



Alignment with HEPA Standards

HEPA Standard	Early Childhood	After School
Parent Education	Engage parents/care givers using informational materials and/or activities focused on healthy eating and physical activity a minimum of 4x year	Engage parents/care givers using informational materials and/or activities focused on healthy eating and physical activity a minimum of 3x year
<i>How Does CATCH Align?</i>	<p>GO for Health: <i>It's Fun To Be Healthy</i>; A classroom curriculum aimed at promoting healthy eating behaviors and increasing children's preferences for fruits, vegetables, whole grains, and low-fat dairy products;</p> <p>An integral component of this curriculum is parental involvement. Parental participation contributes to the effectiveness of positive changes in eating and physical activity behaviors. Several lessons in the curriculum include extension activities that involve the parents in various program activities.</p> <p>Includes 9 Parent Tip Sheets in English and Spanish</p>	<p><i>CATCH Kids Club Healthy Habits and Nutrition Manuals</i>; Health education lessons organized into seven themes including physical activity, nutrition, and screen-time reduction.</p> <p>An integral component of this curriculum is parental involvement. Parental participation contributes to the effectiveness of positive changes in eating and physical activity behaviors. Several lessons in the curriculum include extension activities that involve the parents in various program activities.</p> <p>Includes 7 Family tip sheets each Grades K-5, and 5-8 in English and Spanish</p>
Physical Activity	<p>Provide opportunities for light, moderate, and vigorous physical activity for at least 60 minutes per day while children are in care for a full day program and 30 minutes for half day program.</p> <p>Provide daily outdoor time for physical activity when possible</p>	<p>Provide children and youth with at least 30 minutes of physical activity per morning or afterschool program (60 minutes total per day if both morning and afterschool sessions are offered. Days when children are cared for all day(e.g. Teacher Planning/Institute Day, Holidays) should also provide 60 minutes of activity throughout the day. This time can be divided between</p>

		<p>morning and afternoon sessions, and can be broken down into smaller increments). Include a mixture of moderate and vigorous activity (that increase heart rate and make you breathe hard), as well as bone and muscle strengthening activities</p> <ul style="list-style-type: none"> • Play will take place outdoors whenever possible
<p><i>How Does CATCH Align?</i></p>	<p><i>CATCH Early Childhood Physical Activity Box - Activities with over 500 developmentally appropriate activity, task, and formation cards aimed at promoting physical activity.</i></p> <p>Aimed at promoting physical activity so that children can meet the recommended 60 minutes per day of moderate-to-vigorous physical activity and build a solid foundation for movement learning.</p> <p>Goals for CEC Physical Activity GOALS FOR PRESCHOOLS/EC CENTERS:</p> <ul style="list-style-type: none"> ➤ Encourage teachers to provide fun Physical Education/Activity a minimum of 3 times each week, preferably every day. ➤ Provide an environment where physical activity, health education, and healthy eating behaviors are valued and taught. 	<p><i>a) CATCH Kids Club Physical Activity Box-</i> These boxes include activity cards that detail instructions for fun activities that keep kids moving. 638 developmentally appropriate activity, task, formation cards including modifications for students with disabilities, designed to increase MVPA during activity sessions.</p> <p><i>b) CATCH Kids Club Healthy Habits and Nutrition Manuals;</i> Health education lessons organized into seven themes including physical activity. 4 lessons directly related to PA concepts in K-5, and 7 lessons directly related to PA concepts in 5-8.</p>

	<p>GOALS FOR TEACHERS:</p> <ul style="list-style-type: none"> ➤ Engage all students in enjoyable MVPA for at least 50% of Physical Education/Activity class time every day using the CATCH Early Childhood PE box and the sample schedule outline. ➤ Use appropriate and effective classroom management and instructional methods. Adopt healthful personal behaviors to provide an active, enthusiastic role model for students. <p>GOALS FOR CHILDREN:</p> <ul style="list-style-type: none"> ➤ Enjoy physical activity and identify basic healthy food choices. ➤ Acquire knowledge, healthful attitudes, and skills through physical education and/or activities. ➤ Stimulate a physically active lifestyle. 	
<p>Screen Time(television, cell phone, or digitalmedia)</p>	<p>Limit screen time, including television, cell phone, or digital media, for preschoolers (aged two–five) to less than 30 minutes per day for children in half day programs or less than one hour per day for those in full day programs.</p> <ul style="list-style-type: none"> • Eliminate screen time for children under two years old 	<p>Do not permit access to television or movies, and limit digital device time to less than one hour per day to allow for other activities.</p> <ul style="list-style-type: none"> • Digital device use is limited to homework or programs that actively engage children in activity

