

How CATCH aligns with the WSCC Model:

The CATCH program consists of five main components:

- 1) Classroom lessons for each grade level on nutrition, physical activity, and screen time reduction
- 2) Enhanced PE instruction and activities designed to maximize the time spent in moderate-to-vigorous physical activity
- 3) Guidance and resources for creating a school nutrition environment that promotes healthy foods and reinforces classroom learning
- 4) The CATCH Coordination Kit which ties components 1-3 together and provides a framework for collaboration among administrators, teachers, nutrition staff, parents, and other important stakeholders
- 5) Implementation training, technical assistance, and evaluation support to ensure program fidelity and sustainability.

The CATCH program design is based on the Center for Disease Control and Prevention's Coordinated School Health model as it relates to physical activity and nutrition, and aligns with the updated Whole School, Whole Community, Whole Child (WSCC) model. The key to this alignment is the CATCH Coordination Kit. Unique to the CATCH program (no other program on the market has a similar tool), this resource provides a step-by-step guide for coordinating wellness effort across the campus, district, and into the community. On each campus, a CATCH Champion and team are recruited to spearhead and coordinate program efforts. The CATCH team may include PE & classroom teachers, nutrition services, health services, school administrators, specials teachers, parent leaders, students, and community constituents. Organized into 6-week themes, the coordination kit guides the CATCH team in conducting simple to more complex activities designed to engage the school community and deliver consistent messaging about healthy lifestyles. Examples of activities included in the coordination kit are: Signage promoting GO-SLOW-WHOA, including health messages in daily announcements, sending home parent tip sheets and newsletters, hosting a family/community fun night, planning staff wellness activities, etc.

More specifically, CATCH aligns with the WSCC model as follows:

Health Education

CATCH provides a classroom curriculum for each grade level (K-8) that teaches students to identify, practice and adopt healthy eating and physical activity habits. Each lesson contains detailed instruction for teachers, as well as opportunities for integrating activities into other subject areas such as language arts and math. To meet the needs of different types of learners, a variety of educational strategies are used including individual practice, cooperative learning groups, large discussion groups, educational games, media, skill-building activities, and goal-setting and reinforcement incentives. CATCH curriculum materials address the National Health Education Standards for grades K-8.

Nutrition Environment and Services

CATCH impresses on students key lessons about the nutritional value of various food groups. CATCH uses a stoplight model to break foods out into three groups: GO, SLOW, and WHOA foods. The goal is to eat more GO foods than SLOW foods, and to eat WHOA foods only in very small amounts. GO describes foods that are whole grain, unprocessed fruits and vegetables, lowest in fat, contain no added sugar, and can be eaten daily. SLOW

describes foods that are slightly processed and may have some added salt, fat or sugar. WHOA describes foods that have the highest fat and sugar.

The CATCH Eat Smart Nutrition Program aids child nutrition services staff in grades K-8 providing:

- Healthy menu planning, purchasing, preparation and promotional tips
- An introduction to coordinated school health and facilitation with wellness policy concepts
- Resources for planning healthy school parties, staff & parent functions, and fundraisers
- Useful tips on how to implement GO, SLOW, and WHOA as an aide in helping children choose healthy foods and to promote positive nutrition messages throughout the school and to parents.

Physical Education and Physical Activity

The CATCH PE curriculum is designed to increase the amount of moderate-to-vigorous physical activity children engage in during their PE time to at least 50% (consistent with NASPE guidelines) and encourage students to perform 60 minutes of physical activity every day. Developmentally appropriate activities reinforce movement skills, sports involvement, physical fitness, social development, skill competency, and cognitive understanding about the importance of lifelong physical activity. All CATCH activities are non-elimination and stress the development of valuable social skills including teamwork, cooperation, and respect.

Family Engagement & Community Involvement

CATCH's parent materials encourage parents to teach their children healthy lifestyle skills, become healthy role models, and reinforce in-school learning. CATCH classroom lessons include take home activities for children and parents to do together, reinforcing the importance of supporting children's healthy habits at home. In addition, the Coordination Kit provides various resources for engaging parents and the community including letters home to parents, agenda items for PTA meetings, tips for planning family/community activities, etc.

Employee Wellness

Through strategies and resources provided in the Coordination Kit, CATCH helps school staff to engage in healthy behaviors and act as positive role models for their students. For example, administrators are encouraged to institute a policy in which only healthy snacks are provided for school meetings and "Caught You Being Healthy Postcards" provide a fun and visible way to acknowledge employees who are caught eating healthy foods and exercising.

Social and Emotional School Climate

By coordinating wellness efforts throughout the school community, CATCH creates a culture in which healthy behaviors are encouraged and supported. PE and classroom activities promote cooperation and teamwork and guide students in being positive role models for their peers and families. The original clinical trial for CATCH, as well as subsequent research studies, have shown that exposure to CATCH increases students' perceived social support and self-efficacy for healthy eating and physical activity.

Physical Environment

The goal of CATCH is to create an environment in which healthy behaviors are not only taught, but also encouraged and supported. Schools are often limited in the physical changes they can make due to funding and other restrictions, therefore CATCH encourages modest changes. For example, hanging teacher and student created signage throughout classrooms and hallways to promote CATCH concepts, such as GO-SLOW-WHOA and being a CATCH MVP (**M**ove and stay active, **V**alue healthy eating, **P**ractise healthy habits).

Health Services

An abundant body of research supports the importance of healthy eating and physical activity for maintaining good health, including improved cardiovascular fitness, stronger bones, enhanced emotional wellbeing, and obesity prevention.

Counseling, Psychological, & Social Services

Research has shown that implementing strategies that help students to eat healthy and be physically active can result in fewer behavioral problems, decreased rates of absenteeism, improved cognitive performance, and higher academic achievement.