

# CATCH Coordination Kit

## *New & Improved*



# What is CATCH?

## Coordinated Approach To Child Health



CATCH is a Whole Child aligned resource for creating & maintaining a healthy school environment

- - -

because if you change the environment, behavior will follow!





# CATCH Works!





# Whole Child

- The Whole Child approach is an effort to focus on the long-term development and success of all children.





# Whole Child – Creating a Healthy Learning Environment



- Connecting the dots between where health happens
- Extending those connections where health isn't happening
- And... getting everyone on the same page & speaking a common language

# What's the Goal?

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





# Updated “Language of CATCH”

- CATCH blends coordination throughout a campus by using a common and consistent language.
  - CATCH MVP
  - GO-SLOW-WHOA Foods
  - MIND-HEART-BODY



# What is a CATCH MVP?



Moves and Stays Active

Values Healthy Eating & Mindsets

PRACTICES Healthy Behaviors &  
Social Emotional Wellness

***Every day!***



# GO - SLOW - WHOA



**GO** foods contain the least amount of solid fats or added sugars — sometimes none at all!



**SLOW** foods are between GO and WHOA foods. They have more solid fats, or added sugars, or both than GO foods. But less solid fats, or added sugars, or both than WHOA foods.



**WHOA** foods contain the highest amount of solid fats, or added sugars, or both.

# MIND – HEART – BODY

- We bring our whole selves to school every day & need learning and support in all areas in order to learn and thrive



- The **We Are Ready** Cheer is a great way to start the day by acknowledging the whole child!





# CATCH Coordination Kit

## What is it?

- NOT a curriculum
- A roadmap for a Wellness Team

## What does it provide?

- Coordinated framework to help organize your efforts
- Common language for talking about & reinforcing healthy behaviors and mindsets
- Ready-made resources for implementing regular & coordinated campus-wide health promotion
- Embedded campus-wide SEL anchor activities

# Who's Involved?

- **EVERYONE**
  - Everyone in the school community has a role in implementing CATCH
- **The CATCH Team**
  - Mobilizes the school community & guides the process
  - Uses the Coordination Kit as a resource to achieve coordination around Whole Child initiatives







# CATCH Coordination Kit

- The CATCH Coordination Kit is a **roadmap** that progresses over the course of the school year.
- The school year is divided into **4 themes** – 2 in the fall & 2 in the spring.
- Includes a **simple, doable, and specific tasks** for everyone to be involved.
- **Tasks are coordinated** so everyone is reinforcing the same health messages.
- Ready-made resources are provided to **make it easy** to complete the tasks.



# What's New & Improved?

- **Streamlined Layout**
  - Flexible timeline
  - Wellness Champion/Team Member facing resources
  - Easy to follow process – All-In Challenge drives the messaging & actions for each theme
- **Interactive Resources**
  - Planning checklists with hyperlinked resources
  - Communication tools such as email generators
  - Easy & doable All-In Challenges



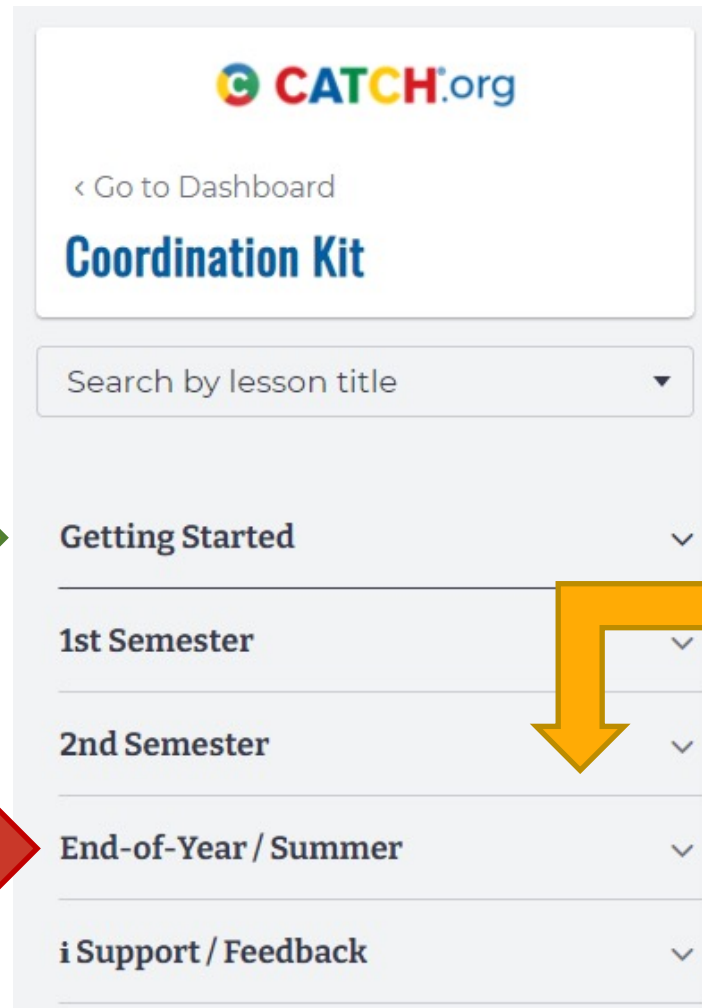
# What's New & Improved?

