

# CATCH Whole Child Training & Support Journey

As we reimagine what schools will look like in the wake of COVID-19, creating a culture that teaches, incorporates and reinforces healthy behaviors will be a top priority.

This unique training and support model provides an in-depth, interactive journey where you will learn and practice how to implement the evidence-based CATCH Whole Child program over the course of a school year. You will join a cohort of like-minded participants for four learning sessions embedded throughout the school year to maximize your ability to learn as you go. In between learning sessions, you will engage in action phases where you will put into practice the CATCH School Health Coordination process with the benefit of support and guidance from a CATCH Program Manager and your fellow cohort members.

*Upon successful completion of the training and support journey, participants will receive a certificate of completion for 15 hours of continuing education credit.*

• *School year begins!*

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### **Learning Session: Whole Child Leadership**

🕒 2 HOURS 🖥️ ONLINE / LIVE / INTERACTIVE ⓘ SEE PAGE 2

### **Learning Session: CATCH Coordination Implementation**

🕒 1 HOUR 🖥️ ONLINE / PRE-RECORDED ⓘ SEE PAGE 2

⚡ **Action Period** ⓘ SEE PAGE 2

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### **Learning Session: The Language of CATCH – Building a Culture of Health**

🕒 2 HOURS 🖥️ ONLINE / LIVE / INTERACTIVE ⓘ SEE PAGE 2

⚡ **Action Period** ⓘ SEE PAGE 2

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### **Learning Session: Engaging Families as Partners in CATCH**

🕒 2 HOURS 🖥️ ONLINE / LIVE / INTERACTIVE ⓘ SEE PAGE 3

⚡ **Action Period** ⓘ SEE PAGE 3

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### **Learning Session: Celebrating Success and Sustainability**

🕒 2 HOURS 🖥️ ONLINE / LIVE / INTERACTIVE ⓘ SEE PAGE 3

⚡ **Action Period** ⓘ SEE PAGE 3

• *School's out!*

1

## Learning Session: Whole Child Leadership

*The foundation for creating and sustaining healthy school environments*

Every journey begins with the very first step. This training is the foundation of the evidence-based CATCH Whole Child program. After getting to know one another and being introduced to the cohort learning model, participants will examine and practice the skills and strategies needed to effectively lead and coordinate a healthy school community environment where multiple stakeholders are working together to support health at school and at home.

## Learning Session: CATCH Coordination Kit Implementation

*A blueprint for coordinating health promotion over the course of a school year*

CATCH stands for Coordinated Approach To Child Health. This pre-recorded training module is a deep dive into how to use CATCH's signature resource – the Coordination Kit – as a blue print for a school wellness leadership team to create healthy change in their school over the course of a school year. *\*Cohort members will complete this training concurrently with, or right after, learning session 1.*

### Action Period

- ✓ Organize & conduct CATCH Kick-Off (following Coordination Kit Theme 1)
- ✓ Introduce CATCH framework & language to your school
- ✓ Begin developing your CATCH action plan
- ✓ Participate in first virtual consultation with your CATCH Program Manager

2

## Learning Session: The Language of CATCH – Building a Culture of Health

*Building a school culture that values & reinforces health by coordinating instruction & messaging*

Ensuring that students receive high quality health and physical education as a part of their standard course work is essential for creating healthy school environment. CATCH whole child coordination can work with any high quality PE or Health curriculum. In this learning session we will delve into how the CATCH coordination method introduces a common language about food choices and physical activity into instructional places and spaces throughout the school day. In this way, health message reinforcement and skills practice move beyond the walls of the classroom and/or gym and into the rest of the school building and community building a culture of health.

### Action Period

- ✓ Build a healthy school culture (following Coordination Kit Themes 2 & 3)
- ✓ Start building your CATCH Digital Yearbook
- ✓ Continue to develop & refine CATCH action plan
- ✓ Participate in second virtual consultation with your CATCH Program Manager

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## Learning Session: Engaging Families as Partners in CATCH

### *Making families our partners in CATCH*

The school to home connection is key to so many educational outcomes. With CATCH, we have the unique opportunity to educate and reinforce positive health behaviors for the entire family in order to ensure adoption of healthy behaviors for our students. In this learning session, we will provide strategies and resources for developing messages, events, and opportunities for families to be partners in your school's CATCH program.

### Action Period

- ✓ Connect & communicate with families (following Coordination Kit Theme 4)
- ✓ Add to your CATCH Digital Yearbook
- ✓ Hold a Family Fun Event
- ✓ Participate in third virtual consultation with your CATCH Program Manager

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## Learning Session: Celebrating Success and Sustainability

### *Keeping the momentum going!*

As the school year comes to an end, we will look back on and celebrate our CATCH program successes, review key components, identify opportunities for growth and create a concrete action plan for moving into the new school year. Each school will have an opportunity to share their own CATCH journey over the course of the year.

### Action Period

- ✓ Prepare for a healthy summer (following Coordination Kit Themes 5 & 6)
- ✓ Share your CATCH Digital Yearbook & reflection with your CATCH trainer & cohort
- ✓ Review current action plan, and begin to create an action plan for next school year
- ✓ Thank/acknowledge your CATCH team, faculty and families for a great year

### Your CATCH Program Managers



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