

# CATCH

Coordinated Approach To Child Health

# Middle School



**The New CATCH Middle School Curriculum is now available!**

CATCH Middle School is a TEA approved coordinated school health program designed to promote physical activity and healthy food choices. CATCH employs a holistic approach to child health by targeting multiple aspects of the school environment and involving teachers, child nutrition service staff, physical educators, students, families, and the broader school community in a range of health promoting activities. Evaluation of the CATCH Middle School components has demonstrated effects in reducing TV viewing and increasing physical activity, healthy food consumption, as well as science scores.

## The 4 CATCH Middle School Components



**Total Program Price**

**\$375**

To Order your kit contact:

**Flaghouse**

**1-800-793-7900**

**EXT 7626**

**Item # 15010**

## The CATCH Middle School Program Includes:

**Physical Eductaion:** CATCH PE Activity Box and Teacher's Guide– This box contains over 400 activities that build on the foundation of the K-5 CATCH PE curriculum. It exposes middle school students to a variety of lifetime sport, fitness and recreational related activities. 1 Activity Box and Teacher's Guide included.

**Classroom Curriculum:** As an important enhancement to the CATCH Middle School program, we have incorporated the award- winning HEADS UP Science Program and the IMPACT Osteoporosis Prevention Program. 2 curriculum sets included.

**Food Service:** CATCH Eat Smart Guidebook –This guide offers ideas and resources to enhance the nutrition environment and connects child nutrition services to the other areas of the school. 1 Guidebook included.

Free Eat Smart tools are also available on-line at [www.catchtexas.org](http://www.catchtexas.org). Guidelines for vending and a la carte foods and beverages as well as recommendations for healthy catering at school functions and fast food offerings are available.

## CATCH Middle School Training

CATCH Middle School training is a dynamic, interactive full-day session. Schools send a cadre of representatives which includes a physical education teacher, child nutrition manager, and a classroom teacher representative. Schools are encouraged to send other school personnel such as the nurse, counselor, administrator or a parent. Write [training@catchinfo.org](mailto:training@catchinfo.org) or call: 702-461-7323