



# *The CATCH Coordination Kit: Changing Cultures – Changing Lives*

January 26, 2016  
11:00 a.m. (CST)

# Today's Moderator



## Peter Cribb, MEd

National CATCH Director  
CATCH Global Foundation



Today's webinar will be recorded and  
available online at

[www.CATCHinfo.org](http://www.CATCHinfo.org)

# About our Center



We are an international leader in conducting research and providing programs that promote healthy living for children, their families and communities.

Our work fosters improved health behaviors among youth, influences policy and environmental change to support healthy living, and advances professional education and community service.

**Our vision:** *Healthy children in a healthy world*



[www.msdcntr.org](http://www.msdcntr.org)



## John Krampitz, PhD

CATCH Master Trainer  
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## Joey Walker, MPH

Research Coordinator, CATCH Master Trainer  
Michael & Susan Dell Center for Healthy Living  
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# CATCH Coordinated Toolkit

Helping You Through the Process of Implementing  
Coordinated School Health



# Goal



To be a school where everyone is working together and speaking a common language that creates, supports, and maintains a healthy school environment.



# Sport Cultures

- \* What are common values in sport cultures?
  - \* Dedication
  - \* Discipline
  - \* Sacrifice
  - \* No “I” in Team
  - \* Part of a Special Group

# Healthy Workplace Values

- \* Encouraged to take risks and responsibilities
- \* Given freedom to make decisions
- \* “Coached Up”
- \* Provided necessary training
- \* Recognize their role in meeting business goals

*Employees of companies that reflect these values are healthier than those who work in companies that do not share these values.*



# Texas Public Schools

- \* 1984 Educational Reform
- \* Essential Elements
- \* Teacher Accountability Tests
- \* Cross Campus Reading
- \* Curriculum Integration
- \* Special Tutoring Programs

**Shared Value = Improved Standardized Test Performance**

# Asking Employees to Change

- \* Easy: Does not require permission. Already possess the skills necessary
- \* Value: Adopting a behavior or performing the requested task is of value to the individual
- \* Normal: The behavior or task is perceived to be normal – something that others would naturally do, especially the boss!

# Goal



To be a school where everyone is working together and speaking a common language that creates, supports, and maintains a healthy school environment.



# Who's involved?

- \* **EVERYONE**

- \* Everyone has a role in implementing CATCH on the campus

- \* **The CATCH Team/Champion**

- \* The CATCH Team mobilizes the school community and guides the process



# The “Language” of CATCH

- CATCH blends coordination throughout a campus by using a common and consistent language.
  - CATCH MVP
  - GO, SLOW, & WHOA Foods



# CATCH MVP

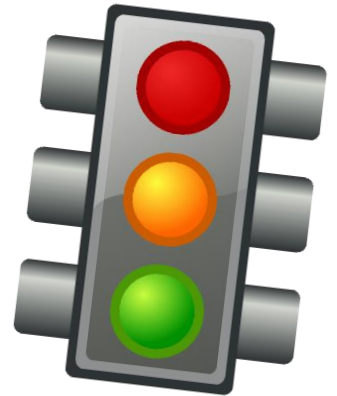
Aims to achieve healthy behaviors and positive outcomes in the following areas:

- **M**ove and stay active
- **V**alue healthy eating
- **P**ractice healthy habits

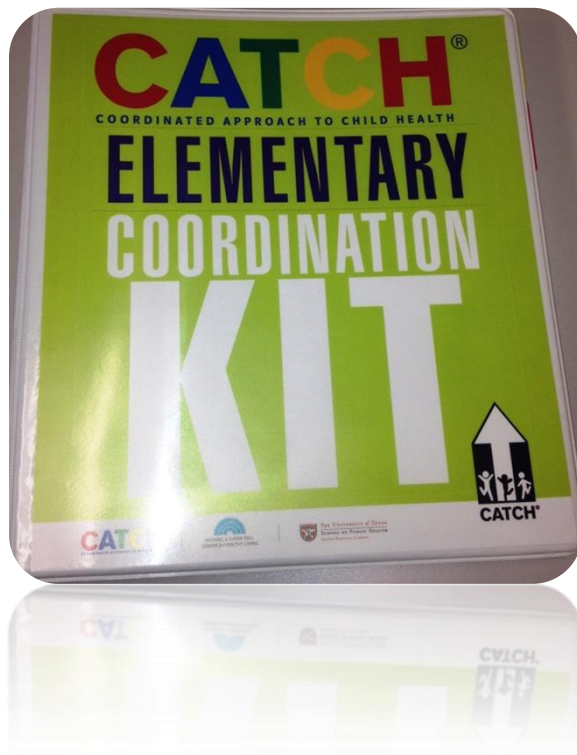


# GO – SLOW – WHOA

- **GO foods** are lower in fat, and/or added sugar, and/or they are less processed relative to foods in the same food group and are commonly described as ‘whole foods’.
- **SLOW foods** are higher in fat, and/or added sugar, and may be more processed than GO foods.
- **WHOA foods** are highest in fat, added sugar, and/or are the most processed.