<p><i>How Does CATCH Align?</i></p>	<p>CATCH Early Childhood recommends limiting screen time and includes a Tipsheet for parents with information and ideas to reduce screen time for their preschooler.</p>	<p><i>CATCH Kids Club Healthy Habits and Nutrition Manuals</i>; Health education lessons organized into seven themes related to physical activity, nutrition, and screen-time reduction.</p> <p>K-5: 7 lessons directly related to reduction of screen time; Include Home Team reinforcement activities, and goal setting logs</p> <p>5-8: 4 lessons directly related to reduction of screen time; Include Home Team reinforcement activities, and goal setting logs</p>
<p>Food</p>	<p>For programs that serve food;</p> <ul style="list-style-type: none"> • Serve fruits or vegetables at every meal and/or snack. • Eat meals and/or snacks family style when possible (“family style” means children serve themselves from common bowls and pitchers with limited help from adults). • Prohibit fried foods. This includes prohibiting fried salty snacks such as potato or corn chips and prohibiting foods that are pre fried and reheated (e.g., pre fried French fries that are then baked). 	<p>For programs that serve food;</p> <ul style="list-style-type: none"> • Serve fruits and/or vegetables at all meals and snacks. • Serve meals and/or snacks family style (“family style” means children serve themselves from common bowls and pitchers with limited help from adults). • Prohibit foods that are deep fried, pan fried, or flash fried unless a healthy oil (unsaturated or polyunsaturated oils such as olive oil, canola oil, peanut oil, or vegetable oil) is used in the frying process. This includes prohibiting fried salty snacks such as potato or corn chips regardless of type of oil used in cooking.
<p><i>How Does CATCH Align?</i></p>	<p>GO for Health: <i>It’s Fun To Be Healthy</i>; A classroom curriculum aimed at promoting healthy eating behaviors and increasing children’s preferences for fruits, vegetables, whole grains, and low-fat dairy products</p>	<p><i>CATCH Kids Club Healthy Habits and Nutrition Manuals</i> Grades K-5 and Grades 5-8; Health education lessons organized into seven themes related to physical activity, nutrition, and screen-time</p>

		<p>reduction.</p> <p>K-5: 10 lessons directly related to preparation of healthy snacks; Include Home Team reinforcement activities, and goal setting logs</p> <p>5-8: 4 lessons directly related to preparation of healthy snacks; Include Home Team reinforcement activities, and goal setting logs</p>
Beverages	<ul style="list-style-type: none"> • Ensure that safe drinking water will be available and accessible to the children at all time. • Prohibit serving beverages with added sugars. • For children two and older, serve low fat (1%) or non fat milk, and limit fruit juice to no more than one 4 6 ounce 100% juice per day 	<ul style="list-style-type: none"> • Water is accessible and available to children at all times, including at the table during snack and/or meal times. • Prohibit beverages with added sugars • Emphasize healthy beverages including low or nonfat milk. 100% fruit juice should be limited to one 6 8 oz. serving per day
<i>How Does CATCH Align?</i>	<p>GO for Health: <i>It's Fun To Be Healthy</i>; A classroom curriculum aimed at promoting healthy eating behaviors and increasing children's preferences for fruits, vegetables, whole grains, and low-fat dairy products</p> <p>2 lessons directly related to GO drinks and healthy beverages; Teachers's FYI guide on healthy beverages included.</p>	<p><i>CATCH Kids Club Healthy Habits and Nutrition Manuals</i></p> <p>Grades K-5 and Grades 5-8; Health education lessons organized into seven themes related to physical activity, nutrition, and screen-time reduction.</p> <p>K-5: 9 lessons directly related to healthy beverages; Include Home Team reinforcement activities, and goal setting logs</p> <p>5-8: 5 lessons directly related to healthy beverages; Include Home Team reinforcement activities, and goal setting logs</p>