment

Mrs. Maureen Wolff



I am committed to: eating a healthy breakfast everyday. Eating a healthy breakfast in the morning gives me the energy that I need to start the day. After all, breakfast is the most important meal of the day. Things that I like to eat for breakfast include: boiled eggs or veggies omelets with blueberries or raspberries on the side.

Coordinated Appro

Coordinating the Message

Staff Emails

Simon, Nicole <nasimon@cps.edu>
To LaTonya, Alejandra, Alice, Allison, Amy, Angelica, Armani, Karime, Barbara, Bianca, Bianca, Carmen, Catherine
Hi Everyone!

Mon, Feb 8, 4:36 PM

Our next CATCH Theme IV tasks can be done now through February 19.

Everything everyone has submitted thus far has been awesome, from the staff submissions to the student work! It's been great seeing everything and the enthusiasm around being MVPs!

Moves and Stays Active
Blues Healthy Eating
Practices Health Habits

Submit class evidence into the **CATCH Theme IV evidence folder**. If you would like to use all students, do a screenshot versus individual, unless that's what you prefer. Or just submit 1-2 student samples, etc. Whatever is easiest for you!

All in staff tasks
Share a...

Nov 11

ures, description of how you stay active at home into this slide presentation:

u, please let me know if you do not want to be featured.

Fitness Event the week of March 8.

Ms. Simon
West Park Elementary Academy

Hello West Park Families!

Last month we informed our school community that we are a CATCH school this year. CATCH stands for Coordinated To Child Health. Staff members are making commitment making healthier choices and we would love for our families to participate as well! Please read this family available in English and Spanish. There will also be for families to be involved throughout the year and more information on how!

Thank you!

CATCH Parent Letter in English:
https://digitalcatchprod.s3.amazonaws.com/upload/production/file/3210/OurCATCHSchoolFlyer_Eng.pdf

CATCH Parent Letter in Spanish:
https://digitalcatchprod.s3.amazonaws.com/upload/production/file/3211/OurCATCHSchoolFlyer_Spn.pdf

Family Messages

Family Event Flyer!

WEST PARK VIRTUAL FAMILY FITNESS EVENT

ALL FAMILIES ARE WELCOME! ¡TODAS LAS FAMILIAS SON BIENVENIDAS!

All events 5-5:45 pm | Livestream link will be posted in Class Dojo daily

DATE	ACTIVITY	HOST
MARCH 8	ZUMBA	MS. CARI FROM GRAFFITI RHYTHMS
MARCH 9	DRINK DEMONSTRATION	MEGAN HINCHY FROM CONSORTIUM TO LOWER OBESITY IN CHICAGO CHILDREN
	YOGA	MS. RACHEL
	DANCE SESSION	MS. DIXON FROM DESIGN DANCE
	VIRTUAL GYM CLASS	JOSEPHS FROM WPA

Submit videos for the Family Challenges!

- Longest Plank
- Longest Wall Squat
- Longest Jump Squat
- Longest Push-up
- Most Push-ups
- Most Squats

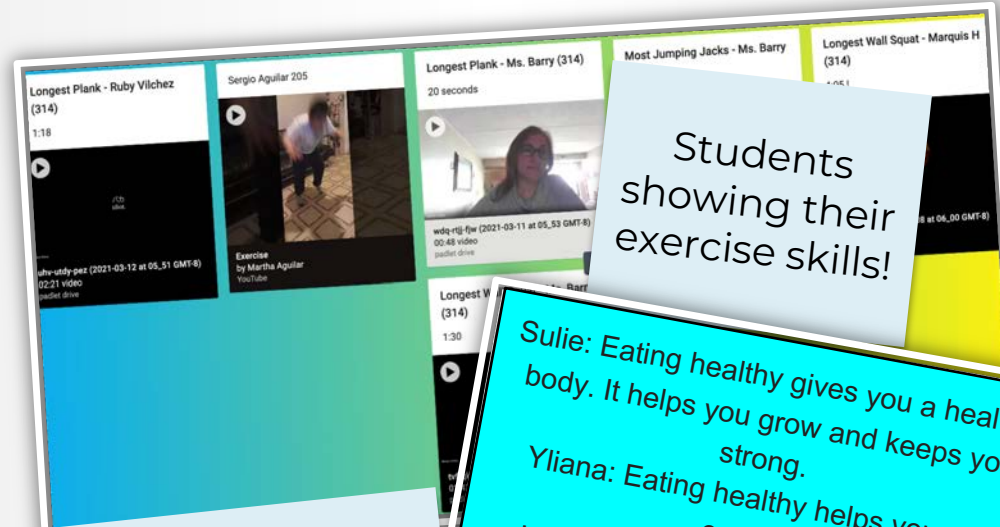
Attend:

