



See CATCH Webinar



Today's Presenters




Abby Rose

Director of Special Projects
CATCH Global Foundation



Scott Power, MEd

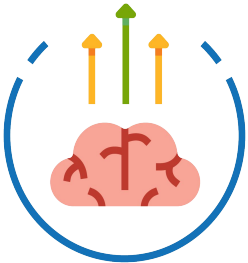
CATCH Champion
Amy Campbell Elementary, Katy ISD
 @Coach_Power_



Ice Breaker

Do you have experience with theme weeks or theme days at your school?

CATCH's Proven Formula for Healthy Behavior Promotion and Adoption



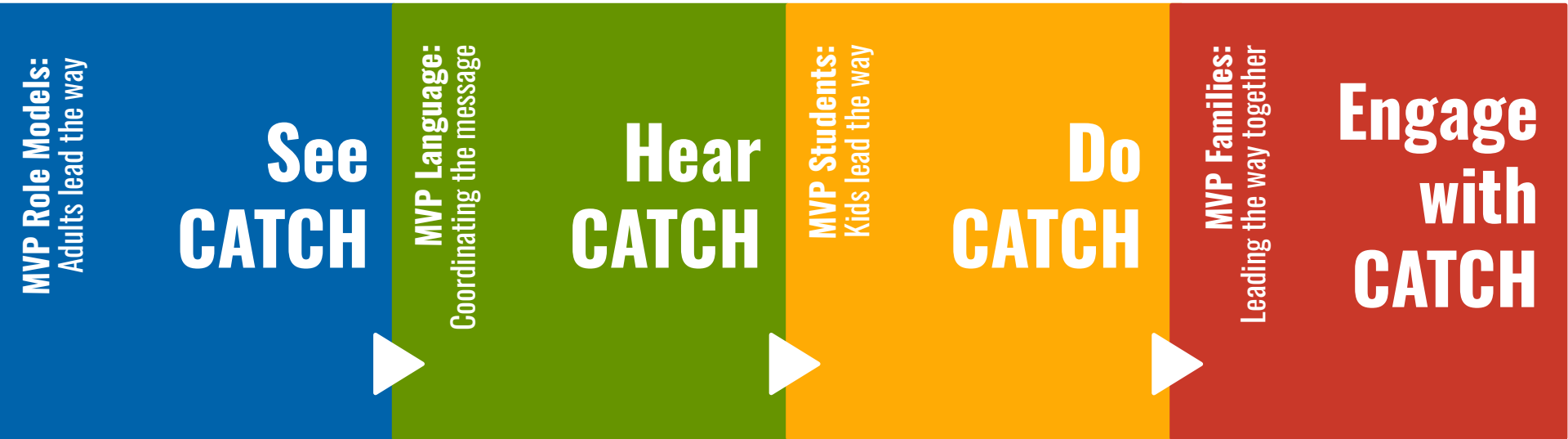
**KNOWLEDGE
BUILDING**

SKILL BUILDING

**ENVIRONMENTAL
SUPPORT**

STUDENT SUCCESS

Coordinated Themes



SEL Focus:
Self Awareness

SEL Focus:
Relationship Skills

SEL Focus:
Self Management

SEL Focus:
Social Awareness

Example: All-In Challenge

"Why I'm a CATCH MVP"



[View All-In Challenge](#)

A superhero character named Ms. Rose, depicted as a woman with blonde hair wearing a red suit with a yellow lightning bolt on the chest and a green cape. She stands with her hands on her hips against a background of blue and white radiating lines. A speech bubble above her head says "My name is Ms. Rose and...". To her left, the text "I'm a CATCH MVP" is written in large, colorful, block letters. To her right, the letters M, V, and P are displayed in large, colorful, block letters, each with a lightning bolt striking it. To the right of the character is a white box with a black border containing three challenge items, each starting with a letter (M, V, P) and followed by a description and an example action.

My name is Ms. Rose and...

I'm a CATCH MVP

M

I **M**ove and stay active by
Walking my dog every day

V

I **V**alue healthy eating and mindsets by
Eating fruits & veggies with every meal

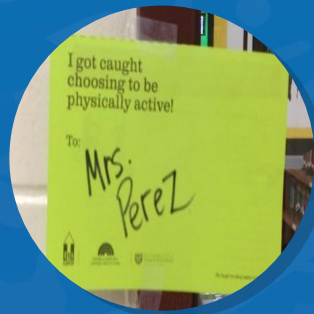
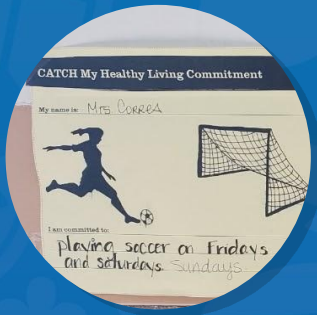
P

I **P**ractise healthy habits and social-emotional wellness by
Taking a deep breath to calm down when I'm mad

Blue Elementary

SEE CATCH

Positive Adult Role Modeling





Role Modeling

Positive adult role models have an impact on emotional well-being of youth.