# The CATCH Coordination Kit





# Coordination Kit Materials



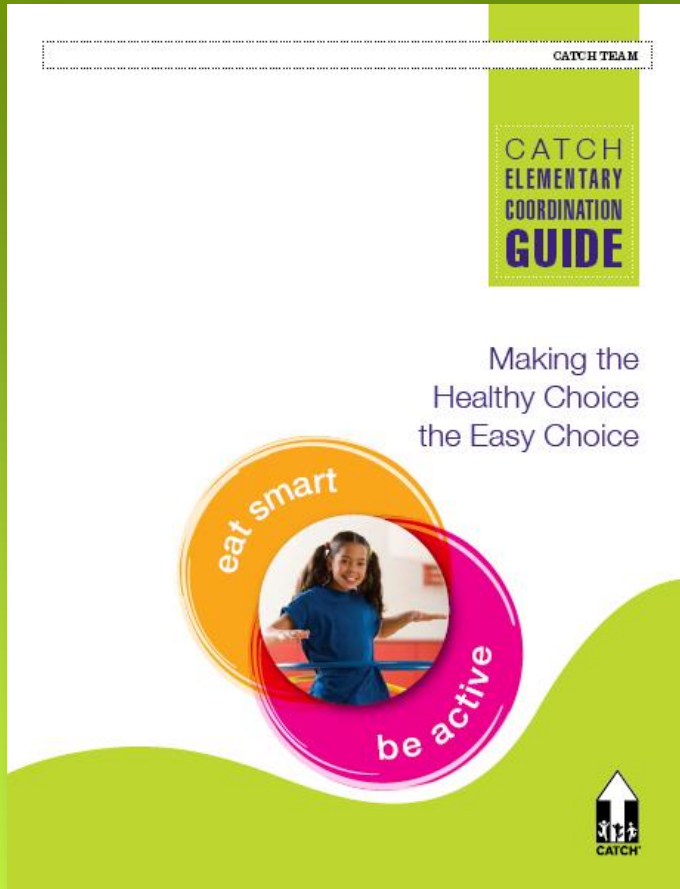
- \* CATCH Coordination Kit Binder
  - \* Includes **CSH/CATCH Team Guide**
  - \* Master copies of all Coordination Folders
  - \* CD with electronic copies of all materials
- \* Coordination Folders (6 individual folders)
  - \* Specialized information for everyone on campus
    - Principals & Administration
    - Classroom Teachers
    - PE Teachers
    - Child Nutrition Staff
    - Parent Leaders
    - Specialized & Support Staff



# How CATCH Organizes a School Year

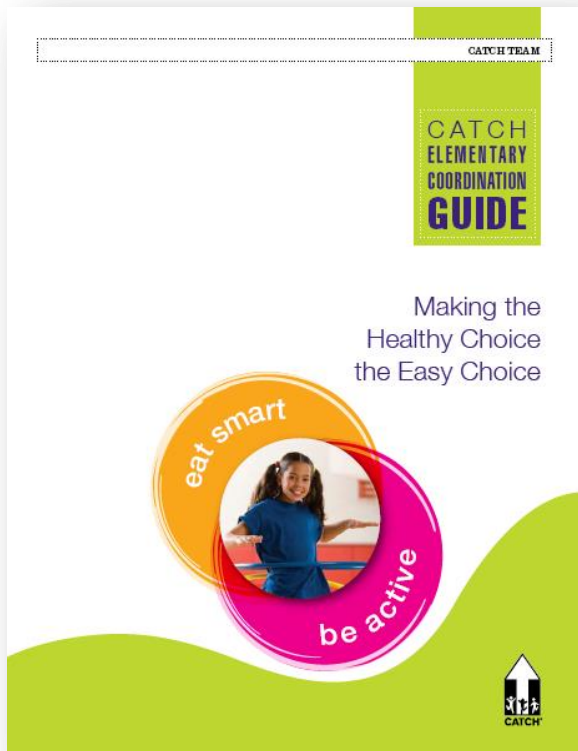
- \* There are **6 Themes (1 theme each 6-week grading period)** that focuses implementation efforts on a common school-wide initiative.
- \* Themes:
  - \* Getting Started
  - \* Creating Healthy Change
  - \* Speaking the Language of CATCH
  - \* Family Matters
  - \* Celebrating Success
  - \* Next Steps





