

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 **PATTERSON**

2020-2021

CATCH is supported at this campus by

EKG

THE
EDNA G. KYNETT
MEMORIAL FOUNDATION

A Coordinated Approach to Child Health: To-Do List



School Leadership



Coordinating the Message



Sharing the Message



Instruction

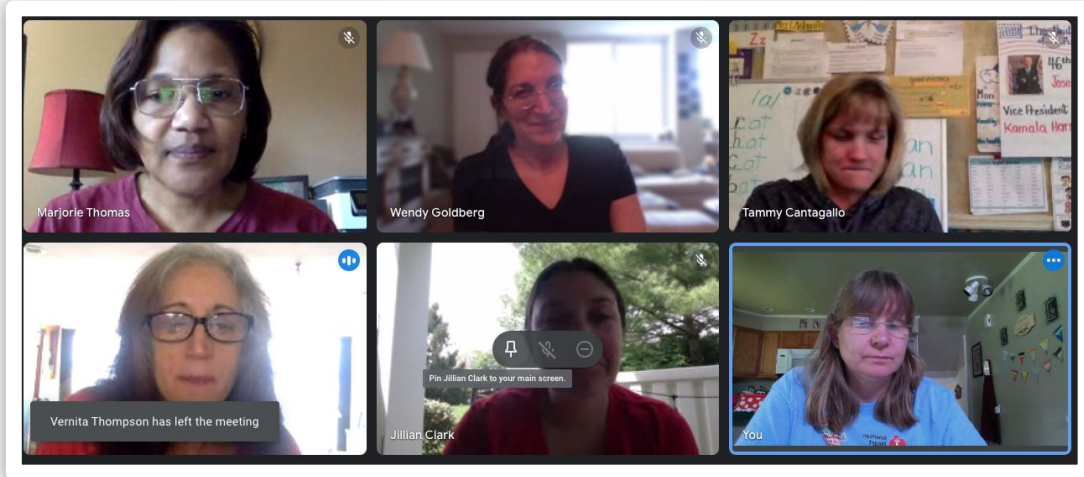


Family Engagement





Our CATCH Team



“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

Name	Title	Favorite GO Food
Erika Buscaglia	HPE Teacher	Blueberries
Joanne Arnold	1st Grade Teacher	Roasted Cauliflower
Marjorie Thomas	2nd Grade Teacher	Grapes
Brenda DiGironimo	Lead Teacher	Dark Chocolate
Jillian Clark	Music Teacher	Apples



Patterson's CATCH Team

Why I'm a CATCH MVP

My name is: Amy McLaughlin

I Move & stay active by: Cardio or strength training class 4 times a week
Walking my dog a few times a day

I Value healthy eating by: I enjoy lots of fruits and vegetables.
I like to add strawberries and apples in my garden salad.

I Practice healthy habits by: Keeping fitness a part of my daily life.
I like to play tennis and go on bike rides with my family.

CATCH
MVPs

Why I'm a CATCH MVP

My name is: Joseph Kilman

I Move & stay active by: Running , Biking , Dancing and Jumping

I Value healthy eating by: Eating fruits like grapes and Veggies
such as corn and peas

I Practice healthy habits by: Getting enough sleep,
eating well , and staying active.

School Leadership

- **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



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

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

Exercise everyday

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	BONUS
1	101	90	70	141	131	60
2	108	40	95	114	125	68
3	110	123	162	205	214	17
4	109	238	242	247	243	
5	205	75	60	120	119	
6	209	120	92	170	216	
7	305	105	125	50	141	
8	306	171	91	136	165	
9	307	94	125	142		
10	308		101			
11			198	118		
12	309					

Eat the Rainbow

Heart Healthy Hydration

DATE	MORNING	AFTERNOON	
Tuesday, Jan. 19th	10	10	20
Wednesday, Jan. 20th	85	XXXXXXXXXXXXXXXX	105
Thursday, Jan. 21st	11		126
Friday, Jan. 22nd	17	XXXXXXXXXXXXXXXX	143
Saturday, Jan. 23rd	12		183
Sunday, Jan. 24th	28	15	226
Monday, Jan. 25th	135	87	448
Tuesday, Jan. 26th	12	9	469
Wednesday, Jan. 27th	37	XXXXXXXXXXXXXXXX	506
Thursday, Jan. 28th	10	XXXXXXXXXXXXXXXX	516
Friday, Jan. 29th	18	XXXXXXXXXXXXXXXX	534
Saturday, Jan. 30th	116	XXXXXXXXXXXXXXXX	650
Sunday, Feb. 1st	13	XXXXXXXXXXXXXXXX	663
Monday, Feb. 2nd	14	XXXXXXXXXXXXXXXX	677
Tuesday, Feb. 3rd	XXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXX	
Wednesday, Feb. 4th	42	XXXXXXXXXXXXXXXX	719