- 1 event - 5 raffle tickets
- 2 events - 10 raffle tickets
- 3 events - 15 raffle tickets
- 4 events - 20 raffle tickets
- 5 events - 25 raffle tickets

off gift cards and 5 fitness baskets!

MORE INFO CALL 773-534-4940

Students showing their exercise skills!



Student comments!

Sulie: Eating healthy gives you a healthy body. It helps you grow and keeps you strong.

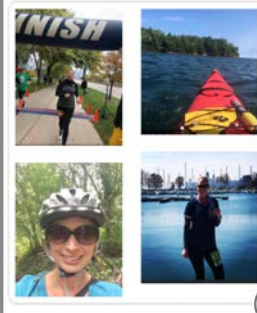
Yliana: Eating healthy helps you get energy.

Jana: Fruits help you to not get sick.

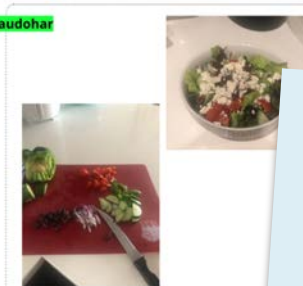
Mia: Eating fruits and vegetables helps our brain work.

Adam: Eating fruits and vegetables give you the vitamins you need.

I Like to Move It, Move It!



I Like to Cook It, Cook It!



Teachers sharing!

Boosting the Message on Social Media

Nicole Simon @nasimon709 · Jan 11
Teachers and students @WestParkAcad did a great job with @CATCHhealth discussions during Phase 2 (Nov) and Phase 3 (Jan). It's great seeing our #catchmvp students discuss healthy choices to help with their growth and development!



Playing *tag*!

West Park
@WestParkAcad

District
@ChiPubSchools

CATCH
@CATCHhealth

#CATCHMVP
#CATCHTHEME(#)

Sharing the Message

Nicole Simon @nasimon709 · Apr 13
It's been awesome seeing our @WestParkAcad school community engaged in @CATCHhealth! Here are some highlights from Theme V.
#CATCHMVP #CATCHTHEMEV



Nicole Simon @nasimon709 · Mar 5
Excited to have our @CATCHhealth Family Fitness Event next week!

West Park Academy @WestParkAcad · Mar 5
Our Virtual Family Fitness Event / Nuestro evento virtual de fitness familiar - Join us next week for our Virtual Family Fitness Event (see flyer)! It will be March 8-12, with an event from 5-5:45 pm every day of the week!... edne.tw/n705400

FITNESSEVENT
ALL FAMILIES ARE WELCOME! ¡TODAS LAS FAMILIAS SON BIENVENIDAS!

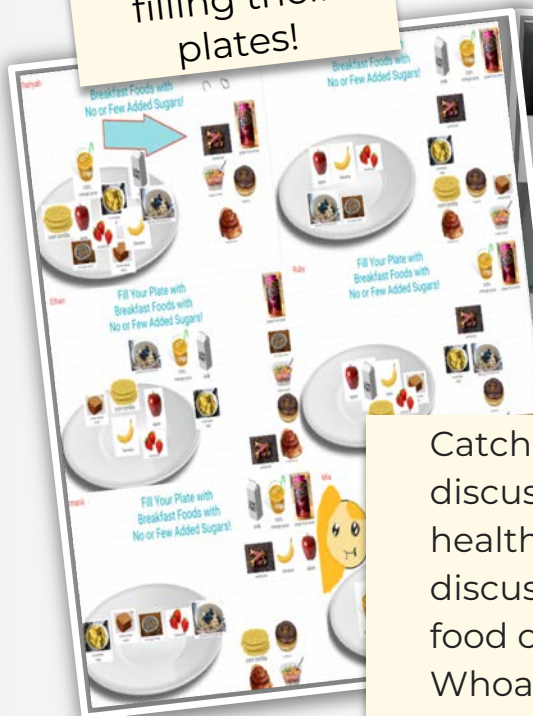
All events 5-5:45 pm | Livestream link will be posted in Class Dojo daily