Let's take a closer look at the CATCH Team Guide

# CATCH/CSH Team Guide



- \* A bound booklet that is a Team's step-by-step guide to help you lead the effort
- \* This is your Team's roadmap for guiding the coordinated effort on your campus
- \* We suggest the Champion be the 'Keeper' of this Guide & the Binder materials

# CSH Team “Big Picture” Page

- \* For every theme in the Kit, there is a “Big Picture” page
- \* Snapshot of all 6 coordination areas and their star initiatives
- \* Helps CATCH Team ‘see’ the coordination
- \* A 1-page view of the activities going on for each 6-weeks

The Big Picture—Theme IV

**PRINCIPAL & ADMINISTRATION**

- \* Complete and post the CATCH My Healthy Living Commitment sign.
- \*\* Conduct a weekly drawing for five to six CATCH MVP Kids. The reward is lunch with the principal. Announces winners during morning announcements.
- \*\*\* Recognize the faculty CATCH MVPs with a faculty CATCH MVP Award Certificate.

**CLASSROOM TEACHERS**

- \* Complete and post the CATCH My Healthy Living Commitment sign.
- \*\* Present the student CATCH MVP Award Certificate to students at an end-of-the-year awards ceremony.
- \*\*\* Assist PE and CNLD Nutrition staff with their I Like to Move It, Move It! and I Like to Cook It, Cook It! activity frame templates.

**PARENT LEADER**

- \* Complete and post the CATCH My Healthy Living Commitment sign.
- \*\* Assist with creating a bulletin board for the CATCH My Healthy Living Commitment sign.
- \*\*\* Showcase Parent and Community CATCH MVPs. Invite them to speak, or organize a field trip to their business.

**PHYSICAL EDUCATION**

- \* Complete and post the CATCH My Healthy Living Commitment sign.
- \*\* Create a CATCH MVP bulletin board. Distribute the I Like to Move It, Move It! activity frame template to your students. Ask them to bring photos of themselves being physically active to school.
- \*\*\* Pass out the CATCH A Healthy Summer calendar.

**SPECIALIZED & SUPPORT STAFF**

- \* Complete and post the CATCH My Healthy Living Commitment sign.
- \*\* Recognize the campus health MVPs. Thank the CATCH Champion, the CATCH Team and the Cafeteria and other staff for their efforts.
- \*\*\* Promote the National Walk to School Week in May—offer to walk with a student on a route to school.

**CHILD NUTRITION**

- \* Complete and post the CATCH My Healthy Living Commitment sign.
- \*\* Send home the CATCH A Healthy Snack Summer recipes.
- \*\*\* Copy and pass out the I Like to Cook It, Cook It! activity frame template to each classroom teacher. Create a CATCH MVP bulletin board or post them in the cafeteria when students return them to you.

**Coordination Resources**

Everyone: CATCH My Healthy Living Commitment Sign  
Principal: CATCH MVP Lunch With The Principal raffle contest, CATCH MVP Award Certificate  
Classroom: CATCH MVP Award Certificate  
Physical Education: I Like to Move It, Move It! activity frame template, CATCH A Healthy Summer Calendar  
Child Nutrition: I Like to Cook It, Cook It! activity frame template, CATCH A Healthy Snack Summer recipes

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# CSH Team Theme Checklists

CATCH MVPs		4th Nine Weeks	
✓	Theme IV Checklist	Person Responsible	Date Completed
<input type="checkbox"/>	<b>Remind all teachers and staff to begin the Theme IV implementation tasks, which are in their Coordination Folders.</b> <ul style="list-style-type: none"> <li>• Consider sending a reminder email, making a morning announcement, or posting a notice in mailboxes.</li> <li>• Don't forget to remind everyone to celebrate their successes over the year!</li> </ul>		
<input type="checkbox"/>	<b>Provide a CATCH update at a faculty meeting.</b> <ul style="list-style-type: none"> <li>• Remind teachers and staff that you can email them a copy of the CATCH My Healthy Living Commitment sign.</li> <li>• Recognize Faculty CATCH MVPs and thank everyone for their continued efforts to be healthy role models.</li> </ul>		
<input type="checkbox"/>	<b>Update the CATCH Bulletin Board. Some ideas:</b> <ul style="list-style-type: none"> <li>• Highlight faculty and staff that complete their CATCH My Healthy Living Commitment sign.</li> <li>• Announce the "Lunch with the Principal" contest.</li> <li>• Highlight a CATCH MVP Classroom.</li> </ul>		
<input type="checkbox"/>	<b>Convene for a "Wrap-Up" CATCH Team meeting.</b> <ul style="list-style-type: none"> <li>• Consider any new action items to be added to next year's CATCH Action Plan (e.g., review and plan using the CSH Calendar).</li> <li>• Explore lessons learned over the past year.</li> <li>• Generate a list of potential CATCH Team members and identify roles for the upcoming year.</li> </ul>		
<input type="checkbox"/>	<b>Review the Campus Improvement Plan with the principal.</b> <ul style="list-style-type: none"> <li>• Use the CSH Calendar and the School Health Index to identify key areas to focus on and/or policy change for the next school year.</li> </ul>		
<input type="checkbox"/>	<b>Inventory and collect all the CATCH Curriculum resource materials.</b> <ul style="list-style-type: none"> <li>• Have all specialty areas return their CATCH Coordination Folders to the CATCH Champion to inventory with the CATCH Team Coordination Guide.</li> <li>• Have any teacher who checked out CATCH Curriculum resource return them.               <ul style="list-style-type: none"> <li>⇒ Classroom Teachers—Grade level copies of the Go for Health curriculum.</li> <li>⇒ Physical Education—CATCH PE Guidebook and Activity Bows.</li> <li>⇒ Child Nutrition—Eat Smart Guidebook for cafeteria staff.</li> </ul> </li> </ul>		