(Deutsch, 2008.. NYU Press.)

Youth with a positive adult role model are more likely to be engaged in school & show an interest in learning.

(Murphey et al., 2013; Wooley & Bowen, 2007)

Having a role model & higher levels of school support were positively associated with increased PA, especially among low-income, Latinx, & Black youth.

(Babey, SH, et. al (2016). *Environment and Behavior*, 48(1), 172–191.) b



Role Modeling

Think about what you do on a regular basis in front of kids & what kind a message that may be sending them.



- What do you do that models and reinforces healthy habits?
- What other things can you do to model & reinforce healthy habits?

The background is a vibrant blue color filled with a dense pattern of small, light-blue icons. These icons represent various aspects of health and wellness, including fruits like watermelon, apples, and oranges; vegetables like carrots and leafy greens; sports equipment like a tennis racket and a football; medical symbols like a first aid kit and a heart; and other items like a book, a water bottle, and a person. In the corners, there are larger decorative elements: a green circle with orange diagonal lines in the top-left and bottom-right, and a solid orange circle in the top-right and bottom-left.

**SEE
IT IN
ACTION**

See it in Action



CATCH Kickoff Week: "Wear Your Colors, Eat Your Fruits and Vegetables" Sept. 27 - Oct. 1

Fruits and vegetables are not only tasty; they are generally low in calories and packed with vitamins, minerals and antioxidants. Join us as we turn Campbell into a garden packed with ripe fruits and vegetables ready to harvest. To raise awareness of the benefits and variety of fruits and vegetables, Campbell students and staff will "Wear Their Colors" (shirts) the week of September 27 -October 1. Parents, we encourage you to take this opportunity to explore the colorful world of fruits and vegetables and reap the benefits they have to offer.

- Monday (9/27) - ORANGE/YELLOW shirts- think oranges, bananas, and carrots
- Tuesday (9/28) - GREEN shirts - think kiwi, pears, broccoli, and spinach
- Wednesday (9/29) - RED shirts - think strawberries, watermelon, and tomatoes
- Thursday (9/30) -WHITE shirts -think jicama, cantaloupe and onions
- Friday (10/1) - BLUE/PURPLE shirts - think grapes, blueberries and eggplant

CATCH Kickoff Week: Social Media Challenges

Join us to spread the message of living a healthy lifestyle:

- Eat well
- Be active
- Make healthy decisions

Post your photos and messages of class or family on social networks using the guidelines below:

- Tag @ACEphysED
- use the hashtag #CATCHtheCUBS

- Monday (9/27) - Share a post of you doing "GO" activities where you are moving and active!
- Tuesday (9/28) - Share a post of you eating fruits or vegetables
- Wednesday (9/29) - Share a post of your drinking water!
- Thursday (9/30) - Share a post of you eating a healthy snack!
- Friday (10/1): Share a post from you smiling, because making good healthy choices makes us happy!

Follow us @ACEphysED   

See it in Action

CATCH Kickoff - 2022



Scott Power, M.Ed
@Coach_Power_

Next week @acephysed will celebrate @CATCHhealth with our "Go" days! Making healthy choices is the foundation to a great day! Please joins us and share using #catchthecubs #acecubs #catchkickoff #katyphysed

CATCH "Go" Days: "Get Going and Be Healthy" Sept. 27 - Sept. 29

Join the physical education department at Campbell as we get our year "Going." During the days of 9/27-9/29 we will take the chance to remind students and families the importance of living a healthy lifestyle. Living a healthy lifestyle includes many things such as proper nutrition and physical activity. Each of these days will have a specific goal to focus on and is social media challenge!

Join us to spread the message of living a healthy lifestyle:

- Eat well!
- Be active!
- Make healthy decisions!

