Engaging Children and Parents in Physical Activity, Nutrition, and Sun Safety

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Welcome! Thanks for Being Here

Session Objectives:
Create enthusiasm for bringing a coordinated approach to health and wellness to your Head Start setting

Introduce and model basic strategies and resources for integrating physical activity, nutrition education, and sun safety into your program

Agenda:
1. Ice Breaker: Mingle Mingle
2. Making the Healthy Choice the Easy Choice
3. Sun Safety is Fun and Easy
• High 5 partner
• Fist Bump partner
• Pinkie Shake partner
What is CATCH?
A Coordinated Approach To Child Health

The CATCH Program is a resource for bringing schools, families, and communities together to work toward creating a healthy environment.

It is a coordinated program designed to promote making healthier food choices, staying physically active, reducing screen time and avoiding other unhealthy behaviors.
CATCH Early Childhood

The CEC Program has 3 coordinated components:

- Nutrition Lessons
- Physical Activities
- Parent Tip Sheets
Consider the Statistics

27% of children are overweight or obese in the U.S. (2013)

Children who are overweight between ages 2-5 years are 5 times as likely as children at a healthy weight to be overweight or obese as adults (2013)

33% of Hispanic children ages 2-5 years are overweight or obese (2013)

1 in 3 low-income, preschool aged children is overweight or obese (2013)

Centers for Disease Control—Pediatric Nutrition Surveillance System
Why Should We Care?

Health problems in children formerly seen only in adults
- Hypertension
- High Cholesterol
- Type 2 Diabetes
- Hip and joint problems

Serious long-term health risks
- Development of chronic diseases like diabetes, hypertension, cardiovascular disease, asthma and sleep apnea
- Shortened life expectancy

Some students may face serious social emotional stresses
- Low self-esteem
- Negative body image
- Depression
- Teasing or bullying
This may be the first generation to not outlive their parents
How are ECE Providers Powerful Change Agents?

• Unique position to impact children and their families
• Influence on knowledge, attitudes and healthy habits
• Opportunities to create healthy environments
• Families look to providers as a resource
• We know you make a difference!
Our Behavior is a Product of Our Environment

Environmental change occurs when the people who live and work in an environment agree upon and share a common value.

The CATCH approach to changing early childhood environments is simple:

Keep promoting, reinforcing and supporting the value of being physically active, eating healthy foods, and being sun safe every day.
What’s the Goal?

To be a head start program where everyone is working together and speaking a common language that creates and maintains a healthy learning environment.
Benefits of Nutrition Education

Children who eat healthy foods have:

- Healthy brain development
- Improved concentration
- More energy
- Less risk for certain diseases in adulthood
- Less risk of obesity in adulthood

Good nutrition education:

- Helps children learn the skills needed for healthy eating behaviors
- Provides opportunities to practice these behaviors
- Makes nutrition education relevant and fun

Providing frequent nutrition education to early learners is key to developing lifelong healthy eating habits.
The Language of CATCH

Kids receive consistent healthy messages about nutrition in all areas of the center/school.

• It’s Fun to be Healthy Lessons
• Healthy snack recipes and good nutritious foods
• Fun, active games that use the same GO & WHOA language
GO & WHOA Foods

Sung to the tune of London Bridge is Falling Down.

**Who-oa** foods can **make** us feel **Tired** and slow

**Who-oa** foods can **make** us feel **Tired** and slow

**Go-o fo-ods** **help** us grow **Big** and strong

**Go-o fo-ods** **help** us grow **Big** and **strong**
Benefits of Physical Activity

It’s Good for Learning

• Up to 85% of school age children are kinesthetic/experiential learners (even more so in Early Childhood)
• Aerobic activity grows brain cells

It’s Good for Teaching

• Including Physical Activity during the program day:
  o reduces stress and anxiety
  o builds positive classroom community
  o brings blood and oxygen to the brain to prime the brain for learning
  o has been shown to increase on task behavior, attention and academic achievement

HEALTHY, ACTIVE CHILDREN ARE READY TO LEARN AND EXPLORE!
Structured and Unstructured PA

Structured physical activity
Teacher-led, developmentally appropriate and engaging
• Daily planned physical activity should support age-appropriate motor development
• Activities should involve all children with minimal or no waiting

Unstructured physical activity
Child-led free play
• Activities should encourage children’s individual abilities and interests
• Teachers should be engaged and provide support and prompts to encourage active play

Moderate to vigorous physical activity (MVPA)
“Breathless” physical activity using large muscle groups
Goals of Physical Activity

• Physical activity is fun & enjoyable!

• Provide children with at least 30 minutes of structured physical activity daily & be involved in MVPA (Moderate to Vigorous Physical Activity) for 50% of activity time.

• Provide children with many opportunities to participate and practice skills.

• Encourage children to participate in a variety of physical activities during school time and after school with family and friends.
Physical Activity BASICS

B Boundaries & Routines
A Activity from the Get-Go
S Stop & Start Signals
I Involvement by All
C Concise Instructional Cues
S Supervision & Safety
Limber Limbs Activity

Let’s Practice!
Parent Connection

• Tipsheets sent home to parents/guardians aimed at improving the home nutrition and physical activity environment.

