CATCH Yearbook

We are a CATCH MVP School!

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

CATCH us Being Healthy

Vivian Riddle

2019-2020

CATCH is supported at this campus by

MICHIcAGOr HEALTH ENDOWMENT FUND
A Coordinated Approach to Child Health: To-Do List

- ✔ School Leadership
- ✔ Coordinating the Message
- ✔ Sharing the Message
- ✔ Instruction
- ✔ Family Engagement

We DANCE at Riddle Elementary!
Our CATCH Team

Teamwork makes the dream work!

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion</td>
<td>Christina Powell</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Team Member</td>
<td>Kathleen Reid</td>
<td>Bananas</td>
</tr>
<tr>
<td>Team Member</td>
<td>Tracy Coates</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Team Member</td>
<td>Peggy Byars</td>
<td>Salad</td>
</tr>
<tr>
<td>Administrator</td>
<td>Nicole Beard</td>
<td>Carrots</td>
</tr>
</tbody>
</table>
ABC’s CATCH Team

Meetings:
We met 5 times throughout the year

Successes:
- Kick off Ceremony with donated apples
- CATCH activities during PE time
- Healthy Family Event in conjunction with Family Reading Camp Out With a Good Book.
CATCH Messages Everyday & Every Way

Body Control and keeping one’s own space are important skills to practice,

Learning About the Apple Tree Life Cycle

This was fun activity in the middle of a LONG Professional Development.

GO foods vs. WHOA foods

Coordinating the Message
CATCH yourself making Healthy Choices!

Outdoor Fun!

Fruit Art Work

Healthy Bodies

Healthy Hearts

Healthy Minds

Coordinating the Message
Sharing the Message on Social Media

**Playing *tag*!**

School
@Riddle

District
@Lansingschooldistrict

CATCH
@CATCHhealth

Funder
@Tag3
Learning to Make Healthy Choices

What do you like better?

Healthy food helps our brains grow strong!

Fresh Air

Climbing
Family Wellness Event

“...The Health Trail was a good addition to family night.
- Parent

An apple a day keeps the doctor away.

We added a healthy choices spread to our regular family night menu.

Healthy Bodies!
Using the Coordination kit star tasks to keep momentum going and keep everyone on the same page made committing to a healthy school environment fun and easy. Staff, students and families are starting to look at everything we do here at school with health in mind. Adults being healthy role models really reinforces the message. We can’t wait to keep it going next year!