

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 L.B.J. Elementary

2020-2021



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

Name	Title	Favorite GO Food
Coach Garza	P.E. Coach	Strawberries
Coach Santamaria	P.E. Coach	Green apples
Dr. De La Cruz	Principal	Watermelon
Mrs. Sanchez	Curriculum Assistant	Oranges
Mrs. Perales	Librarian	Kale
Mrs. Martinez	Cafeteria Manager	Blueberries
Mrs. Castaneda	Secretary	Peaches



ABC's CATCH Team



Our Awesome
L.B.J. Cafeteria
Staff!



CATCH
Champions:
Coach Garza
and Coach
Santamaria



School Leadership

- **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”



Coordinating the Message

Nutrition
Facts on
Common
Snack Foods

PERIODIC TABLE OF SNACK FOOD

KEY TO CHART

Food Number: B 160
Food Symbol: Apple
National Information: Apple is a fruit.

This chart is a periodic table of snack foods, organized into groups and periods. Each element is represented by a food item and its name. The chart is divided into sections for different types of snack foods, such as fruits, grains, proteins, and dairy. The elements are arranged in a grid, with each element having a unique symbol and name. The chart is titled 'PERIODIC TABLE OF SNACK FOOD' and includes a 'KEY TO CHART' section.

Grams of Sugar
in Common
Food Items

PERIODIC TABLE OF SUGAR

KEY TO CHART

Food Number: H 6
Food Symbol: Honey
National Information: Honey is a natural sweetener.

This chart is a periodic table of sugar, organized into groups and periods. Each element is represented by a food item and its name. The chart is divided into sections for different types of sugar, such as natural sugars, added sugars, and artificial sweeteners. The elements are arranged in a grid, with each element having a unique symbol and name. The chart is titled 'PERIODIC TABLE OF SUGAR' and includes a 'KEY TO CHART' section.



Rethink your Drink!
Make healthy choices!

Coordinating the Message

COMPONENTS

Health-Related Fitness Components

Aerobic Capacity
The ability to perform large-muscle, whole body exercise at a moderate to high intensity for extended periods of time.

Flexibility
The range of motion available in a joint.

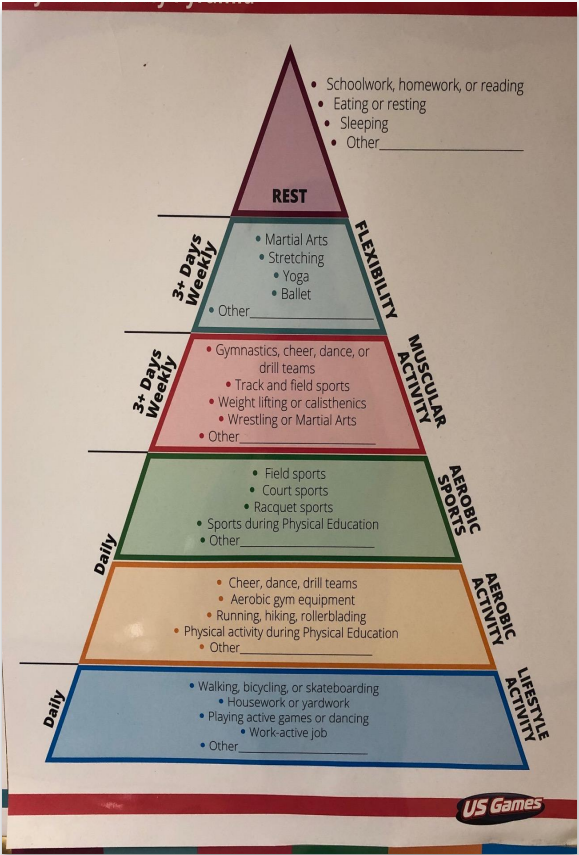
Muscular Strength
The ability of muscles to exert maximal force in a single contraction.

Body Composition
The relative percentage of muscles, fat, bone and other tissues that comprise the body.

Muscular Endurance
The ability of muscles to exert themselves repeatedly.

Health-Related
Fitness
Components

Physical Activity
Pyramid





Boosting the Message on Social Media

<  **Lyndon B. Johnson Elementary** ...
Posted by Anahi Garza
2h · 🌐

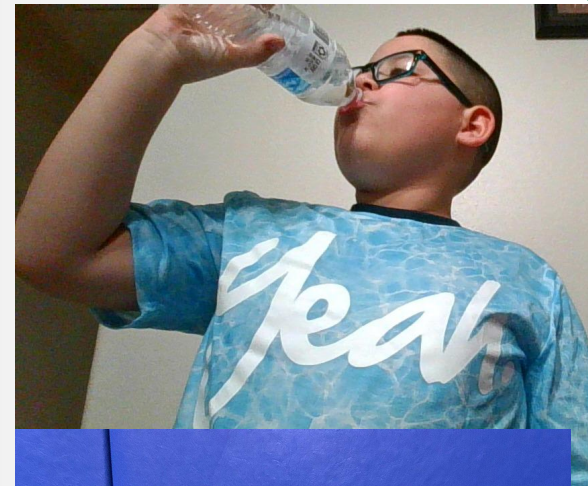
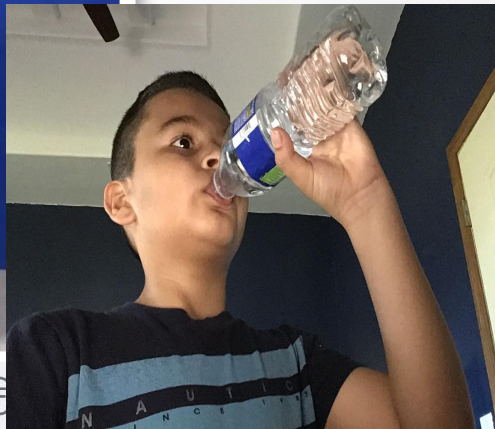
Rethink your Drink! Get your daily water intake!



Comment as Lyndon B....



**Making smart
choices by
choosing
water over
sugary drinks!**



Sharing the Message





Learning to Make Healthy Choices

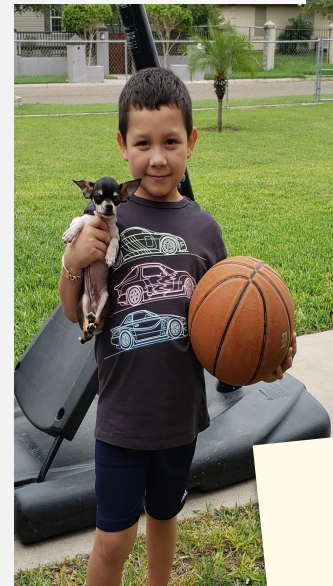


“Work Hard. Play Fair. Stay Kind.”

Instruction



Eat Right!



Stay Active!





Family Wellness Event



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

Family Engagement



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



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



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



Health is CATCH'ing on

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!