

**CATCH**<sup>®</sup>  
COORDINATED APPROACH TO CHILD HEALTH

# Yearbook

We are a  
CATCH **MVP**  
School!

AVERILL ELEMENTARY SCHOOL

- **M**ove and Stay Active
- **V**alue Healthy Eating
- **P**ractice Healthy Behaviors

# CATCH us Being Healthy at **Averill New Tech**

2019-2020

*CATCH is supported at this campus by*

**MICHIGAN HEALTH**  
**ENDOWMENT FUND**

# A Coordinated Approach to Child Health: To-Do List

- ✓ School Leadership
- ✓ Coordinating the Message
- ✓ Sharing the Message
- ✓ Instruction
- ✓ Family Engagement





# Our CATCH Team



*Averill New Tech  
CATCH Team*

Name	Title	Favorite GO Food
Mrs. Solak	Teacher	watermelon
Mr. Stalter	Principal	Green Beans
Mrs. Norwood	Teacher	Salad
Mrs. Johnson	SSS	Pineapple



# ABC's CATCH Team



Making sure  
we have a  
balance.

Go Foods are a  
favorite!



## School Leadership

### Meetings:

Monthly updates are presented during our Late Start Wednesday's.

### Successes:

Get kids and staff moving on a regular basis.

Kids & Staff eating healthy snacks on a regular basis.



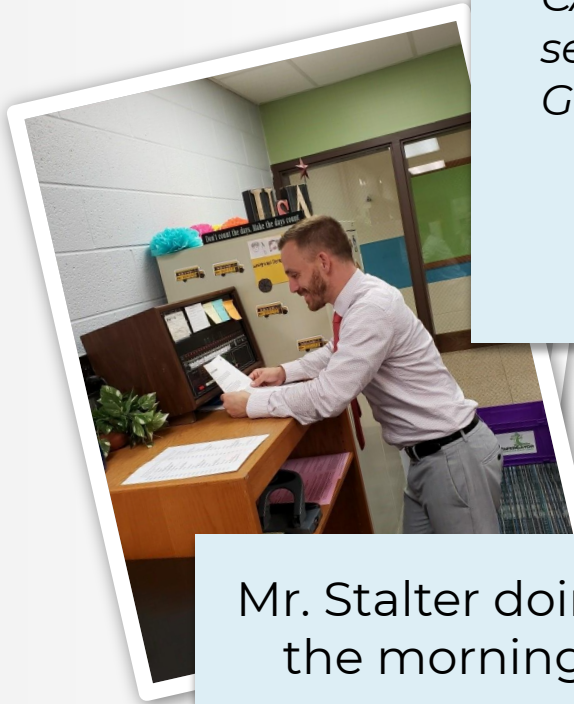


# CATCH Messages Everyday & Every Way

“

*What is your Go to Go Food? Check-Out the CATCH board in the hall to see what your teacher's GO to GO Food is.*

”



Mr. Stalter doing the morning announcements.



## Coordinating the Message



GO Foods are the way to GO!

Sharing the message on the way into lunch.



