

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 DE ZAVALA ELM

2020-2021

CATCH is supported at this campus by

A Coordinated Approach to Child Health: To-Do List



School Leadership



Coordinating the Message



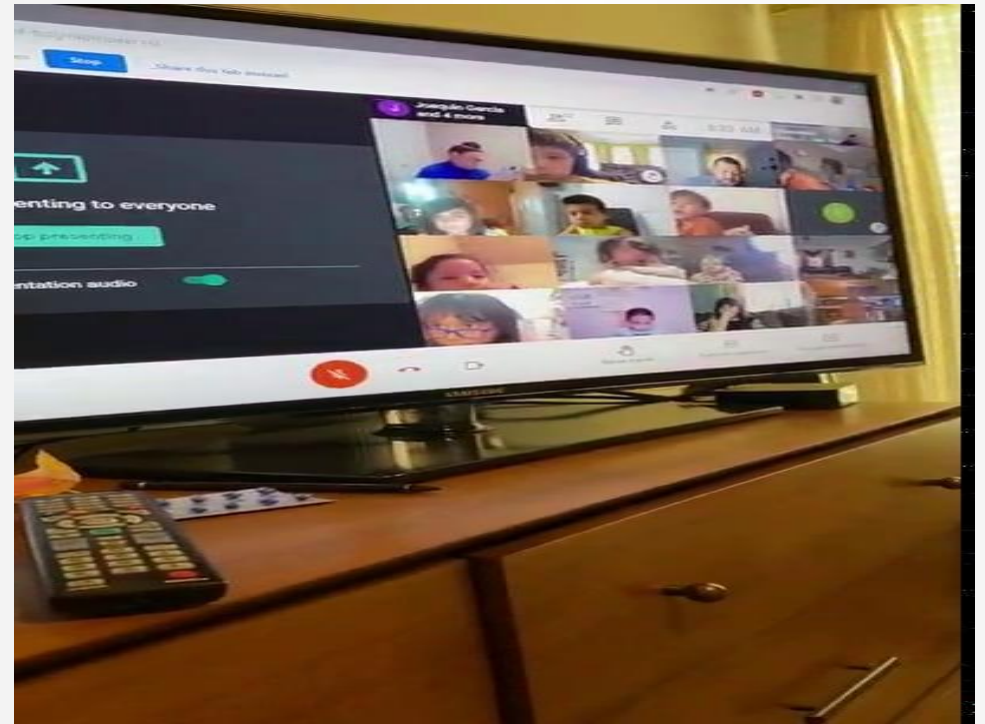
Sharing the Message



Instruction



Family Engagement



WORKING
ON LESSON



Our CATCH Team



Name	Title	Favorite GO Food
ROBERTH HINOJOSA	PE TEACHER	BANANA
ALYSSA GUTIERREZ	PE TEACHER	ZUCCHINI
VIRGINIA BANDA	MUSIC TEACHER	STRAWBERRY
ROSIE MENDOZA	HILD TEACHER	MANGO



ABC's CATCH Team

EXERCISING TO
LEARNING OUR
NUMBERS. EXAMPLE
FOR TEACHERS TO USE

OUR CAFETERIA
IS THE BEST
TEAM!! ALWAYS
KEEPING THE
STUDENTS
AWARE OF
GO, SLOW, WHOA



School Leadership

- **Meetings:**

TALKING GO, SLOW WHOA IN THE CLASSROOM, & PHYSICAL ACTIVITY

- EASY BRAIN BREAKS TO DO IN THE CLASSROOM
- ADDRESSING PARENTS IN ABOUT CATCH

- **Successes:**

- BRAIN BREAKS IN THE CLASSROOM
- GO, SLOW, WHOA, ON SCHOOL MENU FOR KIDS TO KNOW.



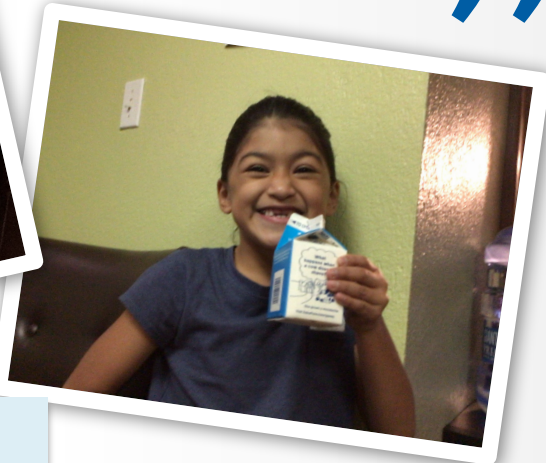
CATCH Messages Everyday & Every Way

“



WATER, THE BEST
SOURCE OF
LIQUID INTAKE,
NO SUGARS!!!