• Tipsheets complement the classroom lessons and provide additional information, extension activities (e.g., healthy recipes), and tips for family members to be involved.
EC Coordination Kit

• This is the CATCH resource for you to use to get everyone involved in creating a healthy environment throughout your center/school.

• The Toolkit will help you coordinate efforts center-wide to promote and reinforce the messages of CATCH through simple, educational, and enjoyable activities.
Brain Break
“Zero IN”
Digital Platforms

Digital CATCH®

Welcome to Digital CATCH

Digital CATCH is a platform to access program resources for CATCH®, the school health program with the most scientific evidence of effectiveness.

Sign up for free access to a variety of PE & health lesson samples, and additional resources for teachers and staff.

Early Childhood
- Early Childhood Physical Education Activities
- Early Childhood Nutrition: It’s Fun to Be Healthy
- Early Childhood Coordination Kit

Elementary School
- Grades K-2 Physical Education Activities
- Grades K-2 Classroom Curriculum
- Grades 3-5 Physical Education Activities
- Grades 3-5 Classroom Curriculum
Why is Sun Protection Important?

- Skin cancer is the most common type of cancer in the U.S.
- Sunburn during childhood is a major risk factor for melanoma, the most deadly type of skin cancer.
- Exposure to ultraviolet rays are main *preventable* risk factor.
  - At least half of children & adolescents experience ≥ 1 sunburn/yr.
  - ≥5 blistering sunburns 15-20 yrs.→ 80% increased melanoma risk.
Start Sun Safety Habits Early

Research shows that developing healthy habits early in life can benefit children throughout adulthood.

• Model sun safety for children.
• Provide positive reinforcement.
• Encourage sun protection for outdoor play and field trips.
• Engage with parents to practice sun safety at home.
• Implement a sun safety curriculum.
Ray and the Sunbeatablestm: A Sun Safety Curriculum

**Aim:** To teach children about sun protection and promote sun safety behaviors at school and home.

**Theme:** Sun protection is a superpower.

**Central idea:** Be sun safe every day and everywhere you go!
Meet the Sunbeatableables

Ray is the leader. He has the superpower of shade. Ray also wears a magic watch that reminds him to be SUPER-protected from 10:00 AM to 4:00 PM when the sun is directly overhead, shadows are shorter and the sun’s rays are most harmful.

Serena has the superpower of sunscreen.

Chloe has the superpower of protective clothing.

Stefan has the superpower of protective sunglasses.

Hanna has the superpower of protective hats.
Curriculum Overview

• The preschool curriculum includes 20 activities. The K-1 curriculum includes 10 lessons.

• Lessons are aligned with *Head Start Child Development and Early Learning Framework* and national education standards.

• Preparation tables, talking points, grade level and P.E. class adaptations included.

• Role modeling and positive reinforcement are key components.
Sunbeatables Locations

Over 1,000 sites across 23 states and one Canadian province have implemented the Sunbeatables Program reaching over 100,000 children.
Curriculum Toolkit Components

- Are You Sun Safe?
- Teacher's Guide
- Ray and the Sunbeatables: Sun Safety Songs CD
- Even Superheroes Stay Sun Safe!
- I'm Sunbeatable: is a Sun Safe Superhero!
- Travel Book

THE UNIVERSITY OF TEXAS
MD Anderson Cancer Center
Making Cancer History®
Sunbeatables Parents

Regular communication with parents and families are a key component of the curriculum.

• Parent communications, tips and resources are provided throughout the curriculum to encourage family discussion on sun safety.

• Materials are available in English and Spanish.
Lesson Highlights
Color Fading Science Experiment

Photo 1: Children color a character cut-out

Photo 2: Children tape the cut-out to dark construction paper and place outside in direct sunlight

Photo 3: After at least one day in direct sunlight, children remove character cut-out to see how paper faded
Make a Sun Safe Hat
Clothing Flashlight Test

Sun Safe Clothing

Not Sun Safe Clothing
Contact Us

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CATCH Early Childhood (CEC) is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5.

Modeled after the nationally recognized CATCH Program, CEC provides an environment where physical activity, health education, gardening and healthy eating behaviors are valued and taught.

Little ones are motivated to walk, run, jump, dance and move their whole bodies while playing and having fun!

**CEC PROVIDES CHILDREN WITH:**

- Games and activities that foster a love of exercise
- The opportunity to refine developing locomotor, non-locomotor and manipulative skills
- Knowledge to identify basic healthy food choices
- Music to sing and dance along to
- Hands-on gardening experiments
- Snack activities for hungry bellies
- Hand puppets and cartoon characters that make learning fun

**CEC PROVIDES TEACHERS AND PE SPECIALISTS WITH:**

- Tools to successfully develop and implement a fun nutrition and PE/activity program
- Convenient and flexible lesson plans featured in a 340 page manual
- A sample schedule to aid in lesson planning
- Over 500 activity cards that promote moderate-to-vigorous physical activity (MVPA)
- Relaxation and stretching exercises to assist with cool-downs and transition back to the classroom
- A music CD that keeps the class motivated, moving, and having fun
- Parent tip sheets to take home that encourage family involvement