

Generously funded by

**MICHIGAN HEALTH
ENDOWMENT FUND**

CATCH[®] Michigan

Open to K-8 Michigan Public Schools

Get Started!



Choose a
Package



Complete
Enrollment via
catch.org/catch-michigan



Identify Your
Wellness Team



Attend Your
First Training

Participating schools may choose from three levels of support:

Basic

~~\$249~~ **FREE**

- CATCH Whole Child Coordination Kit
- Virtual training on Whole Child leadership
- One, 1-year membership to SHAPE Michigan

Basic Plus

~~\$699~~ **FREE**

Everything in “Basic” Package, plus:

- Evidence-based nutrition & wellness curriculum (including video lessons)
- K-8 Physical Activity Pack + PE Guidebook
- Virtual trainings for classroom & PE

★ *Recommended*

Whole Child Guided Journey

~~\$5,000~~ **FREE**

Everything in “Basic Plus” Package, plus:

- 4-part training series scheduled over the course of the school year
- Ongoing support from a CATCH Guide
- **\$500 stipend**

Spots are limited! Full details available at:
catch.org/catch-michigan



CATCH is easy to combine with instructional curricula and other Whole Child programs.

CATCH's cornerstone resource, the Coordination Kit is not a curriculum, it is a **road map** for systematizing health initiatives throughout the school.

It's easy to **incorporate other programs & initiatives** – e.g. Michigan Model for Health or SNAP-Ed programming – into the CATCH coordinated framework.

As a result of participating in the Guided Journey, school wellness leaders and teams will have the **knowledge, skills, confidence, ability** and **resources** to **coordinate, lead** and **sustain** whole child culture building in their school communities.



CATCH makes other Whole Child initiatives more effective.

The Coordination Kit is a well-organized, health initiative implementation guide for schools to **self-assess efforts** across multiple Whole Child components.

A key piece of CATCH's evidence-based coordinated framework is using a **common school-wide language** for health: "GO, SLOW, & WHOA Foods," "CATCH MVP" and "MIND- HEART-BODY." The language of CATCH works with other Whole Child curriculum and initiatives.

Schools that participate in the CATCH grant will use the HSAT (Healthy Schools Action Tool) to monitor progress of selected actions. HSAT information can be a part of creating a comprehensive MICIP data story.

Contact us for more information:
michigan@catch.org

CATCH[®]
GLOBAL FOUNDATION