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CATCH Team Checklist-Theme IV			
✓	Theme IV Checklist	Person Responsible	Date Completed
<input type="checkbox"/>	<b>Principal &amp; Administration</b> <ul style="list-style-type: none"> <li>• Offer to help the principal begin a weekly drawing for four to five CATCH MVP Ride, who will have lunch with the principal. Materials are in the Principal Coordination Folder.</li> </ul>		
<input type="checkbox"/>	<b>Classroom Teachers</b> <ul style="list-style-type: none"> <li>• Encourage Classroom Teachers to help PE and Child Nutrition staff with their / Like to Move It, Move It! and / Like to Cook It, Cook It! activity theme.</li> </ul>		
<input type="checkbox"/>	<b>Cafeteria Managers</b> <ul style="list-style-type: none"> <li>• Check to see if the Cafeteria Manager has distributed the / Like to Move It, Move It! Flyer to each Classroom Teacher.</li> </ul>		
<input type="checkbox"/>	<b>Physical Education</b> <ul style="list-style-type: none"> <li>• Check to see if the PE Teacher has distributed the / Like to Move It, Move It! Flyer to each Classroom Teacher.</li> </ul>		
<input type="checkbox"/>	<b>Parent Leader</b> <ul style="list-style-type: none"> <li>• Discuss with Parent Leaders how they can assist with the CATCH My Healthy Living Commitment bulletin board.</li> </ul>		
<input type="checkbox"/>	<b>Specialized &amp; Support Staff</b> <ul style="list-style-type: none"> <li>• Encourage Specialized &amp; Support Staff to lend their expertise at school functions that promote health (e.g., assemblies, award ceremonies, etc.).</li> </ul>		
<input type="checkbox"/>	<b>Remind faculty and staff to encourage safe and healthy summer practices.</b>		

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- \* Suggested items for the Team to discuss, delegate, and carry out each theme
- \* Checklists are great to use for your meeting agenda items

