

CATCH

A Coordinated Approach To Child Health

Newsletter

November 10, 2009

Volume 1, Issue 3



Parents and School Policy



In each Texas middle school it is required for students to have **at least 30 minutes of moderate to vigorous physical activity per day for at least 4 semesters during 6 - 8 grades.**

Most schools achieve this through PE class. But just because a student is taking PE does not mean s/he is getting all the physical activity s/he needs.

A new state law requires that on average, every week, at least 50% of the physical education class be used for

actual student physical activity and that the activity be, where possible, at a moderate or vigorous level.

How active is your child when s/he does not have a PE class?



Think of ways for your youth to increase their physical activity time.

Here are some ideas:

- Take a walk with your child;
- Suggest weekly household cleaning;
- Push more active time with friends instead of playing video games;
- As a family, try making time for activities like frisbee or bowling.

Teaching and helping our kids to be active every day can help them develop a healthy lifestyle for the rest of their lives!

Physical activity is important



in school and at home.

Kids need 60 minutes everyday!

CATCH My Drift?

CATCH encourages students, teachers, and parents to move more and increase their level of physical activity.

There are three levels of physical activity: Sedentary, Moderate, and Vigorous. In and outside of school, the daily recommendation for ages 5-18 is 60 minutes of moderate and/or vigorous physical activity everyday.

Sedentary activities involve no large muscle movements. These activities include: watching TV, texting, and reading. These are not bad activities, but they are often the only activities that kids are doing everyday.

Moderate level activities like walking, skating, practicing free throws, marching in the band, playing golf or table tennis, bowling, vacuuming, and gardening get the heart pumping, but most people can talk while doing these activities.

Vigorous level activities have the highest intensity. Examples of vigorous physical activities include: jogging, swimming laps, playing soccer, jumping rope, fast shoveling in the garden, and dancing energetically. As you can imagine, it's more difficult to talk to someone while doing this level of activity.

Whether moderate or vigorous, get your family moving more!



Taco Popcorn

Ingredients:

- 7½ cups air-popped popcorn
- butter-flavored cooking spray
- 1½ tsp. cumin
- 1½ tsp. garlic powder
- 1½ tsp. onion powder
- 1½ tsp. Worcestershire sauce
- cayenne pepper (optional)



3 grams of fiber per serving

Directions:

Preheat oven to 300° F (148° C).

- Put popcorn in a large mixing bowl.
- Lightly coat popcorn with cooking spray. Toss and coat again.
- Combine cumin, garlic powder, onion powder, and cayenne pepper (optional).
- Sprinkle spices over popcorn and toss to coat evenly.
- Drizzle Worcestershire sauce over popcorn and toss again.
- Spread popcorn evenly in large baking pan.
- Bake for 10 minutes, tossing once.



Serves 6

Nutrition Fact



Fiber rich foods are essential to adolescents' growth and development.

When combined with adequate fluid intake, **fiber** assists in smooth digestion and promotes heart health. Fiber-rich foods are also filling, and therefore discourage overeating.

To determine how many grams of fiber a child older than 2 years should eat each day, add 5 to the child's age in years. (i.e., a 10-year-old should get about 15 grams of fiber). After the age of 15, teens and adults should get about 20-25 grams of fiber per day.

Sources: Kidshealth.org & webMD.com

A coordinated approach to your child's health!

When Martin Middle School held their Back-to-School Night, they knew parents might need a snack as they briefly met their child's/children's teachers. They wanted to provide something nutritious and include a message. Baskets of apples all over the campus was the solution. The message attached to the apple said, "Be an active part of their child's education." The apple was also a reminder to snack on foods like fruits and veggies, everyday or GO foods, that contain no added sugar or fat. As part of CATCH, students are encouraged to eat more GO foods everyday.



Martin Middle School's Snack Basket on Back-To-School Night.

The parent snack basket required campus-wide effort, as doing CATCH requires campus-wide coordination. It takes administrators, faculty, staff and parents to help shape and foster a healthy school environment and healthy behaviors. Contact a member of your school's CATCH Team to see how you and your family can help support CATH at your school.

Walk and Talk — Parent & Child Activities

The holiday season can be a stressful and busy time for you and your family. Finding time to take walks with your child may be easier than you think. Going to gatherings, running errands and shopping can be quite active. Listed below are some ideas of things to discuss with your child as you go:

- Portion Control**—The portion of food that is put on a plate is not the same thing as a serving. Portion control requires knowing the serving size. Large portions of meat means more calories and fats. Large portions of fruits and veggies means more vitamins and fiber. For more information: <http://hp2010.nhlbihin.net/portion/keep.htm>
- School lunches**— What does your child eat in the school cafeteria? Are they eating a la carte food, or meals prepared to meet daily dietary needs? For more information check the district/school website for the lunch menu, and read about the National School Lunch Program at: <http://www.fns.usda.gov/cnd/lunch/>.