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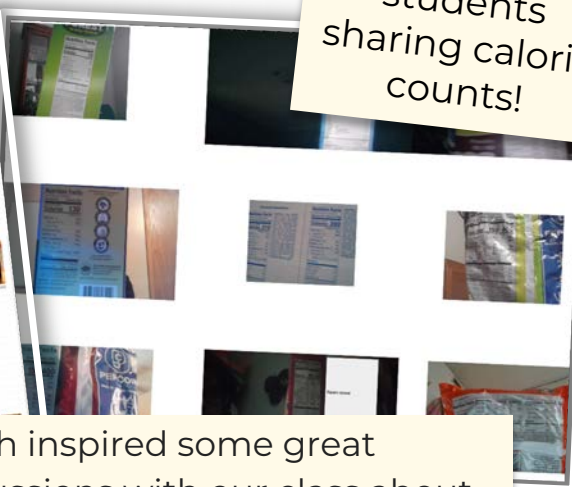
Submit videos
for the Family
Challenges!
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Longest Wall Squat
Longest Jump Rope

Learning to Make Healthy Choices

2nd graders
filling their
plates!

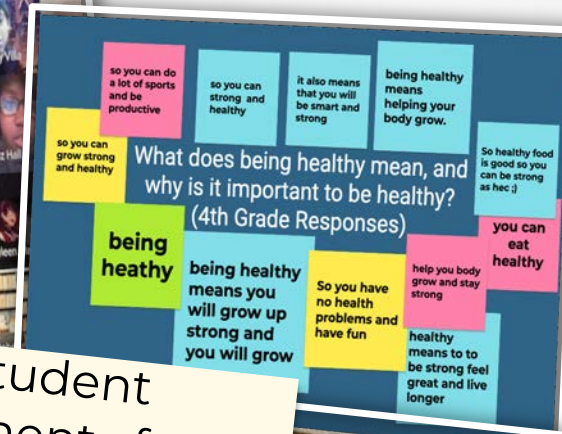
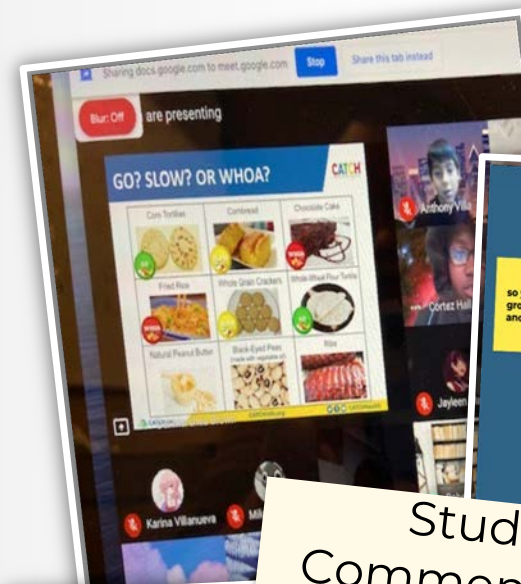


7th grade
students
sharing calorie
counts!



Catch inspired some great discussions with our class about healthy living. The best discussions we had were about food choices. The Go, Slow, Whoa framework helped our discussion and student understanding. Students also had fun calculating their target heart rate.

