

CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH

Yearbook



We are a
CATCH MVP
School!

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

CATCH us **Being Healthy** at **Escandón Elementary** **2019–2020**

Edinburg Consolidated Independent School District



Meet our CATCH Team



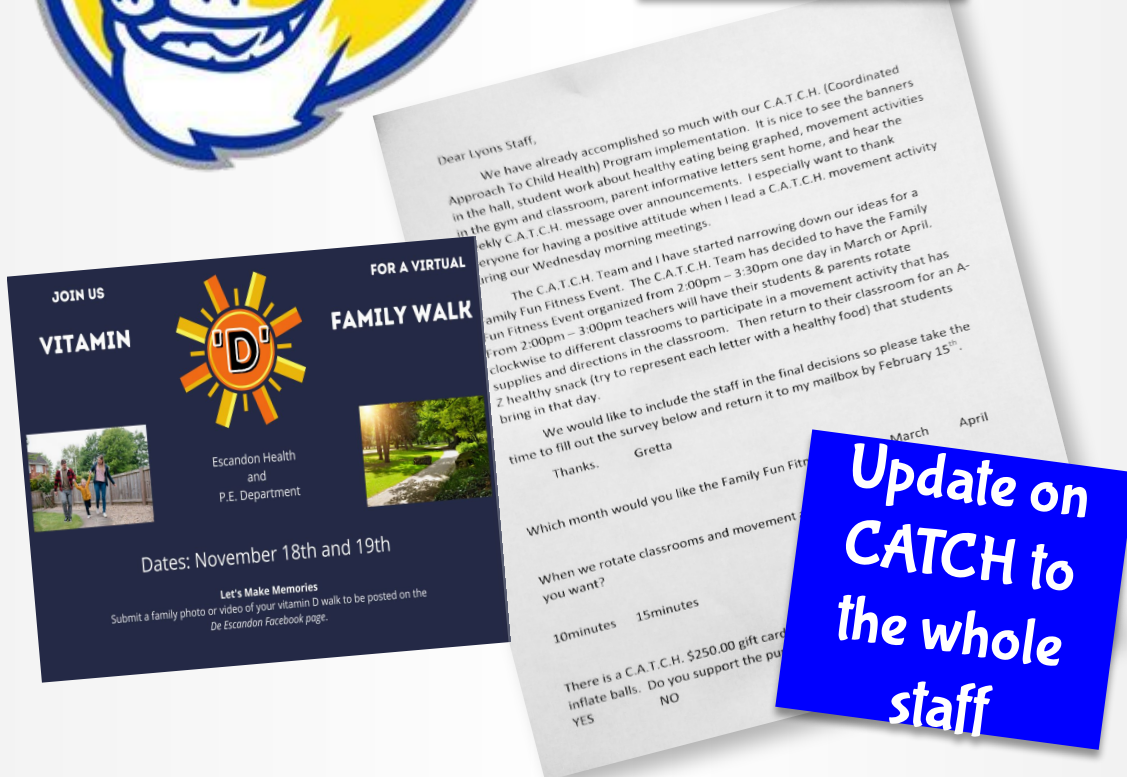
Name	Title	Favorite GO Food
Christina Capetillo	PE Teacher	RED Grapes Watermelon
Flor Maldonado	Music Teacher	Blueberries Strawberries
Jennifer Olvera	4th Grade Teacher	Berries Zucchini
Erica Torres	Assistant Principal	Soy Beans Blueberries
Patty Lopez	Curriculum Assistant	Apples w/ Peanut Butter



Escandon Elementary Catch Team Meetings



Wellness Team Meeting



School Leadership

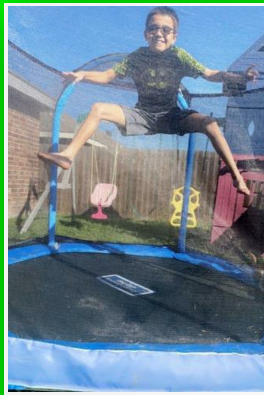
- **Meetings:**

We meet once a month as needed over email or Google Meet.



