



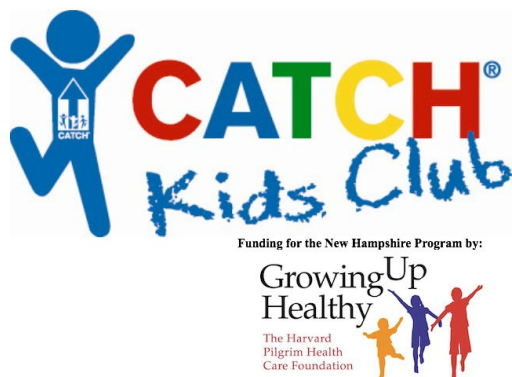
# Healthy Afterschool Series with CATCH Kids Club

A WORKSHOP SERIES TO ENHANCE YOUR AFTERSCHOOL PROGRAM'S PHYSICAL ACTIVITY AND NUTRITION

HEPA: Healthy Eating and Physical Activity

CATCH Kids Club

Step #1	Step #2	Step #3	Step #4	Step #5
<p>Site Self-Assessment and Action Planning</p> <p><i>Learn how to assess your site's healthy eating and physical activity (HEPA) environment with the A+ Assessment Tool. Begin to formulate an action plan for the upcoming year.</i></p>	<p>Action Plan in Place</p> <p><i>Re-group with the same cohort of sites to finalize action plans and discuss goals for the year. Receive feedback from other sites and brainstorm measures for success.</i></p>	<p>CATCH Kids Club All-Staff Onsite Training</p> <p><i>Certified CATCH Kids Club Trainer will come onsite to train your staff how to teach the CATCH Kids Club games.</i></p>	<p>Conduct a CATCH Kids Club Site-Assessment</p> <p><i>Learn to assess how well your staff is doing and provide constructive feedback. Receive additional site visit and technical assistance as needed.</i></p>	<p>Creating a Sustainability Plan</p> <p><i>Celebrate success, present favorite games, and collaborate with with the same cohort of sites to create a future plan of sustainability for healthy eating and physical activity at your site.</i></p>



**Kids are having fun playing CATCH Kids Club games with City Year Staff in Manchester Schools**



**Everybody Plays!** Most important, the CATCH Kids Club games are non-elimination. If you get out, simply perform a re-entry task to get right back in the game! It is a philosophy designed so all students have many opportunities to participate and practice their skills.

**Equipment Included!** Funding for the games box and equipment is provided by a grant from Harvard Pilgrim Health Care Foundation for sites making the commitment to the **full workshop series**.

**CATCH Kids Club** is an evidence-based



after-school, summer, and community recreation program designed to promote healthy physical activity and eating behaviors in elementary school kids.

ACROSS NH is offering this workshop series to sites looking to align with the National AfterSchool Association Healthy Eating and Physical Activity (HEPA) Standards.

**CATCH Kids Club works!** It has been kid-tested and approved, and it has been demonstrated to increase children's physical activity.

**CATCH Kids Club is easy to use!** It is designed for leaders with a variety of skill levels. The games box includes over 350 fun activities and suggested lesson plans that are well explained and outlined to make facilitation easy.

Your program must commit to the series and ensure presence from your site at each workshop. We encourage **all staff** to attend.

**Equipment funded with a grant from the Harvard Pilgrim Health Care Foundation**

**Trainings brought to you by ACROSS NH. Contact ACROSS NH with any questions.**