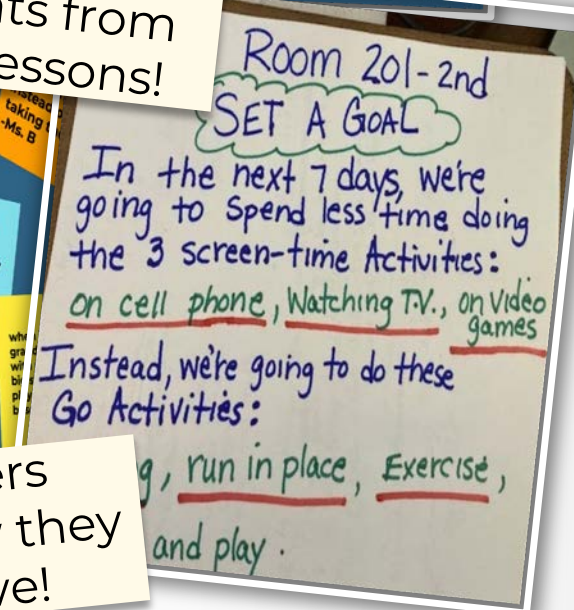
-7/8th grade Math Teacher



Student
Comments from
CATCH Lessons!



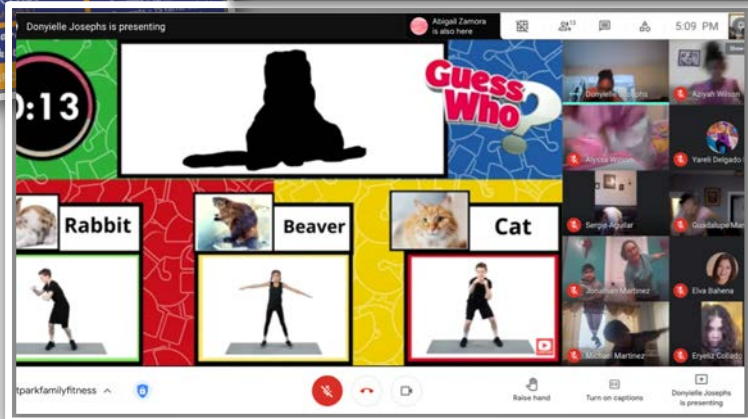
8th graders
sharing how they
stay active!



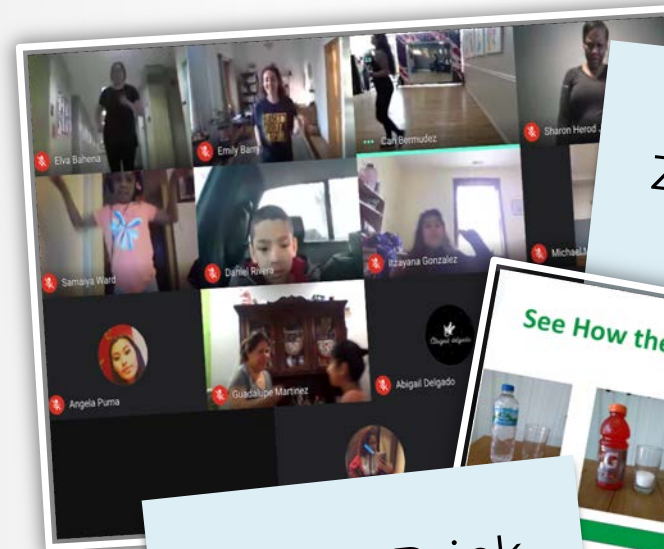
Family Wellness Event

"I like it because I got to spend time with my daughter and it was fun and it helped us relax in a fun way, and each day I finished my things to be prepared to join the next class of the week. I discovered I could do things I never knew I could do. I have a bone health problem and I discovered I could do certain stretches that help me with my problem. But the most beautiful thing was the time I got to spend with my daughter having a fun time. Thank you for the opportunity to participate!"

- Parent of 6th grader



Family Engagement



Zumba!

