

CATCH Health@Home: PE, Health and Vaping Prevention Resources to Meet the Moment

Presented By:
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Great Lakes Mental Health Technology
Transfer Center
June 4, 2020

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Funded by Substance Abuse and Mental Health Services Administration



Prevention Technology Transfer Center Network
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Mental Health Technology Transfer Center Network
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Date and year

Speaker



Abby Rose

Program Manager,
CATCH Global
Foundation



Delivering CATCH Health at Home

**Presented by: Abby Rose, MSED
CATCH Program Manager
June 4, 2020**

Welcome! Thanks for Being Here

Agenda

- CATCH Health @Home
Background Information
- Parent Portal Demonstration
- Educator Portal Demonstration
- CATCH My Breath Distance
Education Tools
- Virtual Training Opportunities



Abby Rose

Program Manager

CATCH Global Foundation

CATCH Health at Home

“School Health” is more than
a lesson or class.

Our goal is to create environments
of health at school. We want to see
that continue even though kids may
not physically be at school.



- The Health at Home platform empowers and equips both educators and parents to continue to promote healthy behaviors
- Especially during these challenging times on our physical, mental, and immune health, CATCH health education is more important than ever

CATCH Health at Home

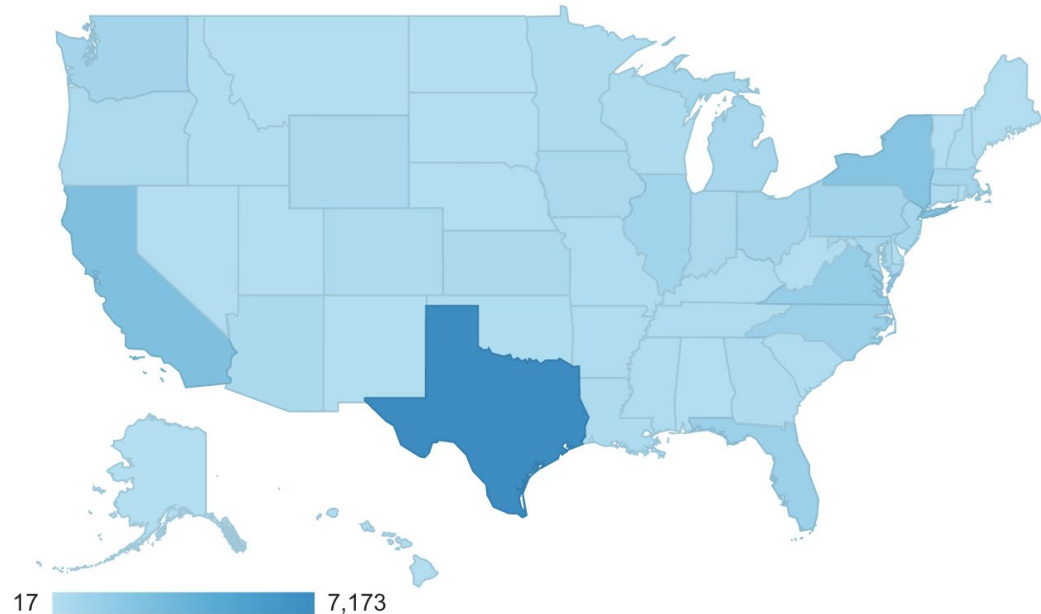
Usage

United States:

- 35,000+ visitors
- All 50 states
- 4,500+ registered users
 - ~2,300 - *Parents*
 - ~2,200 - *Educators*

Global Site Traffic:

- 89 Countries!



View Resources at CATCH.org



[About CATCH](#)

[Pricing](#)

[FAQ](#)

[LOG IN](#)

[SIGN UP](#)

 **New resources in response to Coronavirus (COVID-19) school closures**

At-home & distance learning resources for parents and educators

[VIEW RESOURCES](#)

Welcome to a new generation of
CATCH.org



[Topics](#)

[Age Levels](#)

[Resources](#)

Select Option, Follow Instructions

The screenshot shows the CATCH.org website interface. At the top left is the CATCH.org logo. To the right are navigation links: 'About CATCH', 'Pricing', 'FAQ', 'LOG IN', and 'SIGN UP'. Below this is a red navigation bar with a warning icon and the text 'RESOURCES FOR COVID-19 SCHOOL CLOSURES', a hand icon with the text 'SUPPORT "HEALTH AT HOME"', and a 'DONATE' button. The main banner features a photograph of a woman and a child sitting on a couch, with the text 'CATCH Health at Home' and 'At-Home & Distance Learning Resources for Parents and Educators' overlaid. Below the banner are two yellow buttons: 'I'M A PARENT' and 'I'M AN EDUCATOR'. A large red arrow points from the left towards the 'I'M A PARENT' button. Below these buttons is a link 'En Español' with a right-pointing arrow icon.

