CATCH us Being Healthy at Escandon Elementary 2019–2020

Edinburg Consolidated Independent School District

CATCH®
COORDINATED APPROACH TO CHILD HEALTH

Yearbook

We are a CATCH MVP School!

● Move and Stay Active
● Value Healthy Eating
● Practice Healthy Behaviors
## Meet our CATCH Team

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christina Capetillo</td>
<td>PE Teacher</td>
<td>RED Grapes, Watermelon</td>
</tr>
<tr>
<td>Flor Maldonado</td>
<td>Music Teacher</td>
<td>Blueberries, Strawberries</td>
</tr>
<tr>
<td>Jennifer Olvera</td>
<td>4th Grade Teacher</td>
<td>Berries, Zucchini</td>
</tr>
<tr>
<td>Erica Torres</td>
<td>Assistant Principal</td>
<td>Soy Beans, Blueberries</td>
</tr>
<tr>
<td>Patty Lopez</td>
<td>Curriculum Assistant</td>
<td>Apples w/ Peanut Butter</td>
</tr>
</tbody>
</table>
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
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!
Coordinating the Message

GO-SLOW-WHOA
foods labeled in the cafeteria

Our staff being Healthy role models

Our staff being Healthy role models
Virtual Community Vitamin “D” Family Walk

Family Engagement
Learning to Make Healthy Choices

Healthy Snack Alert!

Escandon Track Team, “Running Helps keep us Healthy”!
Powercats engaging in Physical Activity

Eating Healthy & Being Active
Using the CATCH Health at Home activities to engage students in Distance Learning.