- **Successes:**

- Healthy Snack Picnic once a month
- Coordinated CATCH kickoff week in December
- CATCH bulletin board in August
- Fitness Mondays every week
- Family Wellness Event in November
- Virtual Vitamin "D" Walk
- Powercat Faculty and Students being Active



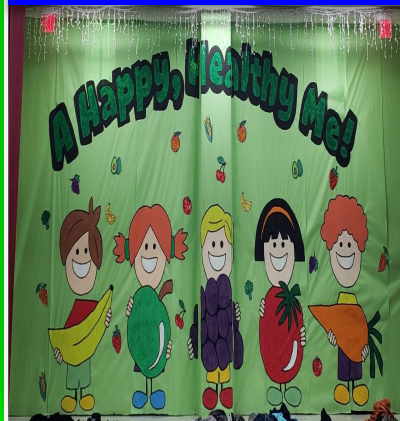
CATCH Messages Everyday & Every Way



*Morning
announcements are a
great way to promote
keeping our mind, body,
and soul happy, active,
and Healthy!*
– Principal Torres



Our First Grade PTA Program on Eating Healthy!

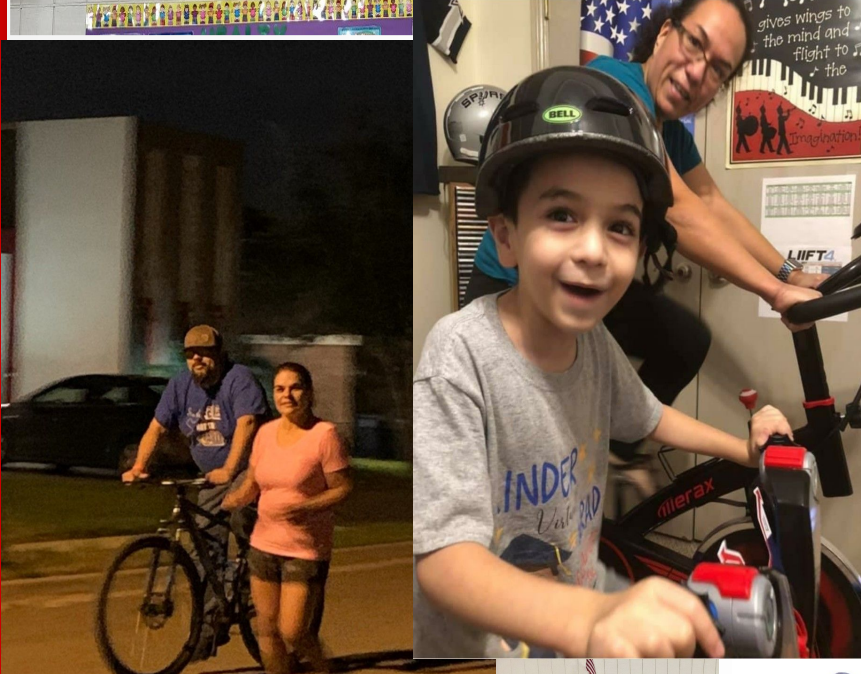


Virtual Student Activities!