”



1% MILK!!

Coordinating the Message



ALWAYS TRY
TO STAY
ACTIVE, EVEN
AT HOME



BABY QUINN
LEARNING
EARLY TO BE
ACTIVE AT 2
YEARS OLD

DE ZAVALA STUDENTS PICKING
THEIR FAVORITE GO FOOD!!



ating the Message



Boosting the Message on Social Media



*Playing *tag*!*

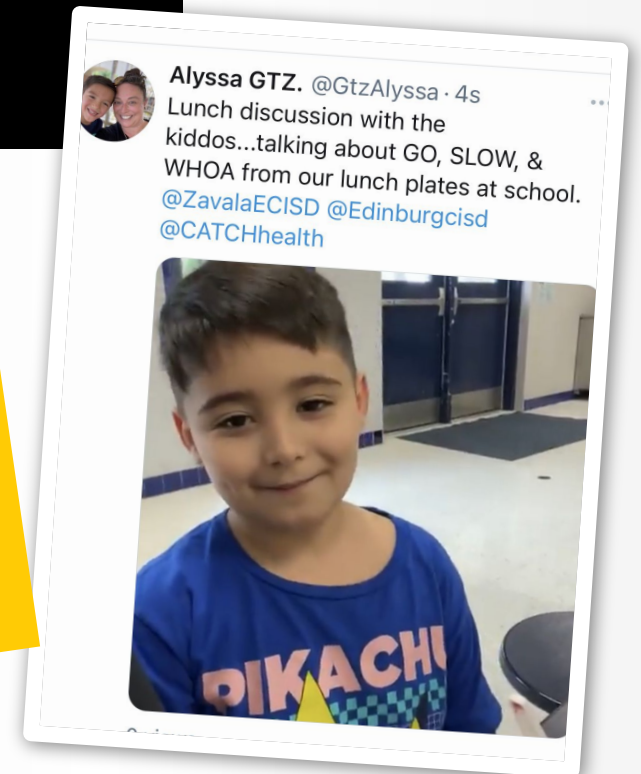
School
@ZavalaECISD

District
@EdinburgCISD

CATCH
@CATCHhealth

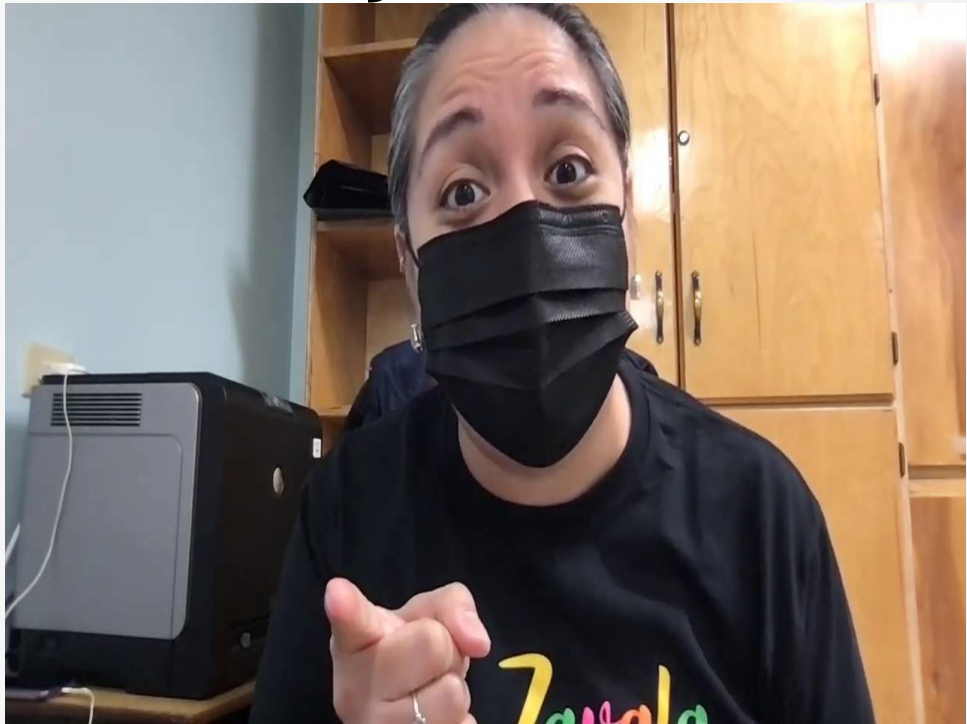
Cesar Cantu
and Noah
Alegria
discussing
lunch based
on CATCH

Sharing the Message





Learning to Make Healthy Choices



“

Mrs. Banda, music teacher, helping us get the message out.

”

Instruction

WHOA Foods
WHOA Foods are highest in unhealthy fats, added sugars, and/or sodium, and are ultra-processed.