"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

Thankful Thursday

THANK
YOU

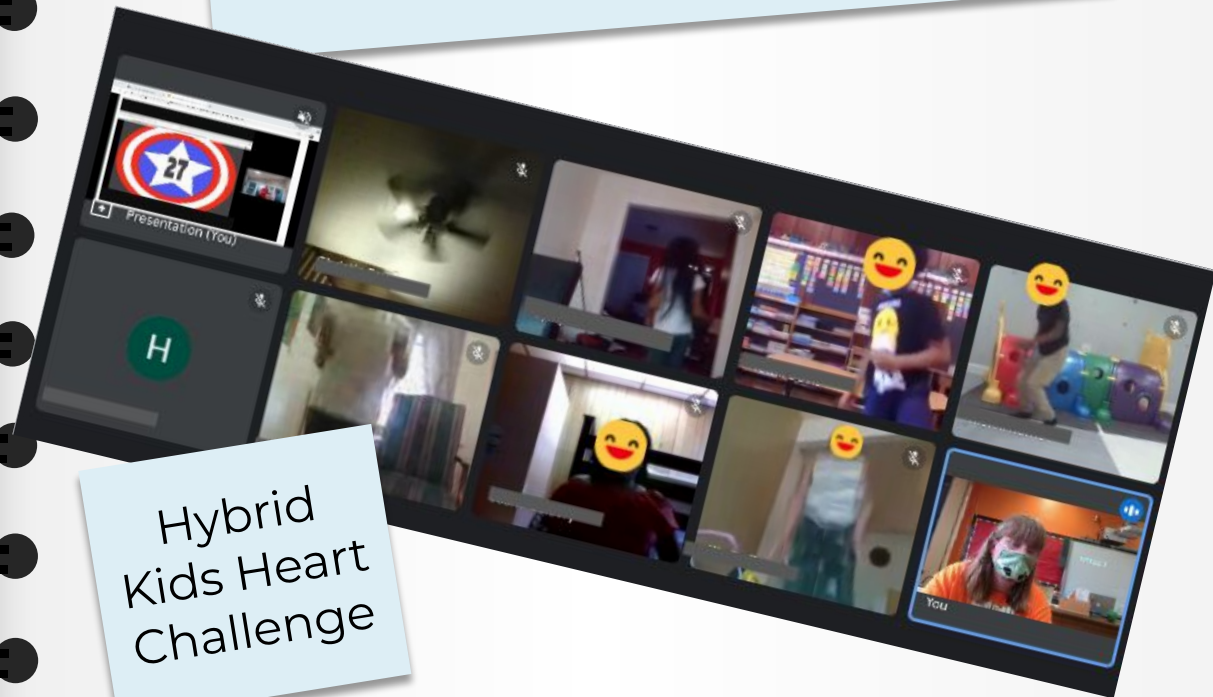
Happiness isn't about getting what you want. It's about loving what you already have. What are you thankful for today?