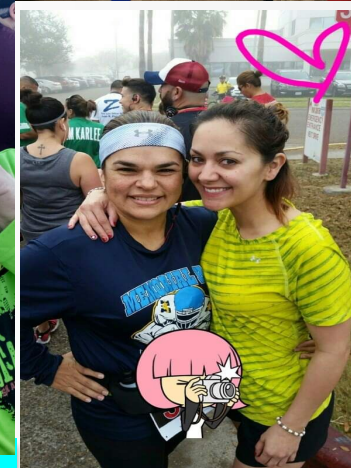
Our staff being Healthy role models

CATCH



Coordinating the Message

GO-SLOW-WHOA
foods labeled in the
cafeteria



Our staff being Healthy role models

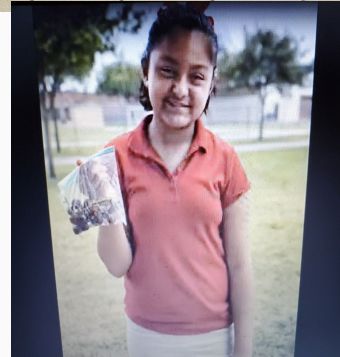
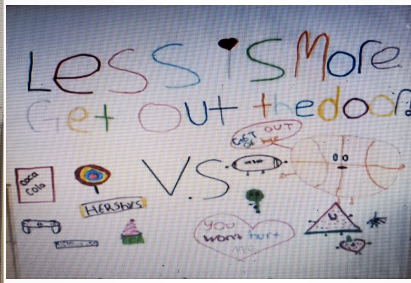
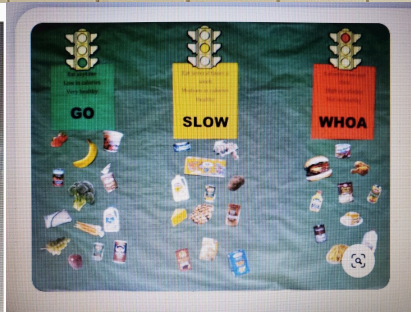
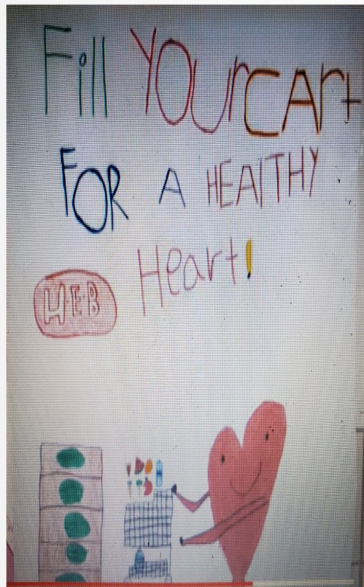


Virtual Community Vitamin “D” Family Walk





Learning to Make Healthy Choices



Healthy Snack Alert!

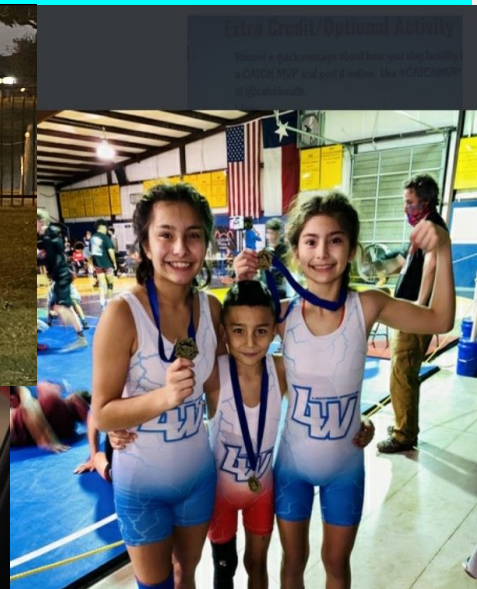
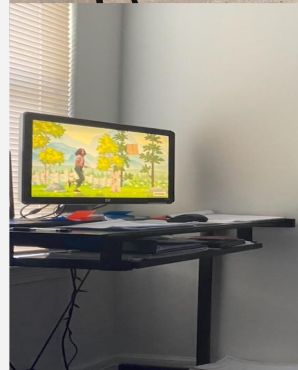
Exercising to stay Healthy