# Theme I – Getting Started

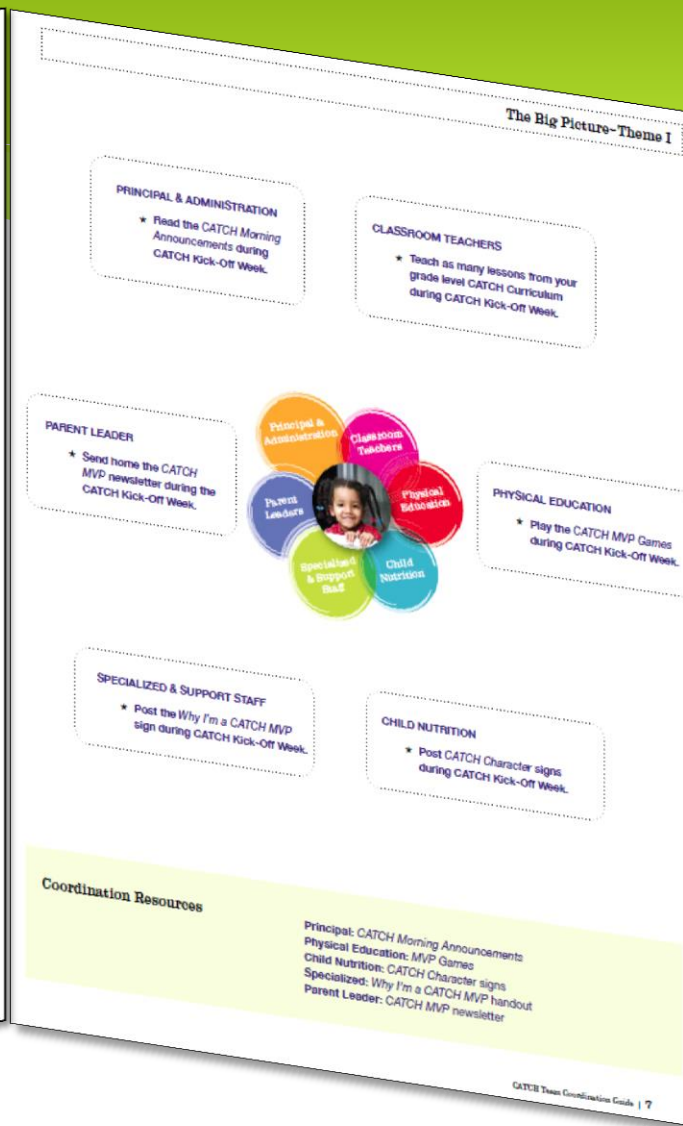
1st Six Weeks

theme I  
**GETTING STARTED**

To help identify your team and build awareness and excitement for the CATCH Program, attempt to follow these steps during the first six weeks:

Getting Started Checklist	Person Responsible	Date Completed
<input type="checkbox"/> <b>Assemble attendees from the CATCH training to meet with the principal.</b> <ul style="list-style-type: none"> <li>Review the CATCH Program (philosophy, curriculum resources, etc).</li> <li>Review the CATCH Coordination Toolkit and discuss the distribution of the Coordination Folders.</li> <li>Identify additional potential CATCH Team Members.</li> <li>Ask for time at a faculty meetings for a "CATCH Update."</li> </ul>		
<input type="checkbox"/> <b>Recruit identified CATCH Team members.</b> <ul style="list-style-type: none"> <li>Propose options for regular communication as a team.</li> <li>Propose regular meeting time (e.g., 2nd Tuesday of a new theme and regular email check-in).</li> <li>Establish contact information list.</li> </ul>		
<input type="checkbox"/> <b>Locate/obtain all the CATCH Curriculum resource materials.</b> <ul style="list-style-type: none"> <li>Catalog/distribute the CATCH curriculum resource materials (e.g., bar code from library).</li> <li>Classroom Teachers – Grade level copies of the Go for Health curriculum.</li> <li>Physical Education – CATCH PE Guidebook and Activity Boxes (Green box = K-2nd; Blue box = 3rd-5th).</li> <li>Child Nutrition – Eat Smart Guidebook for cafeteria staff.</li> <li>If possible, upload the CATCH Coordination Toolkit Resource CD to the school's shared drive.</li> </ul>		
<input type="checkbox"/> <b>Present to your CATCH community.</b> <ul style="list-style-type: none"> <li>Show a CATCH Power Point presentation at a faculty meeting and discuss the CATCH Curriculum and Coordination Toolkit.</li> <li>Distribute/check out the CATCH Curriculum and Coordination Folders from the CATCH Coordination Toolkit.</li> <li>Meet with the Child Nutrition Staff to discuss coordination efforts.</li> <li>Ask for time to speak or present at the first parent meeting (FTA, PTO, etc).</li> <li>Distribute all CATCH Curriculum and CATCH Coordination Toolkit resources to applicable component areas.</li> </ul>		
<input type="checkbox"/> <b>Initiate the CATCH Kick-Off Week.</b> <ul style="list-style-type: none"> <li>See Theme I task sheets and applicable resources.</li> <li>See the CATCH Team "Big Picture" page to identify what each component is doing.</li> </ul>		

