



## Your Elementary School and the CATCH Program

### What is CATCH?

- The Coordinated Approach To Child Health (CATCH) is a unique coordinated school health program that promotes healthy habits and brings a school community together to teach children to be healthy for a lifetime.
- CATCH reinforces positive, healthy behaviors throughout the school day such as eating foods low in fat and sugar, doing regular physical activities, and not smoking; CATCH makes it clear that good health and learning go hand in hand.
- There are 4 key parts to CATCH:
  - **Classroom Curriculum** – students are taught the importance of good health behaviors including eating a healthy diet and participating in daily physical activity.
  - **Physical Education** – teaches students that physical activity is healthy and fun!
  - **Nutrition** – promotes healthy choices at school and that the healthy choice is the easy choice!
  - **The Home Team (family and community)** – extending healthy habits to the home and community, and reinforcing that lessons taught during the school day need to be practiced at home to make sure these are health habits that will last a lifetime.



**Dynamite Diet**  
teaches your children to make  
healthy choices!

### Why is CATCH Important?

- Obesity and Type II Diabetes rates are increasing among children.
- Children are less physically active, spending more time watching television and playing video and computer games.
- By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proven that establishing healthy habits in childhood can promote behavior changes that carry into adulthood.

### Questions about CATCH you can ask your school principal and teachers:

- Does your school have a Campus Wellness Committee or CATCH Committee, and how can you become involved in its activities?
- How can you get involved in your CATCH Committee activities and events at your school and in your student's classroom?



**Join Principal Goodheart**  
to create a healthy environment  
at your school!

## What to expect at your CATCH school:

- Students are offered meals that are appealing and nutritious and follow the Dietary Guidelines for Americans and comply with standards established by federal and state regulations.
- Food is never used as a reward or punishment.
- Students participate in Physical Education classes that are interactive and teach the skills needed to adopt a healthy, active lifestyle.
- Students participate in moderate to vigorous physical activity in their PE class at least 50% of class time.
- Physical Activity is included in the school's daily education program for a minimum of 135 minutes per week.
- Recess is offered at all grade levels on a daily basis and not used as a reward or punishment.
- Your school conducts events and activities that promote healthy eating and physical activity for students, parents and staff.

### What can parents do to help?

- Join your school's CATCH Team in their efforts and help create a healthy school environment.
- Create a healthy home environment – turn off the TV during meal times.
- Set a good example – drink water instead of sugar-sweetened drinks and soda.
- Engage in physical activities as a family – take a walk with your family after dinner.
- Help your child with CATCH Home Team homework.

