



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

COORDINATION CLUES

The list below offers examples of coordinated activities that reinforce healthy eating and physical activity behaviors. Each activity requires the participation of two or more CATCH components, thus bringing people together to plan and administer the program; which is the essence of a quality coordinated school health program.

- **Family Fun Nights:** Aerobic dances performances, heart-healthy snacks and recipes, skill based activities for parents and kids, nutrition-related games (e.g., *Bean Bingo*, *Meal of Fortune*).
- **Movin' Mondays - Wellness Wednesdays - Fitness Fridays:** Parents walk or play with kids before or after school or during warm-ups and fitness periods in physical education class
- **Physical Education Home Team Activities:** Identify *GO* foods eaten at home. Require kids to walk with a parent, brother, sister or grandparent for 10 minutes each day.
- **CATCH Cardio Kids Home Exercise Journal:** keep a log of physical activities that include family members (part of CATCH PE resources).
- **GO, SLOW & WHOA Activities:** Coincide classroom lessons on food categories with game and activities in physical education. Label foods in the cafeteria line as *GO*, *SLOW* or *WHOA*. Integrate food terminology into requests for snacks from parents on those regular special occasions.
- **No Junk Food Zone:** Create a special area in the school and identify *GO* food snacks that can be eaten in the area.
- **Coordinate health lessons** or health-related lessons taught in science with related games and activities in physical education. For instance, play the Heart Alert game when teaching about the heart and circulatory system.
- **Invite parents to eat in the cafeteria** when *GO*, *SLOW* AND *WHOA* concepts and routines are integrated into the daily life of the school.
- **Art & Health:** With the art teacher's help, kids create pictures of health behaviors to hang in the cafeteria and halls.
- **GO Healthy at Meetings:** have the cafeteria provide *GO* food healthy snacks at a faculty meeting.
- **Walk Across Texas:** Create a contest (in CATCH PE resources) during pre-school hours when the kids are waiting for classes to begin. Teachers who participate earn extra points for their class. (May want to limit teacher participation to maximum number of laps per week. They tend to start acting like kids when they participate in a competitive environment).
- **Plant a garden** and grow *GO* foods.
- Use action figures (e.g., Flash Fitness) on posters, walls and handouts in the gym, cafeteria and classroom.
- **Invite food service personnel** to the classroom to teach nutrition based lessons and/or assist with snack preparation lessons.
- **Classroom Meal Planning:** have food service prepare meals based on menus submitted by each classroom throughout the year.
- Invite/include/expect food service manager to participate in grade level meetings when appropriate.
- **Taste Testing:** invite parents and children to a taste testing tour of the cafeteria

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