SEL
Week

Coordinating the Message

"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



Hybrid
Kids Heart
Challenge



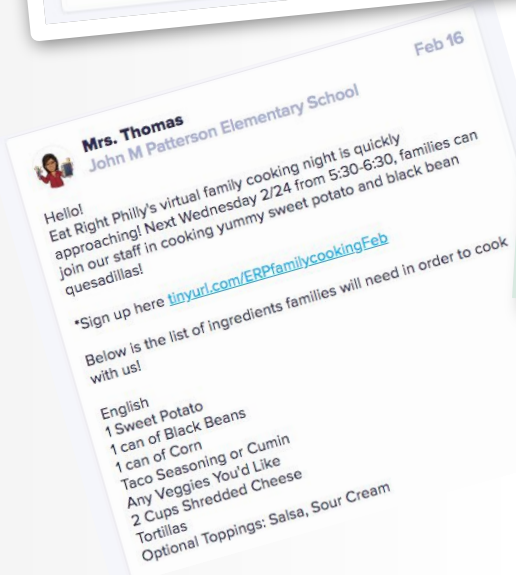
Boosting the Message on Social Media



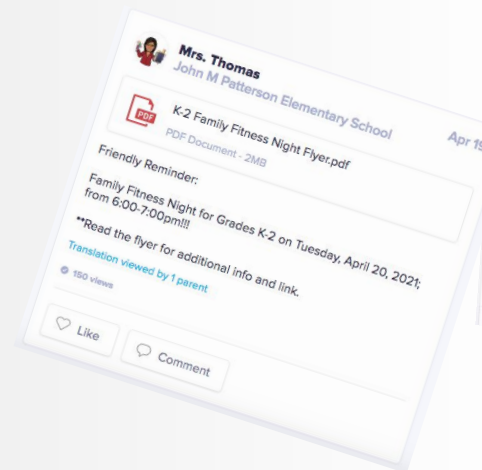
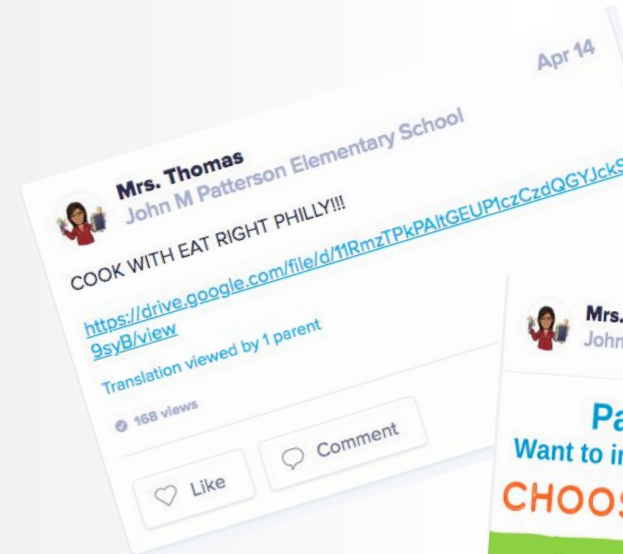
Playing *tag*!

Philadelphia School District
@PHLSchools

CATCH
@CATCHhealth



Sharing the Message





Learning to Make Healthy Choices

"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

Eat a variety of fruits and veggies

"We had to wear lots of rainbow shirts and we had to eat lots of rainbow colored food."

- Sophia, Kindergarten

I like the water challenge because water is healthy.

- Jalen, Kindergarten

"The Fitness Bombs are a great way to get the kids up and moving for a quick burst of energy."