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CLASSROOM TEACHERS

CATCH  
ELEMENTARY  
COORDINATION  
FOLDER



Grade Level Teachers  
Teacher Aides  
Special Education Teachers



Let's take a closer  
look at the  
Coordination  
Folders



# Individual Coordination Folders

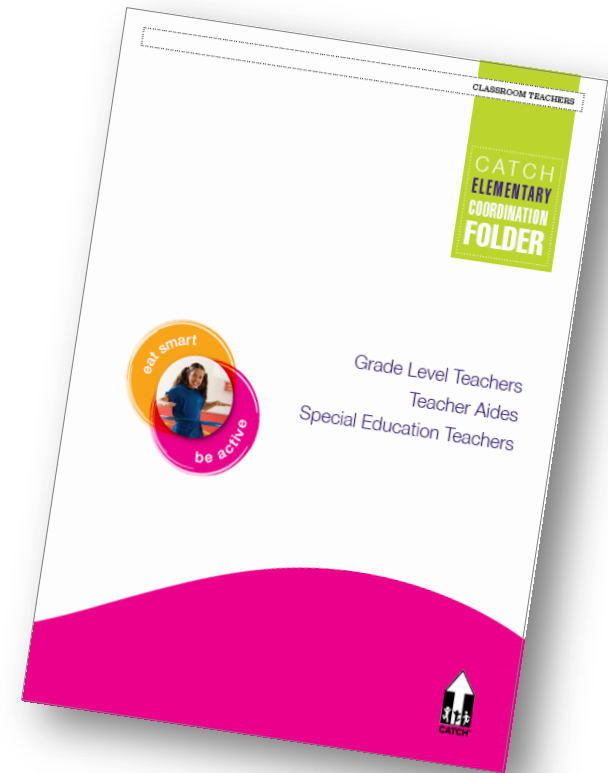


- \* There are 6 Coordination Folders for all areas of the school to participate
  - \* The folders contain the specific **TASKS** suggested for folks in that area (e.g., Teacher, PE Specialist, etc.) each theme – THEME TASK PAGE
  - \* Ready-to-use resources associated with many of the tasks are included
  - \* We suggest the members of the CATCH Team be the ‘Keepers’ of their Coordination Folder or check them into the Library for people to access

# Coordination Folders

Each folder includes information about:

- Simple introduction text
  - ✓ Why CATCH? Why you? What's your role?
- Theme Implementation Tasks
  - ✓ One page per theme
- Resources (Spanish and English)
  - ✓ Virtually every resource the Kit asks staff to do has already been created and is available to use



# Theme Task Pages

Star Initiatives



My Health  
Booster



**theme II**

**WHAT'S THE CATCH? - Creating Healthy Change** 2nd Six Weeks

**★ Introduce CATCH.**  
Some ideas...

- Work with your district director to categorize your menu items GO, SLOW and WHOA.
- Read and sign the Eat Smart with Us information letter, then distribute to faculty and staff on your campus.


**★★ Decorate your cafeteria with examples of healthy foods and behaviors.**

- Invite the Art teacher to have students create artwork for the cafeteria.
- United States Department of Agriculture Team Nutrition [www.fns.usda.gov/tv/library.html](http://www.fns.usda.gov/tv/library.html).
- Go to: [www.mypyramid.gov](http://www.mypyramid.gov) - US Department of Agriculture. This website offers free materials that will turn your cafeteria into an Eat Smart classroom.

**★★★ Choose to be a healthy role model.**  
Let students "CATCH" you...

- Drinking water instead of sugar sweetened beverages.
- Eating fruits and vegetables.
- Walking the track with them during gym class.


**MY HEALTH BOOSTER**

 **Commit to one small change to improve your own health and wellness. Small steps eventually lead to a big difference.**


Consider...

- Eating an additional fruit or vegetable each day. Work toward five servings per day.
- Reducing sedentary activity by eliminating 30 minutes of TV watching per day.
- Walking with co-workers before, during or after school.
- Making time to eat as a family regularly.

**Resources:**  
*Eat Smart Guidebook*



*Eat Smart With Us Information Letter*



CATCH Middle School Child Nutrition Services Guide | 6

Resource  
Icon





So...What does a theme look like?

## The Big Picture-Theme I

### PRINCIPAL & ADMINISTRATION

- ★ Read the *CATCH Morning Announcements* during CATCH Kick-Off Week.

### CLASSROOM TEACHERS

- ★ Teach as many lessons from your grade level CATCH Curriculum during CATCH Kick-Off Week.

### PARENT LEADER

- ★ Send home the *CATCH MVP* newsletter during the CATCH Kick-Off Week.



### PHYSICAL EDUCATION

- ★ Play the *CATCH MVP Games* during CATCH Kick-Off Week.

### SPECIALIZED & SUPPORT STAFF

- ★ Post the *Why I'm a CATCH MVP* sign during CATCH Kick-Off Week.

### CHILD NUTRITION

- ★ Post *CATCH Character* signs during CATCH Kick-Off Week.

### Coordination Resources

Principal: *CATCH Morning Announcements*  
Physical Education: *MVP Games*  
Child Nutrition: *CATCH Character* signs  
Specialized: *Why I'm a CATCH MVP* handout  
Parent Leader: *CATCH MVP* newsletter

# CATCH Kick-Off Week - Administrators

PA

## CATCH Kick-Off Week Morning Announcements

### DAY ONE

#### CATCH Tip of the Day.

"Just a reminder students, we're a CATCH School! That means we work towards having healthy kids in a healthy school. So, here at <SCHOOL NAME> we work on being a CATCH MVP. A CATCH MVP is someone who **Moves and stays active, Values healthy eating, and Practices healthy habits every day!** Let's all have a healthy school year & try to be CATCH MVP's together: remember to eat healthy foods and exercise every day!"