Parent Platform



Google Classroom

Educator Platform



Design Principles

- Evidence base says fostering environment of health is key - not just class or activity
- Separate educator & parent portals (overlapping content)
- Parent portal in Google Classroom since it's emerging standard - easy for teachers to connect with their own materials & give assignments
- Engagement prompts and video demonstrations

Parent Platform Overview

- CATCH Motivators & Tips
- Fun Family Health Challenges
- Games & Activity Breaks
 - For both 1 or 2 people or small groups
- Mindfulness
 - Activities, yoga and breathwork
- Health & Nutrition with Healthy Recipes
- *CATCH My Breath* - Vaping, Lung Health & Infectious Diseases presentation
- TIPS for parents - overall tips on engaging kids in movement and supervising PA

Parent Platform Demo

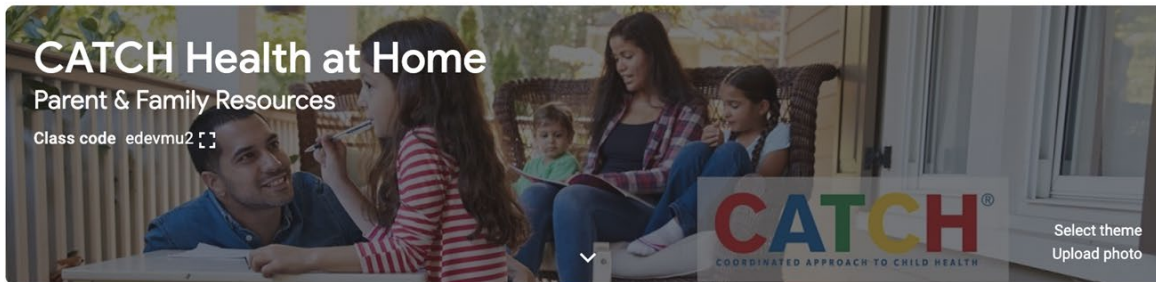
☰ CATCH Health at Home
Parent & Family Resources

Stream

Classwork

People

Grades



Upcoming

No work due soon

[View all](#)



Share something with your class...



Shana Green

1:20 PM



Hi Parents

Fruits and vegetables contain a variety of nutrients including vitamins, minerals and antioxidants that are important for the prevention of illnesses. Sometimes it is hard to eat the daily recommended number of fruits and vegetables. Here are some tips that can help!

Five Easy Ways to Get More Fruits & Vegetables

Eating fruits and vegetables can be as easy as counting to 5! Try these tips:

1. Wake up to fruit. Add sliced or dried fruit to cereal, yogurt or pancakes.



Mindfulness Resource Examples



catchinfo.org/health-at-home

Activity Demo Videos Added Since March 18th

29,156 video views across all platforms*



Mindfulness Breathing Activity
For more CATCH Health at Home resources, visit...



Introduction to Yoga Poses - CATCH H...
For more CATCH Health at Home resources go to...



Mini Yoga Class for Kids - CATCH Hea...
For more CATCH Health at Home resources go to...



CATCH Activity Demo: As If
See more CATCH Health at Home activities at...



CATCH Activity Demo: Me and My Bea...
See more CATCH Health at Home activities at...



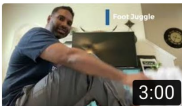
CATCH Activity Demo: Dice-er-cise
For more CATCH Health at Home activities visit...



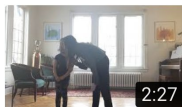
CATCH Activity Demo: Hoop It Up
See more CATCH Health at Home activities at...



CATCH Activity Demo: Jump the Circuit
See more CATCH Health at Home activities at...



CATCH Activity Demo: Steel Abs Chall...
See more CATCH Health at Home activities at...



CATCH Activity Demo: Zero In
See more CATCH Health at Home activities at...



CATCH Activity Demo: Yoga Breathing...
For more CATCH Health at Home resources visit...



CATCH Activity Demo: Dragon's Tail
Tag game that involves trying to pull other kids' scarves (dragon tails) from their...



Hand Washing Demonstration - CATC...
Our friend Simone demonstrates how to properly wash your hands. More CATCH...