- **Coordination Extensions**
  - Ready for more? Suggestions & resources for extending BEYOND the All-In Challenge
- **Embedded Social Emotional Learning**
  - 5 SEL campus-wide activities coordinated with each CATCH theme & messaging
  - Aligned with CASEL Competencies



# NEW: Streamlined Layout & Process

- Start here
- Go at your own pace
- Wrap-up & plan for next year



# Coordinated Themes

**MVP Role Models:**

Adults lead the way

**See  
CATCH**

**MVP Language:**

Coordinating the  
message

**Hear  
CATCH**

**MVP Students:**

Kids lead the way

**Do  
CATCH**

**MVP Families:**

Leading the way together

**Engage  
with  
CATCH**



SEL Focus:  
**Self  
Awareness**



SEL Focus:  
**Relationship  
Skills**



SEL Focus:  
**Self  
Management**



SEL Focus:  
**Social  
Awareness**



# All-In Challenges

"Why I'm a CATCH MVP"



[View All-In Challenge](#)

- One task for the entire school community
- Fun & easy to do
- Ready-made resources
- Ready-made invitation



My name is  
**Ms. Rose** and...

I'm a  
**CATCH  
MVP**



I **M**ove and stay active by

*Walking my dog  
every day*

I **V**alue healthy eating and  
mindsets by

*Eating fruits & veggies  
with every meal*

I **P**ractise healthy habits and  
social-emotional wellness by

*Taking a deep breath to  
calm down when I'm mad*

**Blue Elementary**

# Coordination Extensions



SOCIAL EMOTIONAL  
LEARNING



VISUAL DISPLAYS



COMMUNICATIONS



STAFF WELLNESS



FAMILY ENGAGEMENT



NUTRITION SERVICES



HEALTH EDUCATION



PHYSICAL ACTIVITY



# Coordinated SEL Activities

- 5 SEL Anchor Activities aligned to CASEL Competencies
- 1 activity introduced each theme & in end of year section
- Ideal to pair with CATCH's SEL Journeys or other SEL program

**CATCH**  
**SEL JOURNEYS** | Self-Awareness  
Anchor Activity

◀ Click to open slide / graphic.

**Key Objective:** Students gain self-awareness by reflection on how they feel in their MIND (focus), HEART (emotions), and BODY (energy level).

**Big Idea:** Being healthy means taking care of our MIND, BODY and HEART so that we can be our best selves.

**For Discussion:** What does a healthy me feel like?

**Respond & Connect:** Have students complete a daily check-in where they reflect on how their MIND, HEART and BODY feel. You can use our [Google Form template](#) (instructions below) so students can complete the check-in online, or make your own version.

*You can facilitate the check-in by asking students the following questions:*

- **MIND:** Do I feel alert? Focused? Ready to Learn?
- **HEART:** What emotions am I feeling? Excited/happy? So-so? Sad or upset?
- **BODY:** Does my body feel energized? Do I feel in control of my energy? Have I eaten any GO foods today?

Once students are familiar with the check-in, they can complete it on their own as they arrive in the classroom.



# Let's Take A Tour



< Go to Dashboard

## Coordination Kit

Search by lesson title

### Getting Started

Welcome to CATCH

Let's GO!

