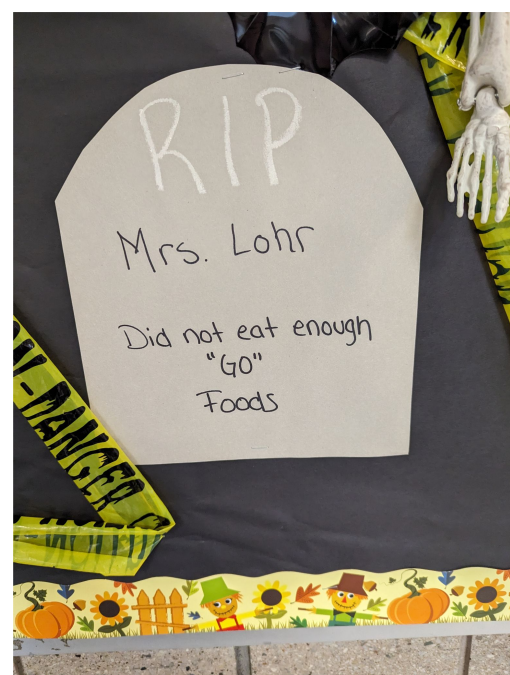


**CATCH**<sup>®</sup>  
COORDINATED APPROACH TO CHILD HEALTH

# Yearbook

We are a  
CATCH **MVP**  
School!



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

# CATCH us Being Healthy at Grayling Elementary School

2023-2024

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



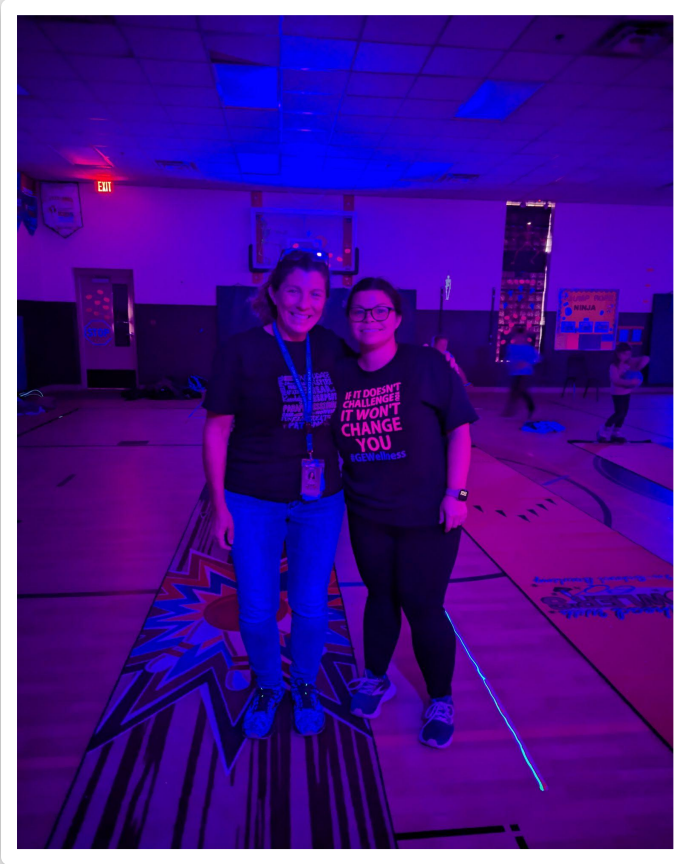
Family Engagement



*New year  
bulletin  
board at GES*



# Our CATCH Team



Being healthy is key for living the active lifestyle I enjoy!  
-Mrs. Cobb, 4th grade teacher

”

Name	Title	Favorite GO Food
Samantha Rogers	School Nurse	Peanut Butter Balls
Sarah Frisbie	PE Teacher	Banana
Andrea Holmes	Teacher	Strawberries
Cheryl Hatfield	Teacher	Cheese
Shauna Bergwall	Principal	Cucumbers





