

Campus CATCH reports to SHAC 4/2014

Lone Star Elementary, submitted by Laura Dietert

- Events since last meeting and outcome
 - Samantha Kadish, Parent, agreed to be on CATCH Committee, Welcome Samantha.
 - “Snack bar” items at lunch limited to one per day and only with permission after eating lunch
 - Nutritional Facts on announcements/Jammin Minute- Not started yet. Having trouble signing up.
 - Walking timeouts are being implemented – working for most students, maybe re evaluate for other students
 - Valentine’s dance- Raised \$1200 to purchase PE equipment; very successful
 - Jump Rope For Heart- Donations seem to be going well. If meet goal of \$1,500 then school receives \$100 US Goals gift card to purchase PE/recess equipment.
 - Heart Unit- Done with 100% pass rate
 - Staff water tips sent via email
 - Food Journals completed in November (grades 3-5) will use in calorie unit to plan menus in April
- Revisions discussed to CATCH Schedule and what is/will be implemented
 - Jammin Minute Program- email every morning with brain break and fact-still in progress
 - Lone Star Relay for Life Team- chose to do it next year possibly
 - Be aware of what you’re drinking around the students
 - Awards to advertise CATCH qualities- Currently doing Star Sportsman Awards
- Upcoming Events
 - Ashley- Family Fun Fitness –next one in April (Friday)
 - Feb 28- Oral Health Lessons during Rhythms- (Laura)
 - May 28- Field Day
 - April 7-11-Healthy Texas Week
 - Periodic Health Tips on Morning Announcements
- Next Year
 - Writing a grant for the second half of the track to be used next year for walking/running clubs; PTA is paying for the initial half (from the Run, Ride & Roll Fundraiser)-(Laura submitting grant)
 - Leslie Burk’s husband will volunteer to teach roping on Rodeo Week
 - Wii Fit (Zumba, Disney Dance) relying on grant- (Ashley submitting grant)
 - Signing up for a run (Turkey Trot, Wurst Run)- invite students to attend with parents
 - Fridays-Special Guests for “Rhythms”
- To Be Completed Before Next Meeting
 - Oral Health Lessons
 - Healthy Generations Action Plan (Ashley and Kip)
 - Turn in Track and Wii Grant by April

New Braunfels Middle School, submitted by Winki Smith

Our aim has been with employee wellness. Here is what has been done so far :

1. Wellness Area created in 3rd floor lounge.
2. Breakfast Club on Fridays.
3. After school movie at Alamo Drafthouse. We saw “Frozen”. We had approx. 50 that came.
4. Easter goodies in boxes.
5. Speedminton League open to staff & students.

Still to come :

Staff Family Fun Night May 9 5:30 - 9:00pm.

For students :

1. The CORE Club has been putting up positive (pealable) wall art.
2. The Speedminton League started last week. We had 26 students at the organizational meeting and 20 at our first league day. The league will run through the last week of school.

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Walnut Springs Elementary, submitted by Nancy Wierman

We have never really had a CATCH committee yet as we have also had a turnover in our PTA, principals, etc. Hopefully, this next year we will have a more stable and committed PTA and our nurse will stay with us.

* We still have our Family Fitness Fun Day twice a year and always have a great turnout for that. We emphasize exercising as a family.

* I am always up in the business of the cafeteria and what they serve, etc. I pushed (and even offered to pay for) a heating lamp for our vegetables. We finally had that installed a few weeks ago!

**I'm not really sure why it is okay to serve students "extras" like another chicken patty sandwich or corn dog, yet they can only have 2 ketchups because of "health standards" and not going over the allotted amount??

Carl Schurz Elementary, submitted by Peter Morin

At Carl Schurz we have many events to support our students in maintaining and obtaining healthier lifestyle choices. Programs that build strong bodies and families. We have something for everyone.

- Fall and Spring Family Fun Fitness Walk- A school wide event in which family members and friends are invited to walk/jog/run with their student. Laps are tallied and each grade level winner with the most laps receives a trophy.
- Fall and Spring Kite Day- Another school wide event where family and friends come out for a day in the sun flying kites.
- J&R Gymnastics visits Carl Schurz to promote healthy living thru tumbling and stretching.
- All Star Elite Cheerleading visits Carl Schurz to promote dance and cheer.
- Hearty Heart curriculum Sessions
- Power Hour- on Monday 40+ 5th graders stay after school for extended PE time in which they play their favorite games.
- Two weeks of group dance and group exercise
- Stranger Safety Training- How to identify and access potential unsafe environments or people. How to react.
- Food and muscle of the month: this highlights healthy food options from different food groups. Highlights different muscle groups and organs
- k-1 Field Day
- 2-3 Field Day
- 4-5 Field Day
- ALL PRO DADS- This is a monthly dads breakfast that offers healthy breakfast options and encourages fathers to stay active in their students' lives. We average 40+ dads and 70+ kids at each meeting.
- Jump Rope Club- A before class group that concentrates on jump roping and starting the day with exercise.
- Garden Club- Teaches students how to grow REAL food! lol

Klein Road Elementary, submitted by Laura Thetford

Kolor Me Klein 5 K color run to fundraise for PTA

- Whole wheat breads
- Walking Club M,W,F mornings before school
- Hygiene education
- Red Ribbon Week- Walk away from drugs
- Family night- healthy choices and fun dancing for families
- More movement based activities incorporated into the classroom
- Teachers and students participated in Jump Rope for Heart
- Staff members come play games and exercise with kids on special dates/holidays throughout the year
- Kite day (families and students participate)
- Field day (parents and students)
- School dance. Many KRE families and faculty/staff came together to dance that evening too.

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County Line Elementary, CATCH Program 2013-2014, submitted by Mary Coronado

1. Monthly CATCH calendars-students encouraged to participate in completing at least 10 activities on the calendar to receive a toe tag and their name mentioned at our monthly Team Time, we have also added extra incentives such as completing all the activities to win a Christmas Tree toe tag or a 4 Leaf Clover toe tag, we did some shout outs to kids that went above and beyond, we added a dental calendar during dental health month and gave out toothbrushes to those that brought them back.



2. Team Time Health Lessons-CATCH presentation, healthy plate lesson, dental health lesson, sunburn safety
3. Participated in EverybodyBeActiveToday- Fitness Breaks every hour on the hour
4. Formation of School Wellness Council-1st goal is to build a walking track
5. Healthy Plate lesson and activity with 5th grade



6. Monthly bulletin boards-Asthma, Head lice, Germs, Flu, Dental health
7. September Display Case-CATCH presentation for parents and students

Seele Elementary, submitted by Kayla Moore

- Events Since Last Meeting
 1. Earth day recycling at the park for a healthy environment and exercise promotion.
 2. Walking club has a good # of participants.
 3. Seele Stampede raised(run) 15,000,
 4. Healthy snacks offered in café
- Revisions discussed and what will be implemented next year
 1. Smoothie parties for the class you has the most participants in the healthy choice poster submitting.
 2. Considering a snack shack
 3. Bring the Garden back to life
- Up and Coming Events
 1. May 27th Field Day 4th and 5th Field Day May 23rd 2nd and 3rd
 2. May 16th NBHS hosts soccer camp for 1st and 5th
- Next Year
 1. Promoting healthy habits, trying to get local businesses on board.
 2. Restart the garden
 3. Seele fundraiser
- To be completed before next meeting
 1. Healthy Schools action plan
 2. Class time teaching health and hygiene