1st Semester

2nd Semester

End-of-Year / Summer

i Support / Feedback

Welcome to CATCH



GETTING  
STARTED



SEE  
CATCH



HEAR  
CATCH



DO  
CATCH



ENGAGE  
WITH CATCH



CELEBRATE  
& SUSTAIN

## Welcome to CATCH!



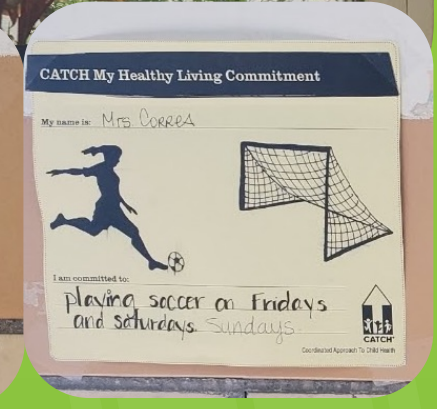
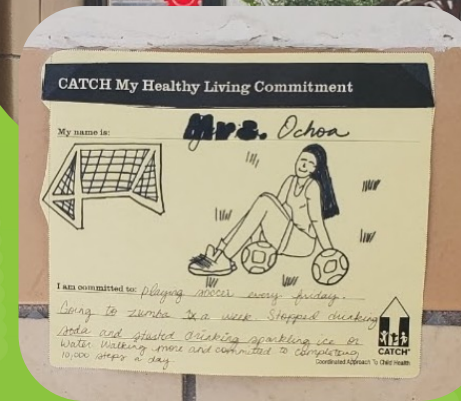
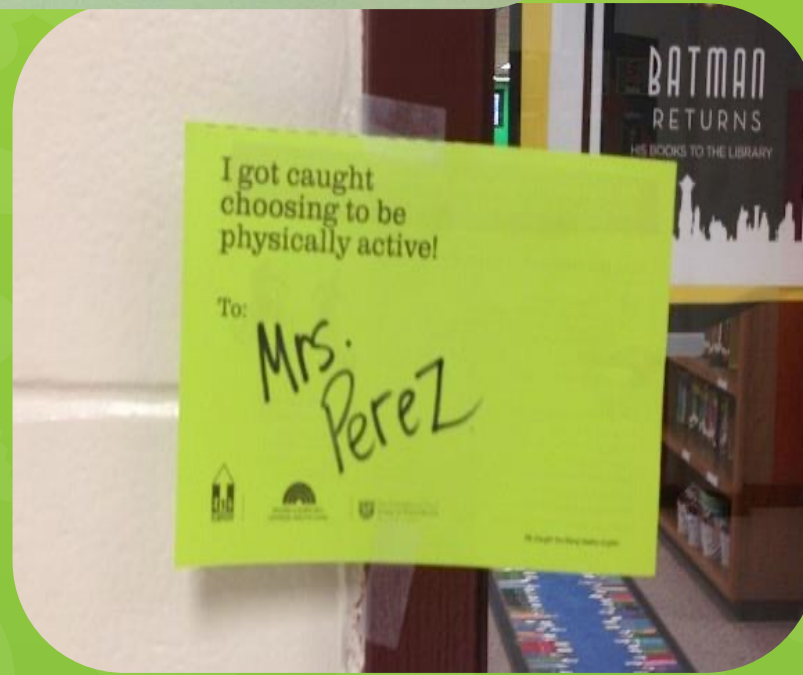
# What does this mean for me?

- Existing CATCH users – NEW Coordination Kit on your Dashboard now!
- Next steps:
  - ☐ Explore the new Kit – start with the Getting Started section
  - ☐ Practice using the interactive tools – planning checklist, email generator, etc.
  - ☐ Use the Getting Started section to (re)launch your program
  - ☐ Reach out to [info@catch.org](mailto:info@catch.org) with any questions or support needs
  - ☐ Let us hear from you! Send us your feedback