# Our CATCH Team



Pictured are  
staff and  
their favorite  
"GO" food &  
activity

## School Leadership

- Meetings:

October 3rd, January 2nd, March 5th

- Successes:

- Completion of CATCH and Family Health Night
- Started a Mileage Club for the 4th graders this year and plans to open it up to all students next year.
- Safe Routes To School: Walk and Roll days

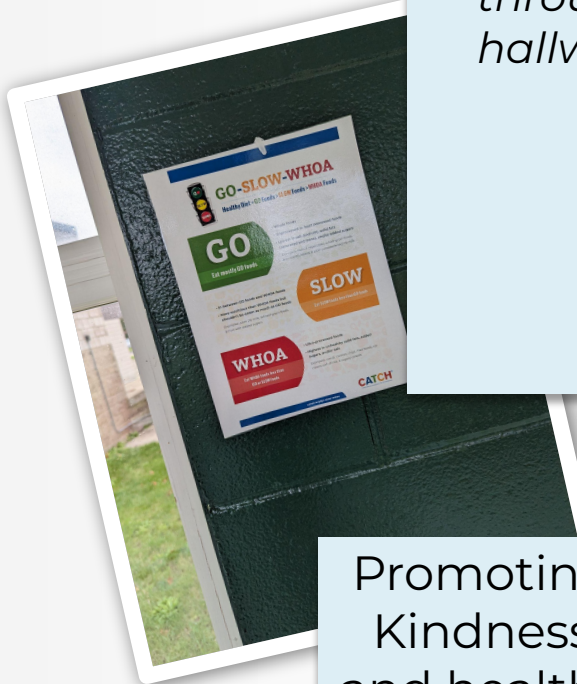




# CATCH Messages Everyday & Every Way

“

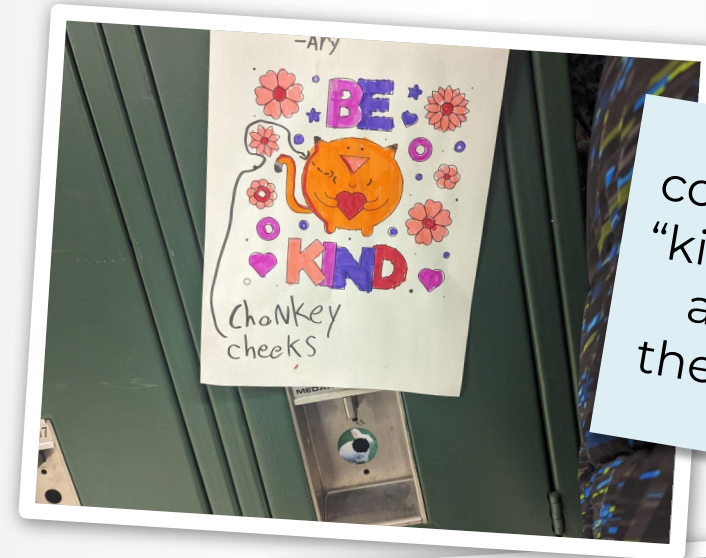
*CATCH posters are hung  
throughout the school: in  
hallways and both gyms*



Promoting  
Kindness  
and healthy  
living



## Coordinating the Message



Student  
council made  
“kind” posters  
and hung  
them around  
school

Be the “I” in  
kind





Signage throughout the school



3rd graders planting flowers, veggies to come!



Walk and Roll days

## Coordinating the Message

Students name \_\_\_\_\_

B	I	N	G	O
Go for a bike ride	Climbing with chalk	Read to a pet or family member	Help a friend	Create an outdoor obstacle course
Plant a tree, veggies, or flowers	Do a wordsearch	Play a board game	Play a card game	Take a walk
Paint rocks	Do an outdoor chore	FREE SPACE	Bake with an adult	Play with your siblings, pets or friends
Draw a picture	Clean your room	Donate items to the community	Volunteer in your community	Go to the park
Do a craft	Go on a picnic with your family	Make a card for someone's appreciation week	Spend time with an adult, uncle, or grandparent. Have them tell you a story from their past	Build a fort

Please turn into Mrs. Higgins or Mrs. Rasmussen on Monday the 13th to be entered into a drawing to win a gift bag. Each BINGO is worth 1 ticket.