Post your photos and messages of class or family on social networks using the guidelines below

- Tag @ACEphysED
- use the hashtag #CATCHtheCUBS

Tuesday, 9/27 - "Go" Activity Day: A "Go" activity is one where we increase our heart rate and move at a high pace. Often "Go" activities makes increasing our muscular strength and endurance. Signs of doing "Go" activity are sweat, red face and increased heart rate. There can be sports but can be simple things too like going for a walk, playing tag with friends or riding your bike. Post a picture of your ACE student doing a "Go" Activity.

Wednesday, 9/28 - "Go" Nutrition Day: Go Foods are the type of food that provide fuel and help us "go" and be active. Examples of "Go" foods include foods low in fat and sodium, such as lean meats, fresh fruits and vegetables. These foods give our muscles fuel to run, swim, jump, cycle and our brain fuel to concentrate. Post a picture of your ACE student making healthy "Go" nutrition choices.

Thursday, 9/29 - "Go" Beverage Day: There is no better "Go" beverage than a glass of water. Water is used in every cell of your body. Water travels throughout your body carrying nutrients, oxygen, and wastes to and from your cells and organs. Water helps our body regulate temperature, help in digestion and helps us maintain a healthy weight. Post a picture of your ACE student enjoying some high quality H₂O!

Follow us @ACEphysED   

 CATCH Global Foundation and Tim Mueller

11:15 AM · Sep 23, 2022 · Twitter for iPhone

See it in Action

CATCH Kickoff - Social Media Challenges Links



Mrs. Molinos
@Mrs_Molinos

Orange and Green for the start of our CATCH Week
[@campbellcubs](#) [#ACEcubs](#)



5:55 PM · Sep 28, 2021 · Twitter for iPhone



Amanda Faubion
@AGFaubs

Would Rather Cuddle Up on the Couch but I Know I
Feel Better When I Move My Body & “GO.” Clipping
into Ride My [@onepeloton](#) is Always Well Worth It.

We are Kicking Off [#CATCHtheCubs](#) at
[@campbellcubs](#) Thanks to [@ACEphysED!](#)
[#ACEcubs](#) [#WeLeadTx](#) [@KatyISD](#)



7:25 PM · Sep 27, 2021 · Twitter for iPhone



MrsAnderson'sClass
@AndersonsClass2

We're wearing red for CATCH kickoff week while
exploring the physical properties of sports equipment!
[#ACEcubs](#) 🍎 🍉 🍒 🍓 🍌 🍍 🏀 🏈 🏊 🏐



4:20 PM · Sep 29, 2021 · Twitter for iPhone

See it in Action

CATCH Kickoff - PE Games and More



Allison Hornsby
@alliehornsb



5th grade teachers are committed to having healthy habits! #sesconnects #CATCHkickoff @SchmalzPhysEd



3:45 PM · Sep 28, 2017 · Twitter for iPhone

See it in Action

CATCH Kickoff - PE Games and More





Staff Energizer

MIND-HEART-BODY REFLECTION CHALLENGE!



MIND: Something **new** you learned



HEART: Something you **felt** as you listened



BODY: 1-2 **action steps** you will take in next 2 weeks related to anything discussed in our webinar today

1

Go to **JAMBOARD** using link in the chat

2

Use the **sticky note** feature and write a word that represents each reflection.

3

See what others are saying!

Movin' Monday



Ten Thousand Step Tuesday



Theme Week Ideas

Wellness Wednesday



Thirsty Thursday








Fruity Friday



See it in Action

Theme Week Ideas

Day of the Week	In School	At home (Post a picture and share!)
 <p>Mindful Monday <i>Wear purple - Practice mindfulness</i></p>	Practice breathing exercises	<ul style="list-style-type: none"> • Practice breathing exercises • Take a nature walk
 <p>Tasty Tuesday <i>Wear green - Eat some GO foods</i></p>	Try a new GO food	<ul style="list-style-type: none"> • Try a new go food • Eat a rainbow of fruits and veggies
 <p>Water Wednesday <i>Wear blue - Drink water</i></p>	Bring a water bottle to school	<ul style="list-style-type: none"> • Replace your sugary drink with a GO beverage like water or low fat milk
 <p>Thoughtful Thursday <i>Wear yellow - Brighten someone's day</i></p>	Give out at least 3 compliments	<ul style="list-style-type: none"> • Do something helpful for your family • Call a relative you haven't seen in a while
 <p>Fitness Friday <i>Wear red - Get your heart pumping</i></p>	Take movement breaks throughout the day	<ul style="list-style-type: none"> • Play an active game or do a work out with your family • Take a family walk

CATCH[®]

Thank you!

Any questions?

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Scott Power | ScottJPower@katyisd.org |  @Coach_Power_

@CATCHhealth

www.catch.org