- Canned Fruit in Heavy Syrup
- Cake & Cookies
- Soft Drinks Added
- Fried Potatoes
- Fried & Processed Meats
- Flavored Ice Cream & Protein

SLOW Foods
SLOW Foods are healthier than WHOA Foods, but not as healthy as GO Foods.

- 2% Milk & Low Fat Dairy
- Baked Chicken With Skin, Lean Ham & Lean Beef Hamburger
- 100% Fruit Juice
- Pretzel
- Tortilla Chips
- Pasta & Bread Made With Refined Flour

GO Foods
GO Foods are lowest in unhealthy fats, added sugars, and are the least processed.

- Veggies
- Lean Meats, Poultry & Fish
- Fruits
- Plain Low Fat + 1% Dairy
- 100% Whole Grain Breads, Pastas & Cereals

Go, Slow, Whoa

Eggs for Breakfast, Go Food

*Be Grateful
DREAM BIG
Do Your Best
BE HAPPY*

© 2019 FlagHouse, Inc.

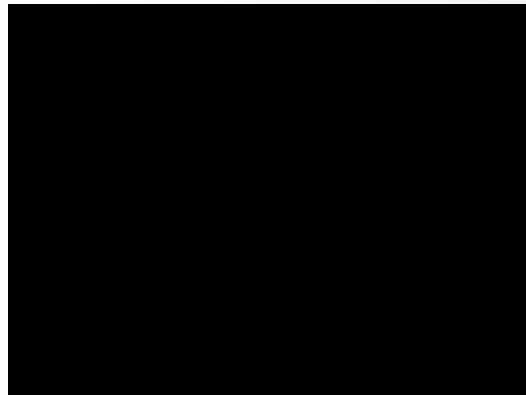


Family Wellness Event

“

Working odds hours of the week due to my job sometimes its hard to be with the kids, but when I am there I take the advantage of any physical activity with my boys.
- **J. Rodriguez**

”



Family Engagement



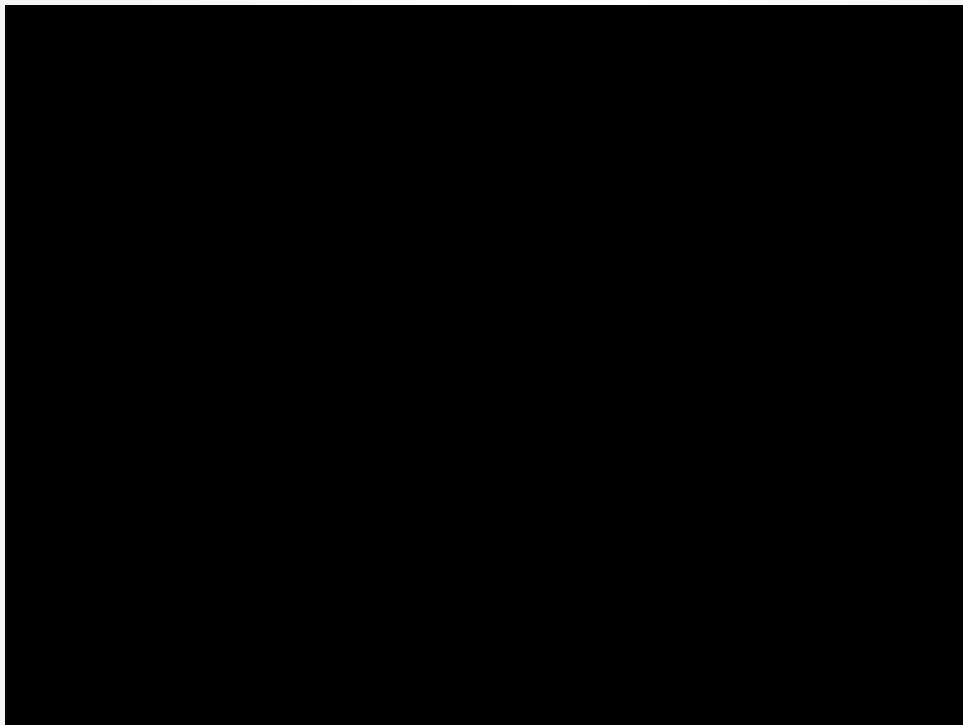
Dad watching Sebastian Vargas working on push-ups
#WorkOutWithDad

1st grade Gabriel wants to get in on the work out as well



@MEL.NMI

Kinder, Aurora will not be left out of the family session



CATCH HAS REALLY HELPED OUR STUDENTS, STAFF, & PARENTS ON EATING HEALTHY AND ADDING PHYSICAL ACTIVITY TO OUR DAILY LIFE.

A Year of CATCH

Health is CATCH'ing on