CATCH Activity Demo: Cone Reaction
The objective of the game is to see how quickly partners can react to a specific...

**counts views of all CATCH video content (not just new)*

Parent Platform in Spanish

- Physical Activity list varies slightly from English version
- Videos are in English (Sp. subtitles available)
- Includes Yoga Mindfulness activities
- Nutrition tips and resources
- Has Parent TIPS & Activity Log

Educator Platform Differences

- Distance Learning Guidance for Educators
- Classroom Health Lessons including new CATCH MVP Immune Health Lessons
- Virtual CATCH Champ MVP messages
- Calendars, Challenges & More
 - Guidance for virtual family engagement
- Downloadable resources to send out to families (many in Eng. & Spn.)
- Independent student learning assignments

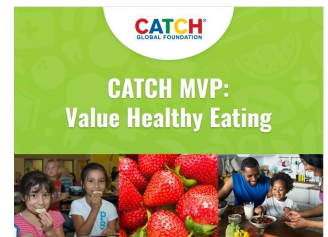
CATCH MVP Lessons

- Created as a direct response to COVID-19
- 4 Lessons focused on supporting immune health
- Based on the foundational principles of CATCH

M - Move & Stay Active

V - Value Healthy Eating

P- Practice Healthy Behaviors



Educator Platform Demo

< Go to Dashboard

CATCH.org

1st Grade: GO Foods, GO Activity

1st Grade: GO Foods, GO Activity Presentation Slides

2nd Grade: A Good Balance

2nd Grade: A Good Balance Presentation Slides

2nd Grade: A Good Balance CATCH Story Time Audio

3rd Grade: Hi There, Earthlings

3rd Grade: Hi There, Earthlings Presentation Slides

4th Grade: Ready - Set - GO for Health

4th Grade: Ready-Set-GO for Health Presentation Slides


5th Grade: Let's Get GO-ing

5th Grade: Let's Get GO-ing Presentation Slides

4th Grade: Ready-Set-GO for Health Presentation Slides 0 COMMENTS

To view slide notes/scripts, download for offline use, or print this presentation, click the button below to open in Google Slides.

OPEN IN GOOGLE SLIDES



CATCH.org CATCHinfo.org CATCHhealth

Google Slides

Virtual CATCH Champ in Action



Coming Soon...

- Premium pre-recorded health education lessons for K-2, 3-5 and 6-8.
- Virtual training opportunities
- Additional content and updates added to parent and educator platforms

Game On Grant- CATCH implementation:

catchinfo.org/grant-finder



CATCH My Breath: Youth Vaping Prevention Program

How Has CATCH My Breath Adapted?

- Premium pre-recorded lessons: 6th grade ready for purchase.
- Online training modules for train-the-trainer and teacher in-service
- Extensive guidance on delivering CATCH My Breath in an online format
- New pre-recorded Vaping, Lung Health & Infectious Diseases presentation
- Be Vape Free virtual field trip

Online CATCH My Breath Training Options

- Virtual Train the Trainer:
https://catchinfo.org/cmb_tot-training/
 - Day 1: June 25th and Day 2: June 26th 9am -11am Central
 - Day 1: July 15th and Day 2: July 16th 1pm -3pm Central
- Virtual in -service training
https://catchinfo.org/cmb_training/
 - June 17th 1:30pm -3:00pm
 - July 9th 10:00am -11:30am
 - July 23rd 1:30pm -3:00pm



How can community organizations and districts support schools?

CATCH[®]
**Health
at Home**

*Distance Learning
Resources for Educators*

The graphic features a woman sitting on a laptop, a man standing next to a play button icon, and various icons representing home, list, and play. The background is white with blue and red abstract shapes.



Share the Health at Home resources with parents and educators

- Agency Websites
- Email Blasts
- Social Media
- Create your own videos
- Direct education to students





Offer your schools and programs full CATCH.org curriculum packs

- Best way to ensure continued access to full CATCH curriculum
- Subscriptions give all school or program staff access
- Will include new pre-recorded lessons delivered by CATCH team
- All subscriptions purchased for summer or fall start will receive immediate access (free 2-5 months)



Plan a **CATCH** Training for your team or your schools



- Offering in -person trainings beginning August 1st
- Delivering limited virtual training (including utilizing our online resources) beginning June 1st
- Action for Healthy Kids Game On Grant- catchinfo.org/grant-finder

THANK YOU!

Any Questions?

Contact info:

[CATCH Global Foundation](#)

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**CONNECT
WITH US**


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