Yearbook

CATCH us
Being Healthy
at DE ZAVALA ELM
2020-2021

CATCH is supported at this campus by

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

We are a CATCH MVP School!
A Coordinated Approach to Child Health: To-Do List

- ✔ School Leadership
- ✔ Coordinating the Message
- ✔ Sharing the Message
- ✔ Instruction
- ✔ Family Engagement
<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROBERTH HINOJOSA</td>
<td>PE TEACHER</td>
<td>BANANA</td>
</tr>
<tr>
<td>ALYSSA GUTIERREZ</td>
<td>PE TEACHER</td>
<td>ZUCCHINI</td>
</tr>
<tr>
<td>VIRGINIA BANDA</td>
<td>MUSIC TEACHER</td>
<td>STRAWBERRY</td>
</tr>
<tr>
<td>ROSIE MENDOZA</td>
<td>HILD TEACHER</td>
<td>MANGO</td>
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ABC’s CATCH Team

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.

Our Cafeteria is the Best Team!! Always keeping the students aware of Go, Slow, Whoa.
BABY QUINN
LEARNING
EARLY TO BE
ACTIVE AT 2
YEARS OLD

CATCH Messages
Everyday & Every Way

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

ALWAYS TRY TO STAY
ACTIVE, EVEN AT HOME

1% MILK!!

"
DE ZAVAŁA STUDENTS PICKING THEIR FAVORITE GO FOOD!!
Boosting the Message on Social Media

Tweet

Alyssa GTZ. @GtzAlyssa

Our students enjoying a CATCH approved vegetable. @ZavalaECISD @Edinbergcisd @CATCHhealth

3:44 PM - 5/10/21 - Twitter for iPhone

View Tweet activity

Playing *tag*!

School @ZavalaECISD
District @EdinburgCISD
CATCH @CATCHhealth

Cesar Cantu and Noah Alegria discussing lunch based on CATCH
Learning to Make Healthy Choices

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

"Go, Slow, Whoa"

Eggs for Breakfast, Go Food
Family Wellness Event

“Working odds hours of the week due to my job sometimes it’s hard to be with the kids, but when I am there I take the advantage of any physical activity with my boys.”

- J. Rodriguez

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

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

Dad watching Sebastion Vargas working on push-ups #WorkOutWithDad
CATCH HAS REALLY HELPED OUR STUDENTS, STAFF, & PARENTS ON EATING HEALTHY AND ADDING PHYSICAL ACTIVITY TO OUR DAILY LIFE.

Health is CATCH’ing on