CATCH us
Being Healthy
at L.B.J. Elementary
2020-2021

We are a CATCH MVP School!

- Move and Stay Active
- Value Healthy Eating
- Practice Healthy Behaviors
A Coordinated Approach to Child Health: To-Do List

- ✔ School Leadership
- ✔ Coordinating the Message
- ✔ Sharing the Message
- ✔ Instruction
- ✔ Family Engagement
Our CATCH Team

Coming together as a school community is really going to help create and maintain a healthy school environment for the benefit of our students.

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach Garza</td>
<td>P.E. Coach</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Coach Santamaria</td>
<td>P.E. Coach</td>
<td>Green apples</td>
</tr>
<tr>
<td>Dr. De La Cruz</td>
<td>Principal</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Mrs. Sanchez</td>
<td>Curriculum Assistant</td>
<td>Oranges</td>
</tr>
<tr>
<td>Mrs. Perales</td>
<td>Librarian</td>
<td>Kale</td>
</tr>
<tr>
<td>Mrs. Martinez</td>
<td>Cafeteria Manager</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Mrs. Castaneda</td>
<td>Secretary</td>
<td>Peaches</td>
</tr>
</tbody>
</table>
ABC’s CATCH Team

Our Awesome L.B.J. Cafeteria Staff!

CATCH Champions: Coach Garza and Coach Santamaria

Meetings:
1st Tuesday of every month
3:45-4:30 p.m.

Successes:
Daily Educational Activity Breaks within classrooms
Offered Health and Wellness audiobooks
Partnered with Fuel Up to Play 60 and offered incentives to children who picked up their healthy school lunch through drive thru services
CATCH Messages
Everyday & Every Way

"If you change the environment, behavior will follow"

Nutrition Facts on Common Snack Foods

Grams of Sugar in Common Food Items
Rethink your Drink! Make healthy choices!

Coordinating the Message

Physical Activity Pyramid

Health-Related Fitness Components
Boosting the Message on Social Media

Lyndon B. Johnson Elementary
Posted by Anahi Garza
2h · 🌟

Rethink your Drink! Get your daily water intake!

Making smart choices by choosing water over sugary drinks!
Learning to Make Healthy Choices


Eat Right!

Stay Active!
Family Wellness Event

FAMILY DANCE NIGHT
Thursday, March 25, 2021 | 5:30-6:30 p.m. | Google Meets Code: LbjPE

“Me and my brother like to walk our dog at the park.” - Ashurdy

“My siblings and I love spending time on our trampoline!” - Xantiago

“We had such a fun time! Thank you for helping our family bond and stay active while we are indoors!” - Parent

“My sister and I play balloon bump.” - Luna
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!