## Coordinating the Message

Healthy  
Snacks



Grapefruit are a  
HIT



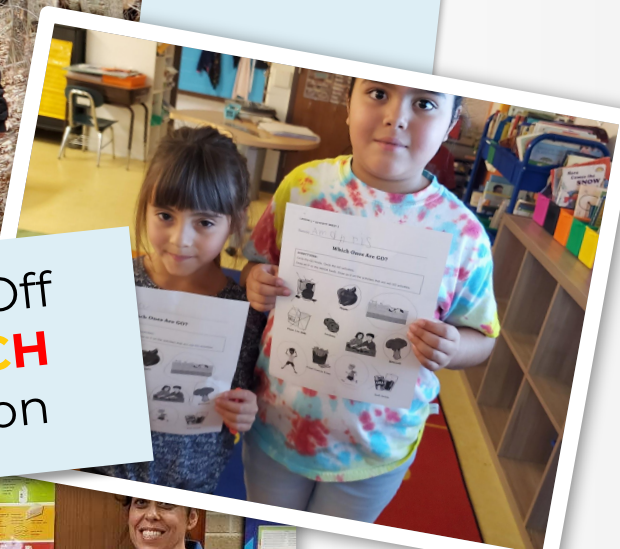
CATCH  
activities  
in the  
gym



Nature  
Hike



Kick-Off  
**CATCH**  
lesson



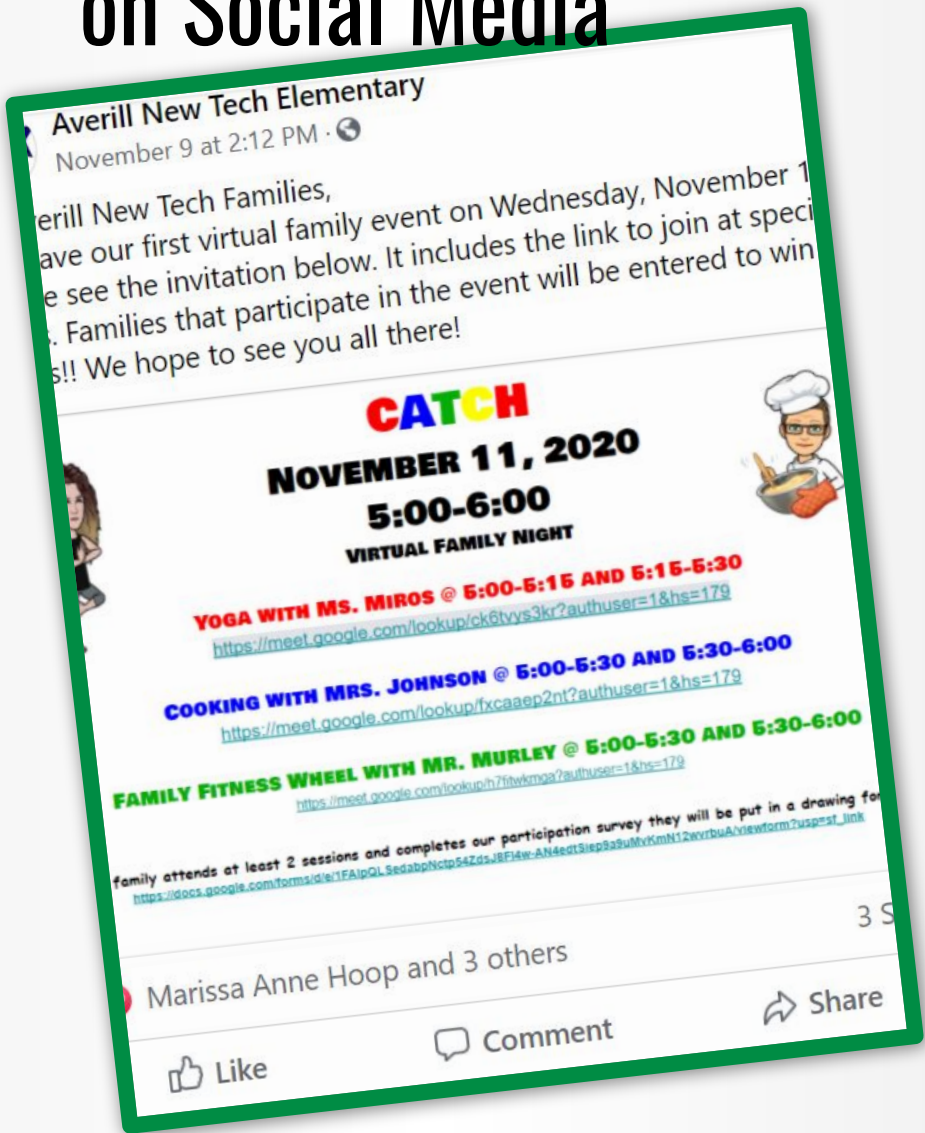
Sharing the  
message on  
the way to  
lunch.