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### DAY TWO

#### CATCH Tip of the Day – Brought to you by the CATCH Characters.

"Do you remember what the M in CATCH MVP stands for? A CATCH MVP stands for someone who Moves and stays active, Values healthy eating, and Practices healthy habits every day. So, the M stands for **Move and stay active**. The CATCH Tip of the Day comes to us from Flash Fitness, who reminds us to move & play every day! Try to walk or run today during recess. If you're watching TV tonight, try doing jumping jacks, or push-ups, or stretch during the commercials."

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### DAY THREE

#### CATCH Tip of the Day – Brought to you by the CATCH Characters.

"Do you remember what the V in CATCH MVP stands for? A CATCH MVP stands for someone who Moves and stays active, Values healthy eating, and Practices healthy habits every day. So, the V stands for **Values healthy eating**. The CATCH Tip of the Day comes to us from Dynamite Diet, who



# CATCH Kick-Off Week – Parent Leaders

PL

## Be a CATCH MVP Family!

### We're a CATCH School

"CATCH" stands for "Coordinated Approach To Child Health." CATCH schools are committed to healthy students in a healthy school. We invite you to help us teach positive health choices and be a CATCH MVP! A CATCH MVP is someone who Moves and stays active, Values healthy eating, and Practices healthy habits every day.

#### Be a CATCH MVP Family:

- **Move and stay active:** Try to be more active as a family – park the car farther away in parking lots to walk a bit more, stretch while watching TV, walk as a family after meals.
- **Value healthy eating:** Try to make healthy choices – include a fruit or vegetable with every meal, eat more family meals together, and don't supersize unless you're sharing.
- **Practice healthy habits:** Be a positive role model – drink more water and less soda, start your day with a healthy breakfast, and eat a piece of fruit for a snack.



CATCH YOUR STUDENTS AT THEIR BEST –  
Research has shown that children that are well  
nourished and physically active perform better in school!

**HEALTHY KIDS = BETTER LEARNERS!**

## Sea una Familia CATCH MVP!

### Somos una escuela CATCH

"CATCH" significa "Enfoque Coordinado sobre la Salud del Niño." Las escuelas CATCH están cometidas a estudiantes sanos en escuelas sanas. ¡Los invitamos a ayudarnos a enseñar elegir opciones positivas de salud y a ser un CATCH MVP! Un CATCH MVP es alguien que se Mueve y es activo, Valora el comer saludable, y Practica hábitos saludables todos los días.

#### Sea una Familia CATCH MVP:

- **Muévase y sea activo:** Trate de ser más activo en familia – estacione el coche más lejos en el estacionamiento para caminar un poco más, estírese al mirar la televisión, camine con su familia después de comer.
- **Valore el comer saludable:** Trate de elegir opciones saludables – incluya fruta o vegetales con cada comida, coma en familia, y no pida "supersize" al menos que comparta con su familia.
- **Practique hábitos saludables:** Sea un modelo a imitar positivo – tome más agua y menos refrescos, comience su día con un desayuno saludable, y coma un pedazo de fruta para la merienda.



AYUDE A SUS ESTUDIANTES A SER MEJOR –  
¡Estudios han mostrado que niños que son alimentados  
bien y son físicamente activos realizan mejor en la escuela!

**¡NIÑOS SANOS = APRENDEN MEJOR!**

# CATCH Kick-Off Week – Specialized & Support Staff





# CATCH Kick-Off Week – Child Nutrition

## Try to be a CATCH MVP!

A CATCH MVP is someone who:

Moves and stays active,

Values healthy eating, and

Practices healthy habits every day.



## Be a CATCH MVP like Flash Fitness!



“Remember to move & play every day!

Try to walk or run today during recess. If you’re watching TV tonight, do jumping jacks, push-ups, or stretch during commercials.”

Move and stay active,

Value healthy eating, and

# CATCH Kick-Off Week - PE

## MVP Rock-Paper-Scissors

To reinforce the message of being CATCH MVP's play this fun, moderately vigorous, non-elimination game. This game teaches students to become more familiar with the MVP language, and value being a CATCH MVP.

- Designate three zones in your activity area, each represented by one of the MVP acronyms. (NOTE: This is a great time to ask the students about what letters of MVP represents.)
- Use cones to divide the activity area into thirds (MVP Zones) and designate them as the: Move and Stay Active Zone, the Value Healthy Eating Zone, and the Practice Healthy Habits Zone.
- All kids begin in the "Start Zone" located outside of the MVP Zones.