See How the Drinks Compare

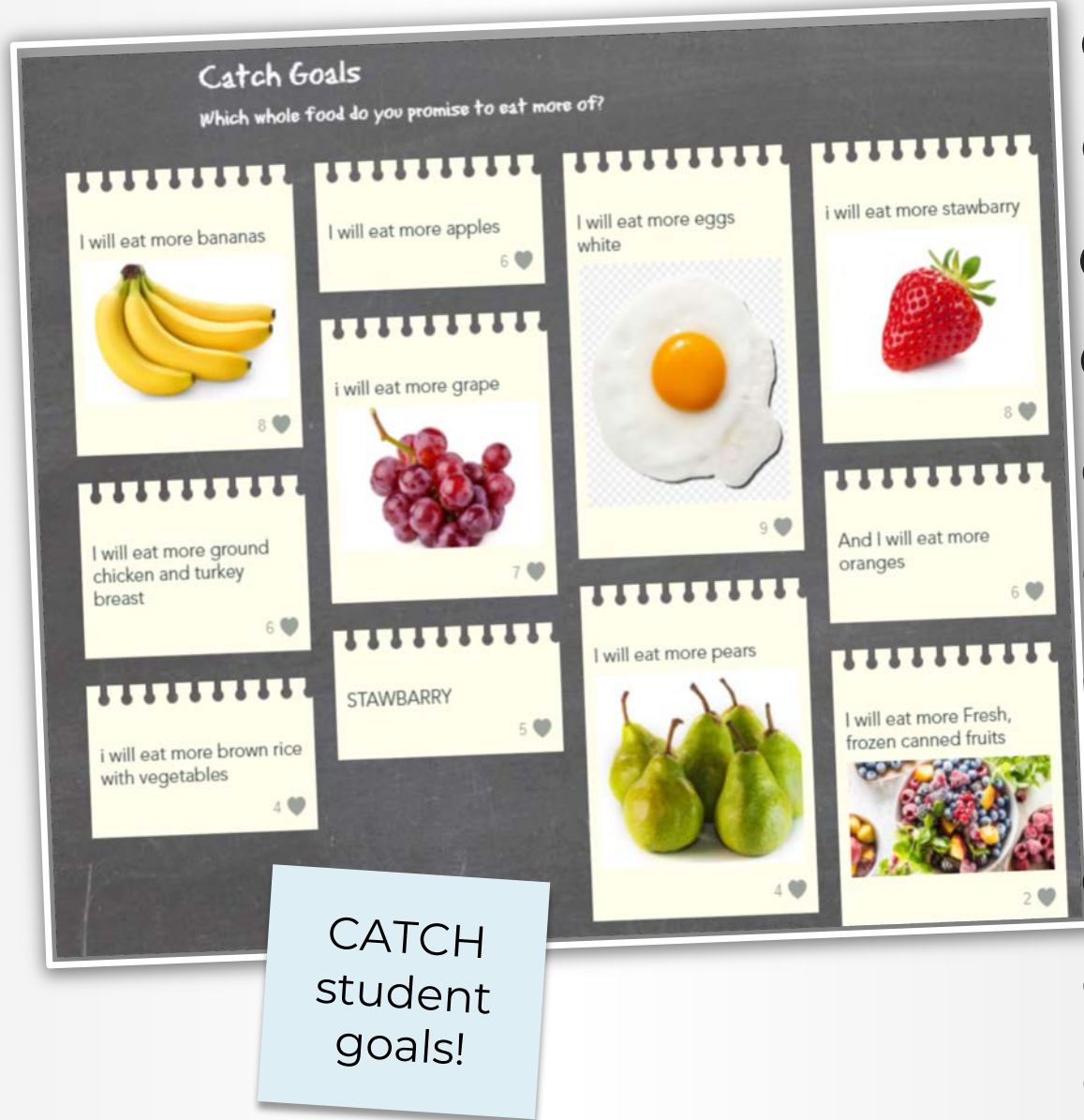


Sugary Drink Demonstration!

More than 9 tsp daily from all foods and drinks
Children: No more than 6 tsp daily from all foods



Raffle!



Health is CATCH'ing on

Despite being virtual this school year, West Park staff and students rose to the occasion with implementing the CATCH program! Teacher and student interest and perseverance has been impressive and refreshing. Staff and students have enjoyed completing the virtual tasks and sharing all that they have learned! We are all looking forward to seeing CATCH come alive next school year in the building!