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Students name \_\_\_\_\_

## Screen-Free BINGO



students participating in the SEL lessons



students are receiving education on bike safety





## Boosting the Message on Social Media



winner of the monthly staff wellness challenge

### *Playing \*tag\*!*

School  
**@Tag1**

District  
**@Tag2**

CATCH  
**@CATCHhealth**

Funder  
**@Tag3**

## Sharing the Message

### *Walk & Roll Days*



*sharing our love for the workers who help serve us healthy foods*







# Learning to Make Healthy Choices

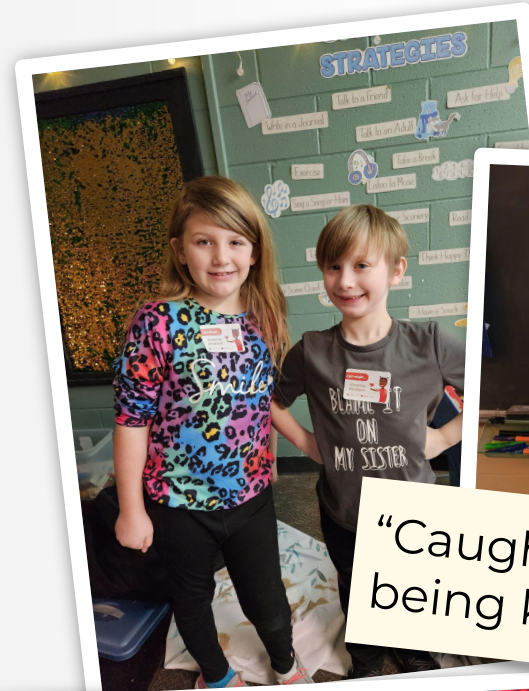


Healthy Kids Club

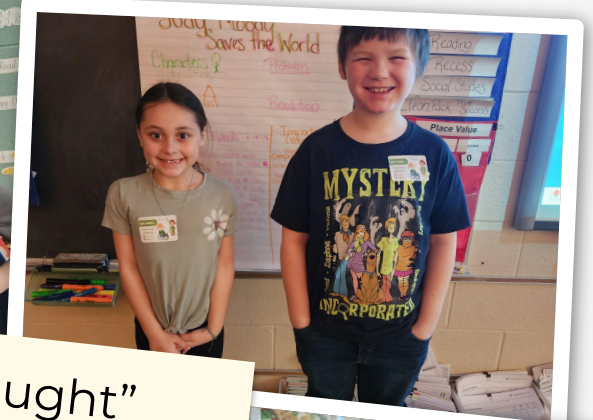
<Kids got to enjoy ants on a log and learn about Go-Slow-Whoa foods.



## Instruction



"Caught" being kind



"Caught" being active and choosing healthy foods







# Family Wellness Events & Engagement

*It was good  
information and a  
fun night*

**- Parent**



The only picture of the yogurt  
bar for health night...yogurt,  
pineapple, strawberries,  
blueberries, raspberries,  
mango, granola

## Family Engagement



Students are  
enjoying a  
STEM activity  
about healthy  
bodies





## Health is CATCH'ing on

That is our 23-24 year of CATCH. More than half of our teachers taught the CATCH lessons in their classrooms, at least once. This is wonderful considering it was not mandated. Our SEL teacher and social worker taught lessons with their small groups. PE teachers engaged in CATCH weeks too! Our papros and kitchen staff also got involved. As the coordinator, seeing so many of our staff involved makes my heart happy. The kids love the simple messages and the lessons they learn, will stay with them for years to come.