Start Zone | M Zone | V Zone | P Zone

- The objective of the game is to be a CATCH MVP and reach the each of the MVP Zones as many times as possible.
- Students do this by playing Rock-Paper-Scissors with a partner, and moving from zone to zone in accordance with who wins.
- On signal, students quickly find a partner and play Rock-Paper-Scissors.
- If a student wins, they move up to the M zone and the loser stays in the start zone and finds another partner to challenge.
- Upon entering another zone, students must find a partner to challenge.
- Students move up one zone when they win and move down one zone when they lose. When a student wins in the P zone, they then go back to the start zone and begin again.
- Play for one to two minutes, then survey the class to find out who made it to each zone.
- Repeat the game as time permits.

## MVP Cone Crazy

**Introduction:** To reinforce our message of being MVP's, play this fun, vigorous, non-elimination game by modifying the theme of the original CATCH game: Cone Crazy (3rd-5th Blue CATCH Activity Box Card #42). Using three teams, each represented by one of the letters of MVP, students will become more familiar, and more knowledgeable, about the healthy message.

- Divide the class into 3 groups. Designate Group 1 as the "M's", Group 2 as the "V's" and Group 3 as the "P's". Remind each group what their group/letter stands for.
- Use at least 1 cone for every 2 students, equally made-up of three colors. Scatter the cones throughout the activity area.
- Assign each group to be represented by one of the colored cones (e.g., M's = red cones, V's = green cones, P's = blue cones).

- The object of the game is to have the most cones standing upright.
- On signal, all students begin moving throughout the activity area. Players tip over other teams' cones, while simultaneously standing up their group's cones that the other teams have tipped over.
- Players may not consecutively touch a cone. That is, they must move to a different cone before standing up/tipping over the cone they last touched.
- Stop play after 1 or 2 minutes. Have each group count how many of their cones are upright. The team with the most cones upright gets a point.
- Repeat the game as time permits. Consider switching the groups so that every team represents M, V and P over a series of three games.



# CATCH Kick-Off Week – Classroom Teachers



**Flash Fitness**  
says, "Remember to move + play every day! Try to walk or run today during recess. If you're watching TV tonight, do jumping jacks, march in place, or stretch during commercials."

♥ Here's one special friend I'd like you to meet.  
Her name is "Flash Fitness" and she's really neat!  
On a bike, in a pool, in sunshine, or snow,  
That Flash has got plenty of get-up-and-go.



**Sally Sleuth**  
says, "Remember to read those food labels – look for foods that are low in fat + Sugar, and high in fiber!"

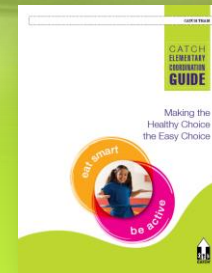
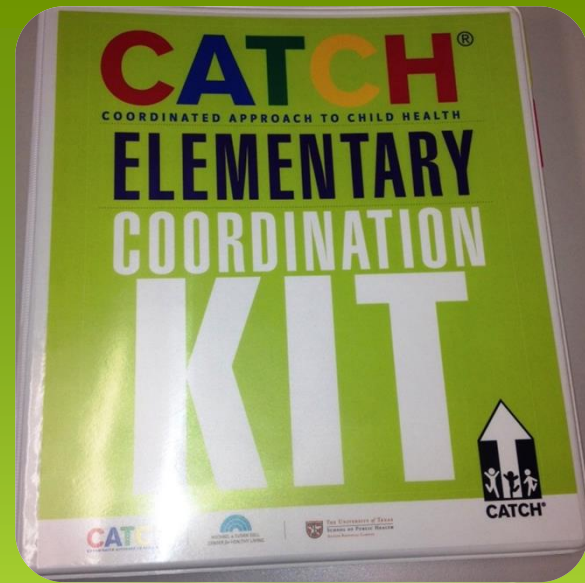
♥ My friend Sally Sleuth is a detective first-class.  
She reads food labels with her magnifying glass.  
Sally Sleuth will teach you how to search with real style  
To find food labels in every grocery store aisle.

# Moving Forward – Next Steps

- \* Obtain CATCH Coordination Kit
  - ✓ Training is key!
- \* Form/Meet with your Team/Committee
- \* Meet with the Principal
  - ✓ Get his/her support
- \* Inform your faculty & staff
  - ✓ Communicate regularly re: themes & tasks
  - ✓ Emphasize the ease & simplicity



Any questions  
about the CATCH  
Coordination Kit?



# Thank You!



## Peter Cribb, MEd

National CATCH Director  
CATCH Global Foundation

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*Today's webinar was recorded and will  
be available online at*

[www.CATCHinfo.org](http://www.CATCHinfo.org)



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