

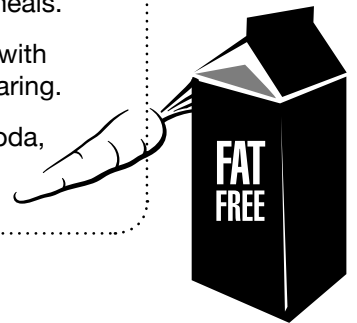
# Be a CATCH MVP Family!

## We're a CATCH School

"CATCH" stands for "Coordinated Approach To Child Health." CATCH schools are committed to healthy students in a healthy school. We invite you to help us teach positive health choices and be a CATCH MVP! A CATCH MVP is someone who **M**oves and stays active, **V**alues healthy eating, and **P**RACTICES healthy habits every day.

### Be a CATCH MVP Family:

- **Move and stay active:** Try to be more active as a family – park the car farther away in parking lots to walk a bit more, stretch while watching TV, walk as a family after meals.
- **Value healthy eating:** Try to make healthy choices – include a fruit or vegetable with every meal, eat more family meals together, and don't supersize unless you're sharing.
- **Practice healthy habits:** Be a positive role model – drink more water and less soda, start your day with a healthy breakfast, and eat a piece of fruit for a snack.



**CATCH YOUR STUDENTS AT THEIR BEST –**  
 Research has shown that children that are well  
 nourished and physically active perform better in school!

# HEALTHY KIDS = BETTER LEARNERS!

