CATCH us
Being Healthy
at PATTERSON
2020-2021

CATCH is supported at this campus by

EKG
THE EDNA G. KYNETT MEMORIAL FOUNDATION

Yearbook

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

Welcome to Patterson!!

A virtual banner for wellness.
### Our CATCH Team

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erika Buscaglia</td>
<td>HPE Teacher</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Joanne Arnold</td>
<td>1st Grade Teacher</td>
<td>Roasted Cauliflower</td>
</tr>
<tr>
<td>Marjorie Thomas</td>
<td>2nd Grade Teacher</td>
<td>Grapes</td>
</tr>
<tr>
<td>Brenda DiGironimo</td>
<td>Lead Teacher</td>
<td>Dark Chocolate</td>
</tr>
<tr>
<td>Jillian Clark</td>
<td>Music Teacher</td>
<td>Apples</td>
</tr>
</tbody>
</table>

“All of the health and nutrition events that we were involved in this year were great for both the kids and staff as well.”

- Joanne Arnold
Patterson’s CATCH Team

Meetings:
- November 13
- January 7
- January 22 (whole staff)
- February 11
- March 4

Successes:
- Eat The Rainbow Week
- Heart Healthy Hydration Month
- K-2 Family Fitness Night
- 3-4 Family Fitness Night
- Monthly Nutrition Lessons
- Family Cooking Events
- Weekly Fitness Bombs
- SEL Week
- March Big Breakfast Challenge
- Virtual Kids Heart Challenge
CATCH Messages
Everyday & Every Way

“Exercise everyday”

“The students really enjoyed the videos that Mrs. B. sent with the healthy facts for the week.”
- Joanne Arnold

“Eat the Rainbow”

“I like to drink water, it is good.”
- Ty’Mirah, Kindergarten

“Heart Healthy Hydration”
“Despite the circumstances of virtual/hybrid learning, our themed challenges ‘Eat the Rainbow’ and “Heart Healthy Hydration’ helped to create a sense of community among the students. It was great to see students come together and accomplish mindful and meaningful tasks all while having fun.”

- Jillian Clark

“The kids really enjoyed ’Eating the Rainbow’ and wearing the color of the fruit each day. Some of them even asked their parents to buy the fruit for that special day.”

- Tammy Cantagallo
Boosting the Message on Social Media

Playing *tag*!

Philadelphia School District
@PHLschools

CATCH
@CATCHhealth
“Since the Heart Healthy Hydration week, I have noticed so many students using water bottles or sitting at their computers with a glass of water.”
- Jillian Clark

“I like the water challenge because water is healthy.”
- Jalen, Kindergarten

“We had to wear lots of rainbow shirts and we had to eat lots of rainbow colored food.”
- Sophia, Kindergarten

“The Fitness Bombs are a great way to get the kids up and moving for a quick burst of energy.”
- Tammy Cantagallo

“Drink more water”

“Start the day with a healthy breakfast”

“Instruction”

“Exercise daily”

“Eat a variety of fruits and veggies”

“Learning to Make Healthy Choices”
Family Wellness Event

“Family Fitness Night was great because it involved not only the students but their parents. They were very involved in the activities.”
- Marjorie Thomas

Students doing reading, math and exercises

Spinning Top Fitness
Being mostly virtual this year, CATCH inspired us to do more for our students’ wellness. Because we weren’t in person, we didn’t initially think of doing school-wide events. But after the first CATCH meeting, we were excited to give it a try. Our teachers jumped on board and helped spread the word. The kids loved the challenges! The fitness bombs helped wake up the children each morning. We can’t wait to keep it going next year!