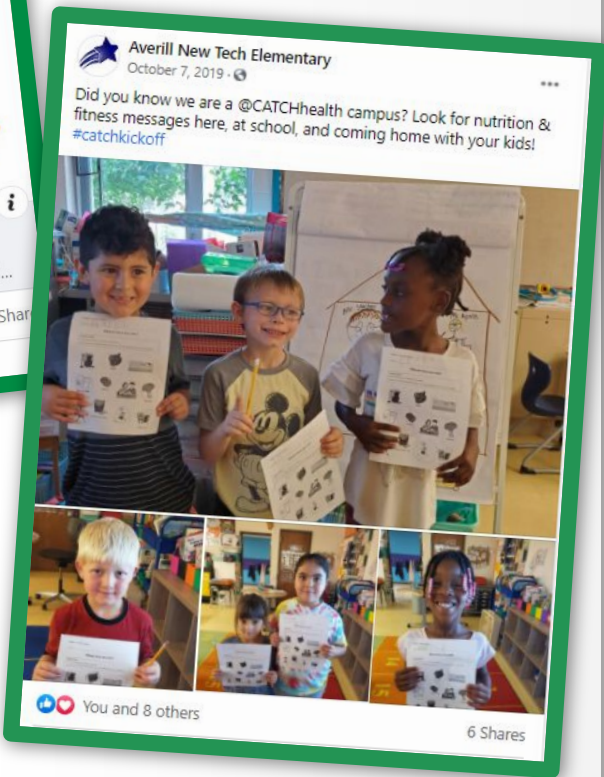




# Boosting the Message on Social Media



## Sharing the Message





# Learning to Make Healthy Choices



Always on the GO!

*"Keep moving!"*



Sorting examples of Whoa and Go Foods.



Mr. Stalter setting an example for staying active.







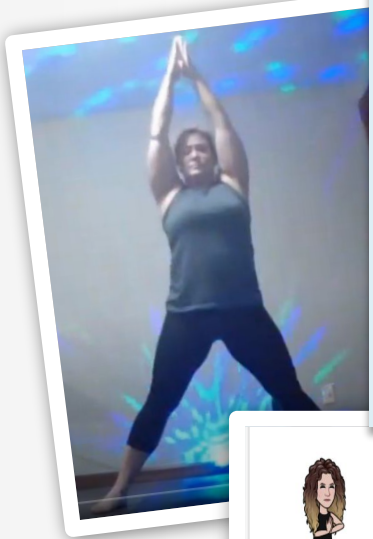
# Family Wellness Event

“

*We liked the three activities, but yoga was the best.*

**- Parent**

”



**CATCH**  
**NOVEMBER 11, 2020**  
**5:00-6:00**  
**VIRTUAL FAMILY NIGHT**

**YOGA WITH MS. MIROS @ 5:00-5:15 AND 5:15-5:30**  
<https://meet.google.com/lookup/ck6tvys3kr?authuser=1&hs=179>

**COOKING WITH MRS. JOHNSON @ 5:00-5:30 AND 5:30-6:00**  
<https://meet.google.com/lookup/fxcaaep2nt?authuser=1&hs=179>

**FAMILY FITNESS WHEEL WITH MR. MURLEY @ 5:00-5:30 AND 5:30-6:00**  
<https://meet.google.com/lookup/h7ifekmga?authuser=1&hs=179>

If your family attends at least 2 sessions and completes our participation survey they will be put in a drawing for prizes.  
[https://docs.google.com/forms/d/e/1FAIpQLSedabpNcp54Zds-j8F1dw-AN4editSkep9aBuMKn12wvrbuA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSedabpNcp54Zds-j8F1dw-AN4editSkep9aBuMKn12wvrbuA/viewform?usp=sf_link)



## Family Engagement

Yoga



Cooking Demo  
w/Mrs. Johnson



Fitness  
Wheel  
Fun!





## Health is CATCH'ing on

Teaching our students about making healthy food choices is important in teaching the whole child. Teaching our students to be physically active each day and seeing them enjoy it is AMAZING! Seeing our students use what we have taught them through **CATCH** to make healthy food choices and stay active makes being a **CATCH** school WORTH IT! We can't wait to keep our momentum it going into the future.