



HEY, STAGS...

CATCH[®] THIS!

COORDINATED APPROACH TO CHILD HEALTH

WHAT IS CATCH?

A proven and easy action plan for classroom teachers, nutrition personnel, PE teachers and families. It is based on the CDC's Whole School, Whole Community, Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle.



HOW DO THEY DO IT?

- Keeping kids active in PE classes at least 50% of the time.
- Establishing an expectation that all kids will get at 30 -60 minutes of activity during each school day.
- Providing consistent messaging to students from all areas of the school during six, six-week "phases".

WHAT DOES IT MEAN TO BE A CATCH SCHOOL?

- The staff at your school care about your child and want to give them the best! They are committed to going the extra mile to promote healthy behaviors.
- CATCH messaging is incorporated into the school day.
- As a CATCH school, H-E has over \$4,000 in NEW CATCH PE equipment and FREE curriculum!
- Your student will learn about GO! SLOW! WHOA! foods. You probably will too!
- The H-E Wellness Committee is committed to ensuring that health and wellness are a priority at H-E.
- PE classes won't include elimination games and will be fun for all!



Learn more at www.CATCHinfo.org

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