



# GCCISD Coordinated School Health

4<sup>th</sup> 6 weeks: January 5- February 23, 2020

## Theme II: *Creating Healthy Change*

District Contact: Amanda Kennington, GCCISD Healthy Community School Coordinator

### Elementary - Kids model the behaviors of adults that surround them.

**Main School-Wide Goal:** Continue building awareness of and reinforce the goals of the CATCH Program through adult role modeling – healthy eating, regular physical activity and other healthy behaviors such as drinking water and limiting screen time.

#### The Language of CATCH -

- **GO-SLOW-WHOA [PDF]**- A common language to discuss healthy food choices. A healthy diet = GO foods > SLOW Foods > WHOA foods.
- **CATCH MVP** - A person or community that: Moves and Stays Active, Values Healthy Eating, Practices Healthy Habits. A CATCH school aims to develop CATCH MVP students, staff and families.

#### CATCH Implementation Star Tasks:

All coordination resources associated with your tasks for Theme II can be found at [CATCH.org](http://CATCH.org).

- ★ **Everyone (All staff and parents):** Complete the [CATCH My Healthy Living Commitment sign](#) and give the finished piece to your Campus Wellness Team Champion to display or share virtually.
- ★ **Campus Wellness Team (CATCH) Champion & Team:** Follow [The Big Picture](#) page and provide your campus with a summary of Theme II and what each area is being asked to do. The [Theme II Checklist](#) will help guide you in carrying out the theme and coordinating the CATCH Program at your school. Plan to meet with your team at least once this grading period to discuss implementation for your campus.
- ★ **Principal & Administration:** Support the CATCH Champion and Team by actively encouraging faculty and staff to complete their star tasks.
- ★ **Classroom Teacher:** Continue to incorporate activity breaks (ABs) in all classes and incorporate CATCH Classroom Curriculum lessons as feasible. Post our CATCH School flyer ([English/Spanish](#)) as feasible.
- ★ **Cafeteria Manager:** Share [Eat Smart With Us](#) flyer
- ★ **Physical Education:**
  - Read, sign and distribute [Why CATCH PE? letter](#)
  - Incorporate at least one CATCH PE Activity lesson each week of grading period
  - Lessons can either be a PE K-2 & K-5 Activity OR Classroom Curriculum Lesson per grading period (one per 6 weeks):

K: <a href="#">Go Foods</a>	1st: <a href="#">A Rainbow of Fruits and Vegetables</a>	2 <sup>nd</sup> : <a href="#">Healthy and Unhealthy Fats</a>
3 <sup>rd</sup> : <a href="#">Hearty Goes On A Mission - Video</a>	4 <sup>th</sup> : <a href="#">Go Slow Whoa Foods</a>	5 <sup>th</sup> : <a href="#">Energy Balance and Go Eating</a>

- ★ **Music Teachers CATCHy Idea:** Teach and sing [CATCH songs](#) in music class.
- ★ **Parent Leaders:** Include CATCH as an agenda item at your first PTA, PTO or parent meeting.
- ★ **CATCH Social Media:** Post messages on **social media** of adults and kids being healthy role models using #CATCHMVP.
- ★ **Staff/Student Wellness:** Register (everyone 13 years and older) and participate in the It's Time Texas Community Challenge: <https://ittcommunitychallenge.com/>

## 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.





## GCCISD Coordinated School Health

4<sup>th</sup> 6 weeks: January 5- February 23, 2020

Theme II: [Creating Healthy Change](#)

District Contact: Amanda Kennington, GCCISD Healthy Community School Coordinator

### Junior High - Kids model the behaviors of adults that surround them.

**Main School-Wide Goal:** Continue building awareness of and reinforce the goals of the CATCH Program through adult role modeling – healthy eating, regular physical activity and other healthy behaviors such as drinking water and limiting screen time.

#### The Language of CATCH -

- **GO-SLOW-WHOA** [[PDF](#)]- A common language to discuss healthy food choices. A healthy diet = GO foods > SLOW Foods > WHOA foods.
- **CATCH MVP** - A person or community that: Moves and Stays Active, Values Healthy Eating, Practices Healthy Habits. A CATCH school aims to develop CATCH MVP students, staff and families.

#### CATCH Implementation Star Tasks:

All coordination resources associated with your tasks for Theme II can be found at [CATCH.org](http://CATCH.org).

#### CATCH Kick Off Star Tasks:

- ★ **Campus Wellness Team (CATCH) Champion & Team:** Follow [The Big Picture](#) page and provide campus with a summary of Theme II and what each area is being asked to do. The [Theme II Checklist](#) will help guide you in carrying out the theme and coordinating the CATCH Program at your school. Plan to meet with your team at least once this grading period to discuss implementation for your campus.
- ★ **Principal & Administration:** Support the CATCH Champion and Team by actively encouraging faculty and staff to complete their star tasks. Allow PE teacher to lead an activity break at a faculty meeting.
- ★ **Classroom Teacher:** Continue to incorporate activity breaks (ABs) in all classes and incorporate CATCH Classroom Curriculum lessons as feasible. Post our CATCH School flyer ([English/Spanish](#)) as feasible.
- ★ **Cafeteria Manager:** Share [Eat Smart With Us](#) flyer
- ★ **Physical Education:**
  - Read, sign and distribute [Why CATCH PE? letter](#)
  - Incorporate at least one CATCH PE Activity lesson each week of grading period
  - Lessons can either be a PE 6-8th Activity OR Classroom Curriculum Lesson per grading period (one per 6 weeks):
    - 6th: [Food Fights](#)
    - 7th: [A Balanced Life](#)
    - 8th: [Water, Pure and Simple](#)
- ★ **Office Staff CATCHy Idea:** Share daily nutrition facts on morning [announcements](#).
- ★ **Parent Leaders:** Include CATCH as an agenda item at your first PTA, PTO or parent meeting.
- ★ **CATCH Social Media:** Post messages on **social media** of adults and kids being healthy role models using #CATCHMVP.
- ★ **Staff/Student Wellness:** Register (everyone 13 years and older) and participate in the It's Time Texas Community Challenge: <https://ittcommunitychallenge.com/>

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