



## Healthy Kids, Healthy Schools

★ *Posted: 05/11/09 8:47 AM*

Here are the main themes identified from Visions of the Future!

- Identifying and Scaling up (at least 3) Successful Programs in HISD i.e. Scaling up school gardens & including urban farming, etc



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★ *Posted: 05/11/09 8:52 AM*

### Post from Brenda Arteaga

Building on that idea...

We also have to have community buy-in and I think the CATCH coordinators need to be trained on seeking out community funding sources, not only monetary but also through volunteering in the schools.



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★ *Posted: 05/11/09 8:49 AM*

### Prototyping Report-Out

#### Catch Coordinator

To successfully implement programs within HISD, establish a Catch Squared Coordinator. This is a paid employee at each campus, fully dedicated to this success. They would communicate and integrate with PE, science and other teachers to support and create programming.

Additionally, they encourage having PE implemented every day and recess every day for elementary school students. Then for nutrition programming, create a garden to plate program that includes the community that not only provides healthy, fresh foods for students and the community but also teaches students on sustainability.

Then, the group also shared sample ads and ideas or how to put these programs in to action. These included items such as district-wide fun days, health fairs, harvest days, workshop events, garden planting with the community and more.



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★ *Posted: 05/11/09 8:48 AM*

### Brainstorming Ideas

#### Biggest vote getters:

- every school has an orchard
- every school has a garden
- CATCH
- One person identified as full time wellness coordinator

#### Currently Successful Programs

- FitnessGram
- Staff Wellness
- Health Fairs
- CATCH in classroom
- Show, Whoa, Go posters and signage in schools
- Parent to PE
- Dance a thon
- 21st century
- Waking bus (Baylor)
- Gatorade Camp Texans
- Marathon Kids
- Bike Rodeo
- Jump Rope for Health
- Street olympics
- The Mathletics
- Field Day
- Seed to Plate
- Integrated Curriculum
- TCH Fun Runs
- Can Do
- Community Fitness Programs
- Special Olympics
- Bike Rodeo
- Food tastings
- Gardens
- Urban Harvest
- Recycling, Composting and Vermiculture



All times are displayed in your local time (Eastern)