# What does CATCH look like in a school?

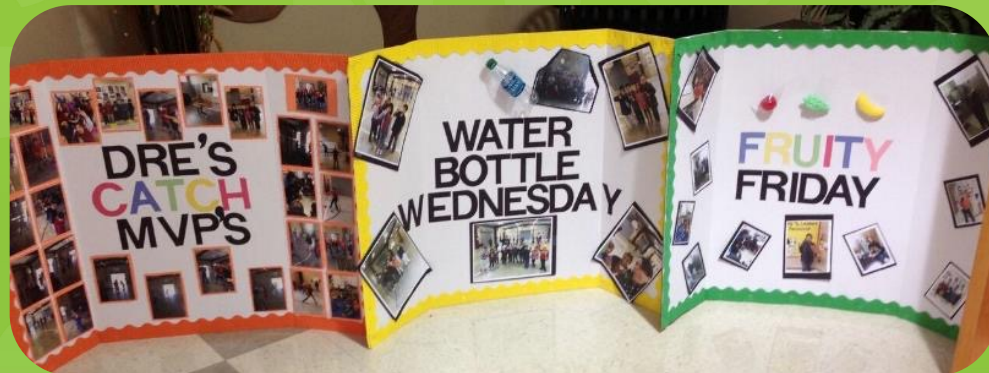
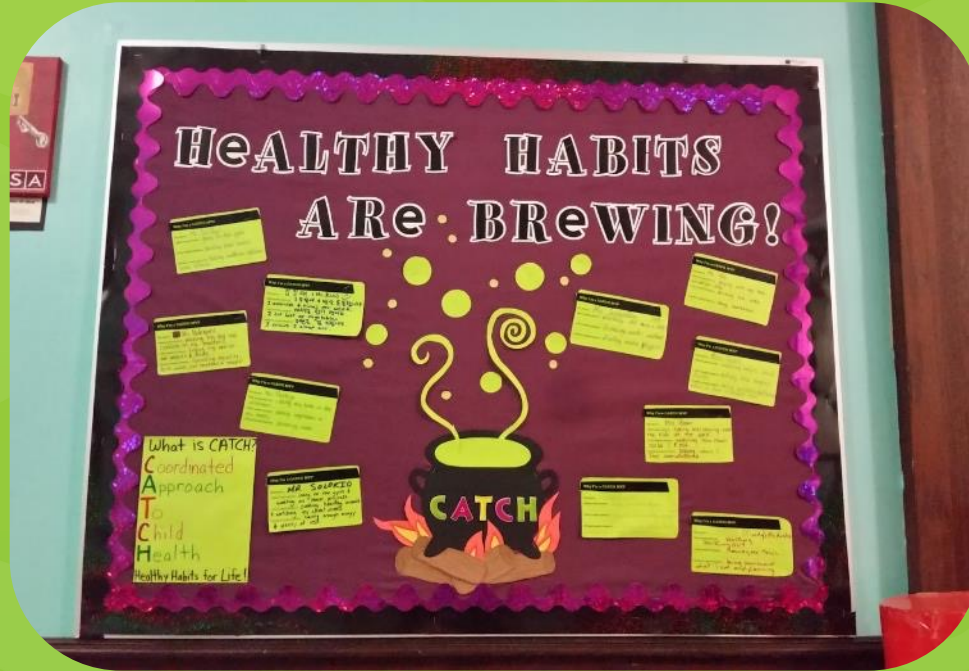


