Yearbook

We are a CATCH MVP School!

- Move and Stay Active
- Value Healthy Eating
- Practice 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

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Favorite GO Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mrs. Solak</td>
<td>Teacher</td>
<td>watermelon</td>
</tr>
<tr>
<td>Mr. Stalter</td>
<td>Principal</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Mrs. Norwood</td>
<td>Teacher</td>
<td>Salad</td>
</tr>
<tr>
<td>Mrs. Johnson</td>
<td>SSS</td>
<td>Pineapple</td>
</tr>
</tbody>
</table>

Averill New Tech
CATCH Team
**ABC’s CATCH Team**

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.

Go Foods are a favorite!

Making sure we have a balance.
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.

Sharing the message on the way into lunch.

GO Foods are the way to GO!
Healthy Snacks

Grapefruit are a HIT

CATCH activities in the gym

Kick-Off CATCH lesson

Nature Hike

Sharing the message on the way to lunch.
Sharing the Message on Social Media

Averill New Tech Elementary
November 9 at 2:12 PM

Averill New Tech Families,
we have our first virtual family event on Wednesday, November 9. Please see the invitation below. It includes the link to join at a specific time. Families that participate in the event will be entered to win a prize!!! We hope to see you all there!

**CATCH**
November 11, 2020
5:00-6:00
Virtual Family Night

- Yoga with Ms. Miro@ 6:00-6:15 and 6:15-6:30
- Cooking with Mrs. Johnson @ 6:00-6:15 and 6:30-6:45
- Family Fitness Wheel with Mr. Mosley @ 6:00-6:30 and 6:30-6:45

Family attendance of at least 2 sessions are required in order for your participation to count towards entry in the drawing for prizes. We look forward to seeing you!

Marissa Anne Hoop and 3 others

Like
Comment
Share
Learning to Make Healthy Choices

Always on the GO!

“Keep moving!”

Mr. Stalter setting an example for staying active.

Sorting examples of Whoa and Go Foods.
Family Wellness Event

"We liked the three activities, but yoga was the best."
- Parent
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.

Health is CATCH’ing on