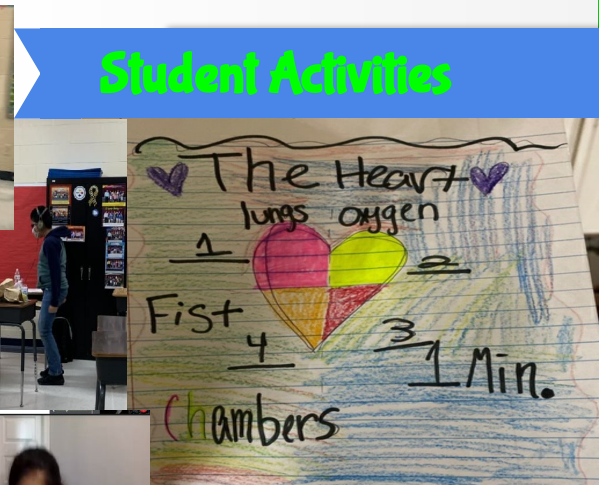
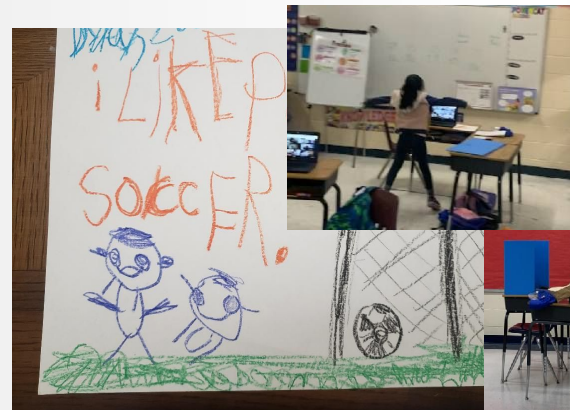
Escandon Track Team, "Running Helps keep us Healthy"!



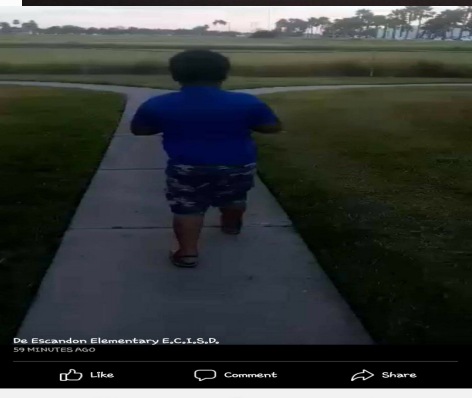
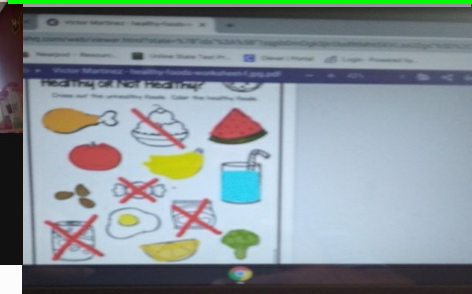
Powercats engaging in Physical Activity