# Positive Role Modeling





# Campus-Wide Communication



# Everyone Working Together

Classroom



Physical Education



Child Nutrition

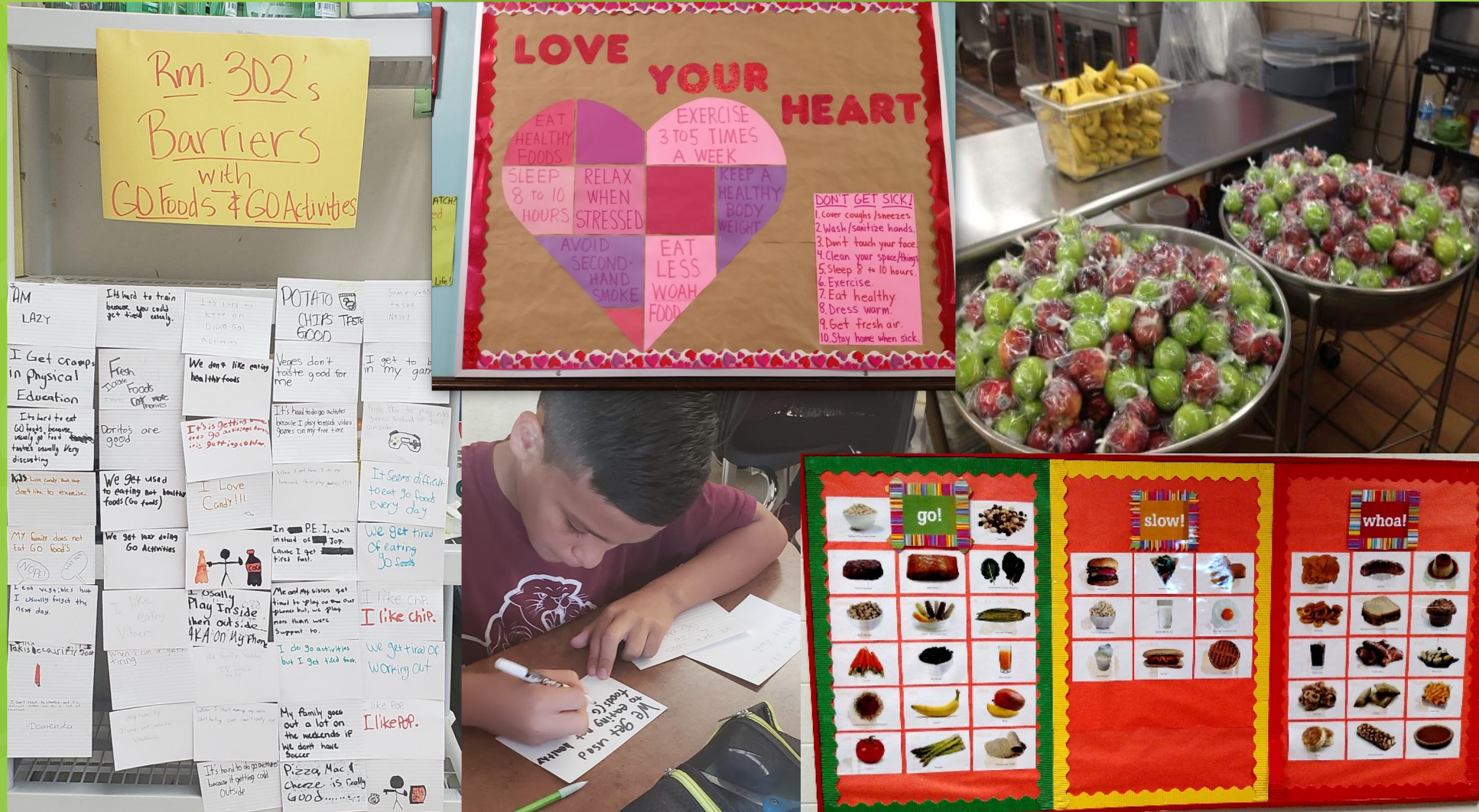


Family





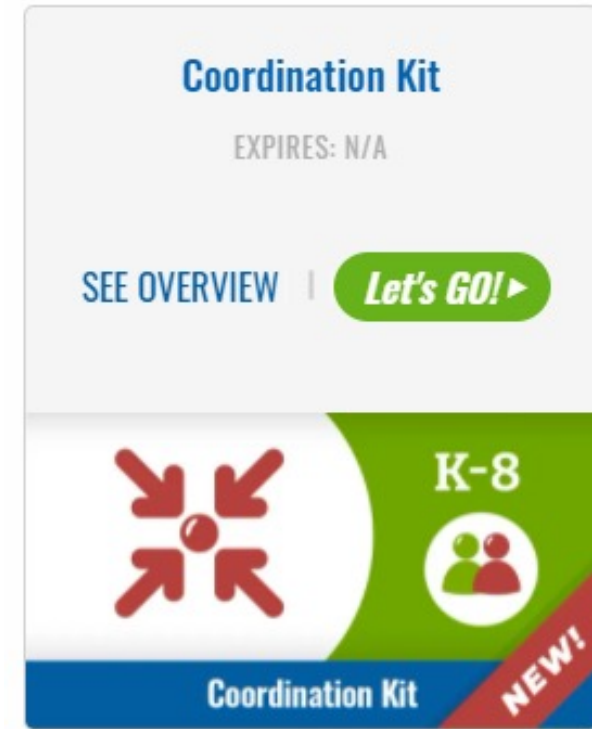
# A Healthy Environment for ALL!





# Thank you for your commitment and efforts to create & support a healthy environment for ALL!

- Use the Coordination Kit to guide your efforts & make things easier
- Use the CATCH language:
  - CATCH MVP
  - GO, SLOW, WHOA Foods
  - Mind-Heart-Body
- Participate in the CATCH All-In Challenge each theme
  - It's quick & doable





# Thank you!

*Any questions?*

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