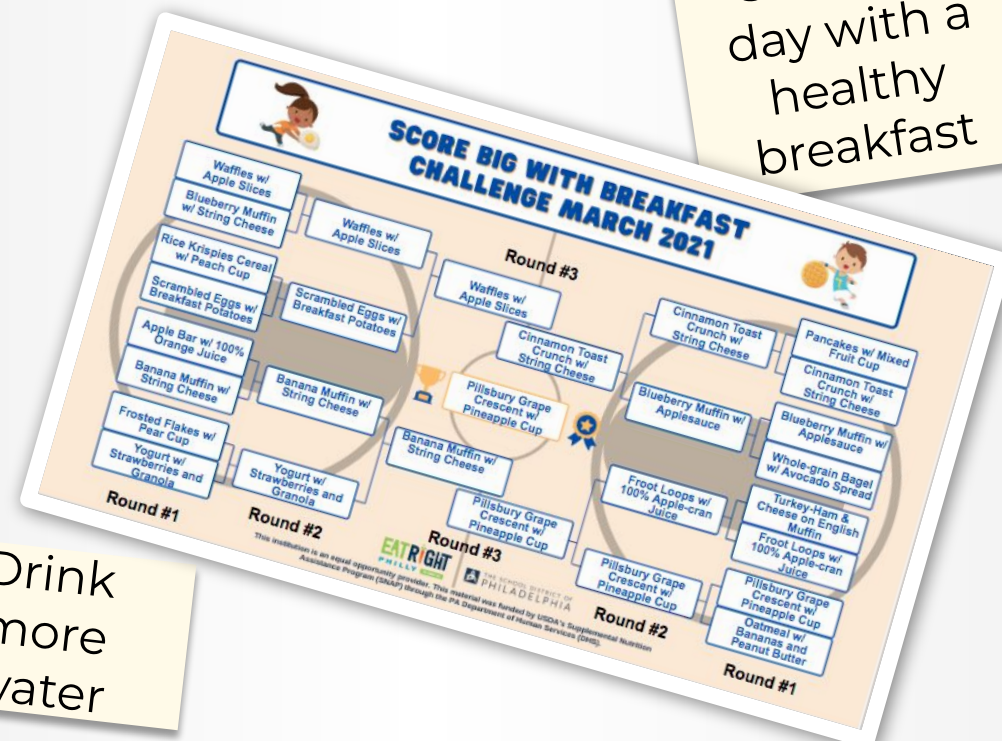
- Tammy Cantagallo

Instruction

Exercise daily

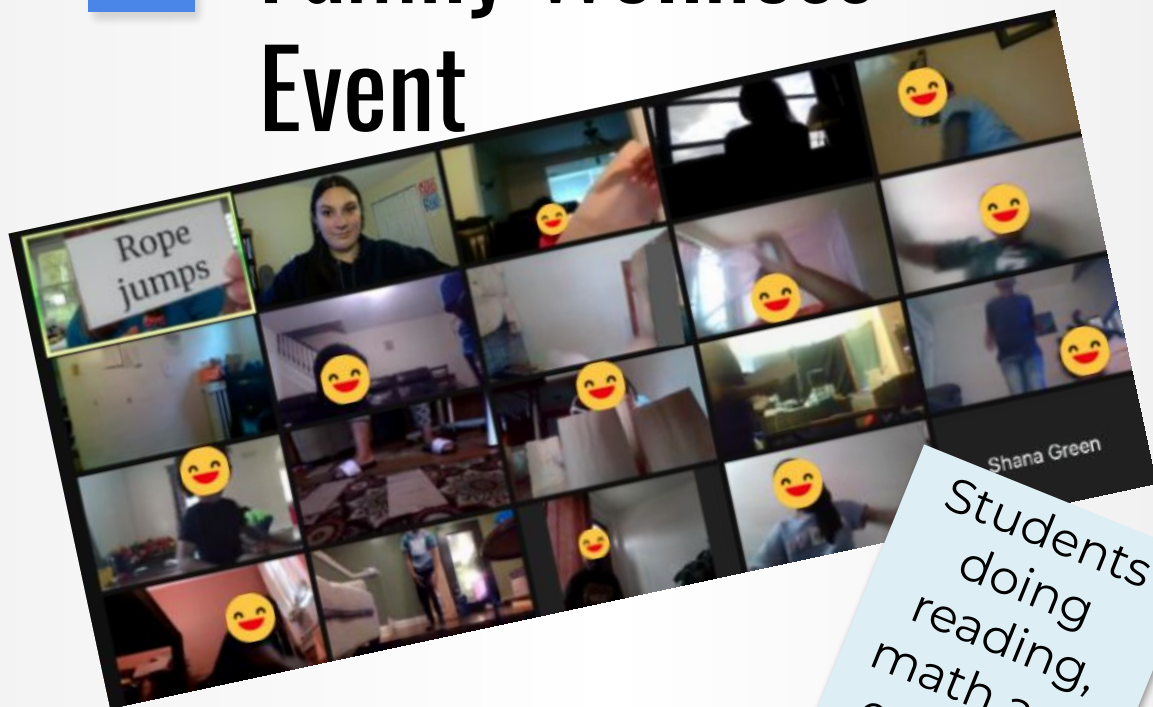
Start the day with a healthy breakfast

Drink more water





Family Wellness Event

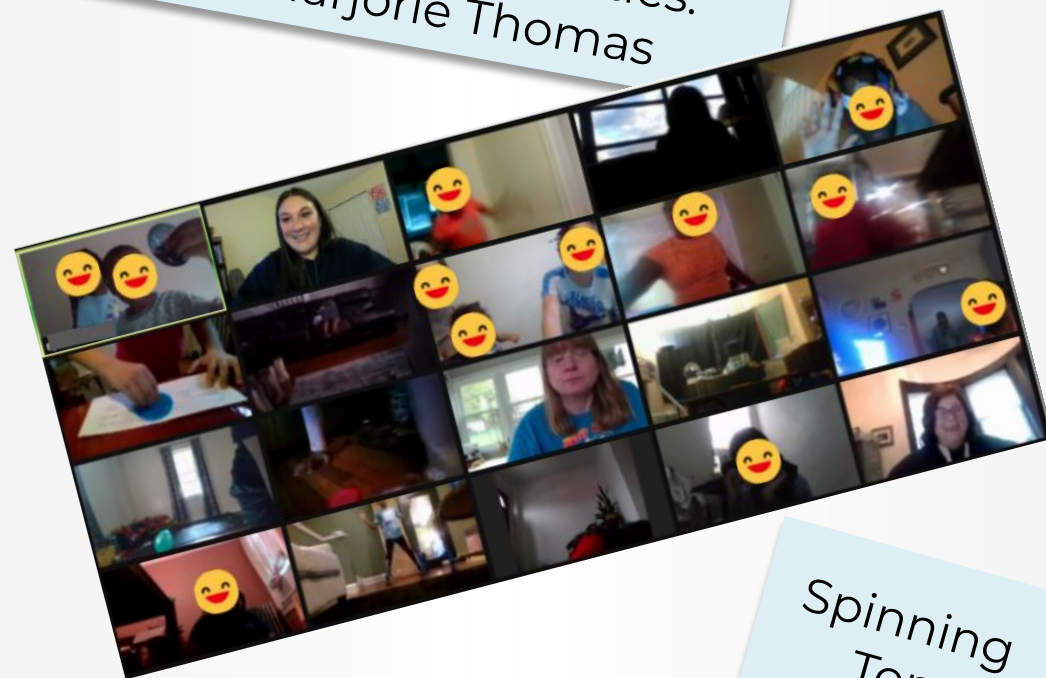


Students doing reading, math and exercises



Family Engagement

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



Spinning Top Fitness

"CATCH" us in
2021-22 being
healthy and
active!



Health is CATCH'ing on

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!