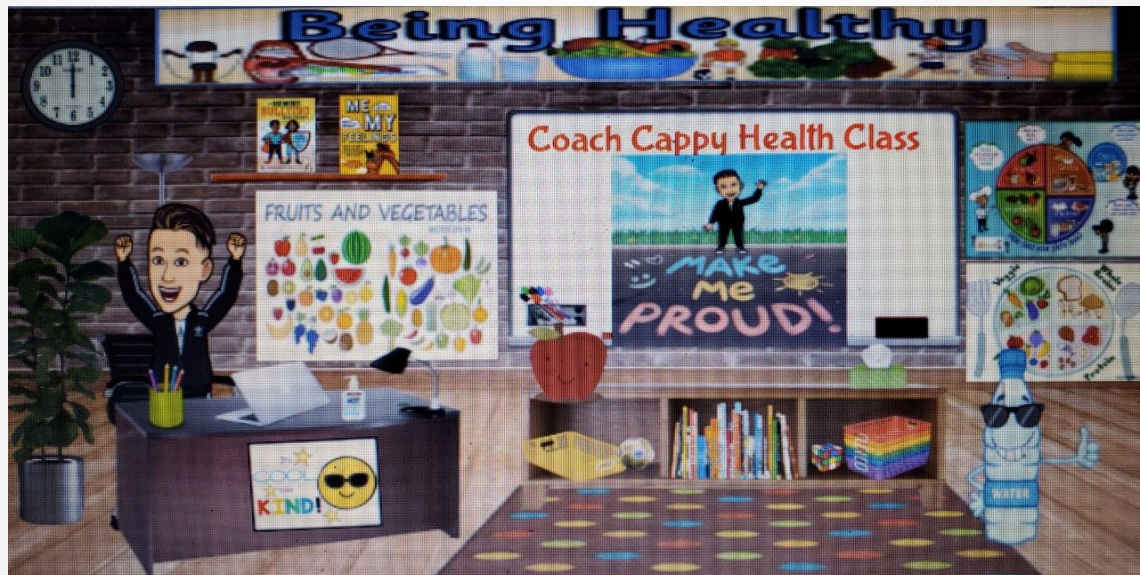


Student Activities



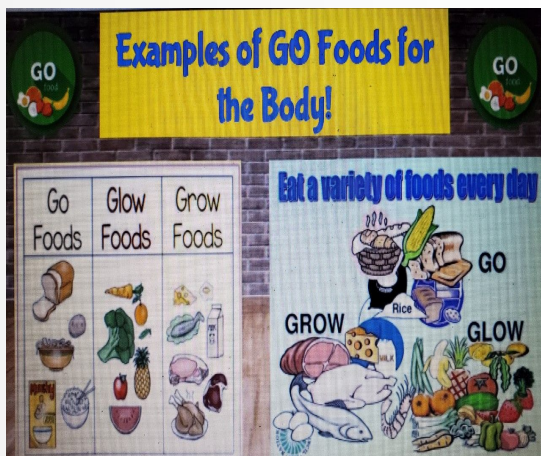
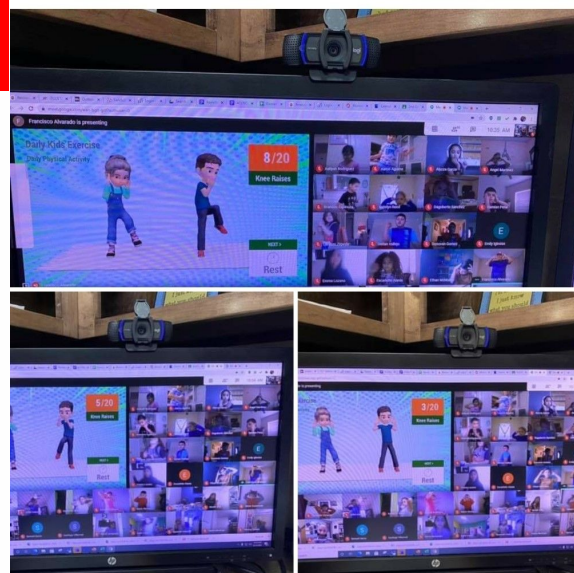
Eating Healthy & Being Active





CATCH Virtual Learning

De Escandon Elementary E.C.I.S.D.
 Sep 16 • ...
 Loved joining in to Coach Alvarado's 2nd grade class! Love how our Powercats are so actively engaged even from home!



What is a CATCH MVP?!

A CATCH MVP:
Moves and Stays Active
Values Healthy Eating
Practices Healthy Behaviors
Every day!

A Year of CATCH



Using the CATCH Health at Home activities to engage students in Distance Learning.

De Escandon Elementary E.C.I.S.D.
 3h • ...
 Archer H. enjoying some Vitamin D on his Nature Walk for his CATCH assignment.



Week 2.3 Slow Food

