CATCH us
Being Healthy
at West Park
Elementary
2020-2021

We are a CATCH MVP School!

West Park Staff are CATCH MVPs!

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

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
ABC’s CATCH Team

- **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!

Monthly Agendas always include CATCH!
CATCH Messages Everyday & Every Way

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

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Kickoff messages from Principal Asaf!

Students spreading the word!

Staff members making commitments!

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."
Coordinating the Message

Students showing their exercise skills!

Sule: 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.

Teacher sharing!

Family Event Flyer!

Family Messages

Staff Emails
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 health and fitness to help with their growth and development!

Playing *tag*!
West Park @WestParkAcad
District @ChiPubSchools
CATCH @CATCHhealth
#catchmvp #catchtheme(#)

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

West Park is Celebrating CATCH Success!

Nicolle 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... also.tw/t/705400

FITTENSEVENT

All families are welcome! Todas las familias son bienvenidas!

5 events 5-5:45 pm / Live stream link will be posted in Class Dojo daily

MARCH 8 ZUMBA
MARCH 9 DRINK DEMONSTRATION
MARCH 9 MINDFULNESS FROM CONSORCION TO LOWER CRECIES IN CHICAGO CHILDREN

Submit video for the Family Challenges!
Learning to Make Healthy Choices

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

2nd graders filling their plates!

7th grade students sharing calorie counts!

Student Comments from CATCH Lessons!

In the next 7 days, we’re going to spend less time doing the “3 screen-time activities:
On cell phone, watching TV, on video games
Instead, we’re going to do these Go Activities:
- Run, run in place, Exercise, and play

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

Zumba!

See How the Drinks Compare

Sugary Drink Demonstration!

Raffle!
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!