



\_\_\_\_\_ is a CATCH School

Welcome to the CATCH Home Team Newsletter

What is CATCH?

CATCH stands for Coordinated Approach to Child Health. CATCH is a program designed to help schools teach kids and families about healthy physical activity and nutrition habits. CATCH is about creating a healthy school environment.

Implementing a coordinated school health program is required by Texas Education Code. A coordinated school health program helps schools create environmental changes that celebrate and promote health and wellness.

Throughout the year, the entire school community will be working together to make changes in the school health environment. We will be sending home CATCH newsletters, posting CATCH signage, showcasing student work around the school and hosting school-wide wellness activities that support the CATCH program.



#### DID YOU KNOW??

- \*Children eat nearly twice as many calories (770) at restaurants as they do during a meal at home (420)
- \*The typical American child spends about 44.5 hours per week using screen based media outside of school
- \*Most children with unhealthy body weight have at least one major risk factor for cardiovascular disease, such as high cholesterol, high triglycerides, high insulin or high blood pressure

Source: A Nation at Risk:  
Obesity in the United States A Statistical Sourcebook  
[www.americanheart.org/presenter.jhtml?identifier=3030570](http://www.americanheart.org/presenter.jhtml?identifier=3030570)



## HEALTHY HABITS TO JUMP START THE YEAR!

### PHYSICAL ACTIVITY SUGGESTIONS

- Be physically active. It is recommended that Americans accumulate at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most days of the week.
- Reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games. Limit screen time (TV, video games, computer, etc.) to less than 2 hours a day.
- Plan family time together that includes being physically active (walking, riding bikes, working outside, swimming, etc.).

### HEALTHY EATING SUGGESTIONS

- Eat meals together as a family as often as possible.
- Encourage your child to drink water and to limit intake of beverages with added sugars, such as soft drinks, fruit juice drinks, sports drinks and energy drinks.
- Drink 1% or skim milk.
- Eat a fruit or vegetable at every meal.
- Discourage eating meals or snacks while watching TV.

## HEALTHY SUMMER SNACKS

### **Strawberry Smoothie** Prep time: 5 minutes

- 2 ice cubes
- 1 c. milk
- 1/3 c. cottage cheese
- 2/3 c frozen strawberries
- 1 1/2 tsp. sugar
- 1 tsp. vanilla extract

#### Directions:

1. Pour all of the ingredients into the blender.
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth.
3. Pour your smoothie into a glass and enjoy.

### **Frozen Yogurt Pops** Prep time: 1-2 hours

- 1 8-oz. container of your favorite flavor of yogurt
- Small cups
- Wooden popsicle sticks
- Plastic wrap

#### Directions:

1. Pour yogurt into small paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

### Sources/Helpful Websites

<http://kidshealth.org/kid/recipes/index.html>

[http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_adolescents.htm](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm)