

HEY, WOLVERINES...

CATCH[®] THIS!

COORDINATED APPROACH TO CHILD HEALTH

West Lincoln Broadwell is now a CATCH school!

What is CATCH (Coordinated Approach to Child Health)?

A proven and easy action plan for classroom teachers, nutrition personnel, PE teachers and families. Teaches children to make healthy choices AND creates a school environment that encourages healthy eating and physical activity. For over 25 years, the CATCH platform has been proven to launch kids and communities toward healthier lifestyles.

Why does CATCH work?

It is based on the CDC's Whole School, Whole Community, Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle.

How will WLB promote the CATCH culture?

- Using CATCH PE curriculum and equipment, students will be kept moderately to vigorously active in PE classes at least 50% of the time.
- Providing at least 30 -60 minutes of activity during each school day.
- Communicating consistent messages to children from all areas of the school during six, six-week "phases" during the school year to promote healthy eating and lifestyles.

DO YOU WANT TO HELP? We'd love parents on the CATCH TEAM! Please give your name to Mrs. Baker.

Learn more at www.CATCHinfo.org

THE CATCH PROGRAM INCLUDING OVER \$3,000 IN EQUIPMENT AND CURRICULUM MATERIALS IS BEING PROVIDED TO WEST LINCOLN BROADWELL BY



Funded by the Abraham Lincoln Healthcare Foundation

For more information visit: www.healthycommunitiespartnership.com or "like" HCP on Facebook at www.facebook.com/healthycommunitiespartnership