



GCCISD Coordinated School Health
3rd 6 weeks: November 12-December 17, 2020
Theme I: Getting Started - CATCH Kick Off

Elementary

Key Terms & Concepts:

CATCH - An acronym that stands for Coordinated Approach To Child Health. The goal of the CATCH Program is to be a school where everyone is working together and speaking a common language that creates and maintains a healthy school environment.

CATCH Kick-Off Week - A week at the beginning of the school year where everyone agrees to launch the CATCH Program for the year and complete the CATCH Kick-Off tasks in the Coordination Kit.

CATCH All-In Task (All staff): Adults in the school community role model healthy choices and behaviors for students. Complete [Why I'm A CATCH MVP](#) and give to the CATCH Champion for display on a bulletin board or common area.

CATCH Kick Off Star Tasks:

- ★ **Campus Wellness Team (CATCH) Champion & Team:** Identify your team and meet to build awareness and excitement of the CATCH program. Follow The Big Picture and attempt to follow the steps in the [Getting Started Checklist](#); Document meetings using [CATCH Planning Tool](#) and [Theme Action Plan](#)
- ★ **Principal & Administration:** Read [CATCH Morning Announcements](#) during Kick-Off Week
- ★ **Classroom Teacher:** Incorporate activity breaks (ABs) in all classes and incorporate CATCH nutrition lessons as feasible.
- ★ **Physical Education:**
 - Play [CATCH MVP](#) Games during Kick-Off Week (see virtual adaptations).
 - Incorporate at least one CATCH lesson each week of grading period
 - Lessons can either be a PE K-2 & K-5 Activity OR Health Lesson per grading period (6 weeks):
 - Pre-K: [Why Is Handwashing Important?](#)
 - K: [Being Healthy is Fun](#)
 - 1st: [GO Foods, GO Activities](#)
 - 2nd: [A Good Balance](#) & [CATCH Story Time Audio](#)
 - 3rd: [Hi There, Earthlings](#)
 - 4th: [Ready-Set-GO for Health](#)
 - 5th: [Let's Get Going](#)
- ★ **Cafeteria Manager:** Post [CATCH Character Signs](#) during Kick-Off Week.
- ★ **Specialized and Support Staff:** Complete [Why I'm A CATCH MVP](#).
- ★ **Parent Leaders:** Send home [CATCH MVP Newsletter](#) during Kick-Off Week
- ★ **CATCH Social Media:** Post (at least) one CATCH message on any social media platform and use the hashtag #CATCHKickOff
- ★ **Staff/Student Wellness:** Participate in a wellness challenge such as a pedometer step challenge facilitated by a walking club and consider providing incentives/rewards for winners.
- **Note:** *Virtual adaptations can be made for all components of CATCH.

Be Well™ Baytown

Goose Creek Consolidated Independent School District is supported by Be Well™ Baytown. Be Well Baytown is an initiative of The University of Texas MD Anderson Cancer Center sponsored by ExxonMobil.





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Junior High

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- ★ **Physical Education:**
 - Play [CATCH MVP](#) Games during Kick-Off Week (see virtual adaptations).
 - Incorporate at least one CATCH lesson each week of grading period
 - Lessons can either be a PE K-2 & K-5 Activity **OR** Health Lesson per grading period (6 weeks):
 - 6th: [Food Fights](#)
 - 7th: [A Balanced Life](#)
 - 8th: [Water, Pure and Simple](#)
- ★ **Cafeteria Manager:** Post the Eat Smart Posters - [English/ Spanish](#)
- ★ **Specialized and Support Staff:** Complete [Why I'm A CATCH MVP](#).
- ★ **Parent Leaders:** Send home [CATCH MVP Newsletter](#) during Kick-Off Week
- ★ **CATCH Social Media:** Post (at least) one CATCH message on any social media platform and use the hashtag #CATCHKickOff
- ★ **Staff/Student Wellness:** Participate in a wellness challenge such as a pedometer step challenge facilitated by a walking club and consider providing incentives/rewards for winners.
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