

CalFresh Healthy Living, UC Town Hall: March 19th Agenda

Physical Activity Initiative

Paul Tabarez, CFHL, UC State Office PA Project Manager (1:10)

County Highlights

Jessica Delgado, CFHL, UCCE Imperial; Annabelle Factura; CFHL, UCCE San Joaquin; Robert Tapia, CFHL, UCCE Fresno; Esmeralda Nunez, CFHL, UCCE Riverside (18:26)

Physical Activity Break

David Cummings, CFHL, UCCE Shasta Cluster (1:05:57)

State Office Updates (1:14:45)





CFHL, UC Physical Activity Programming

Paul Tabarez

CFHL, UC State Office Physical Activity
Project Manager

Objectives:

- Identify CFHL, UC approved physical activity curriculum
- Become familiar with resources to support physical activity implementation
- Become familiar with effective physical activity implementation strategies





Today's Agenda:

- Overview of Physical Activity Curriculum
- Physical activity resources, available on the CFHL, UC Physical Activity webpage
- County PA Highlights
 - Imperial County
 - San Joaquin County
 - Fresno County
 - Riverside County



CalFresh Healthy Living, UC Approved Physical Activity Curriculum

Coordinated Approach to Child Health (CATCH)



CATCH Community Trainer Office Hours

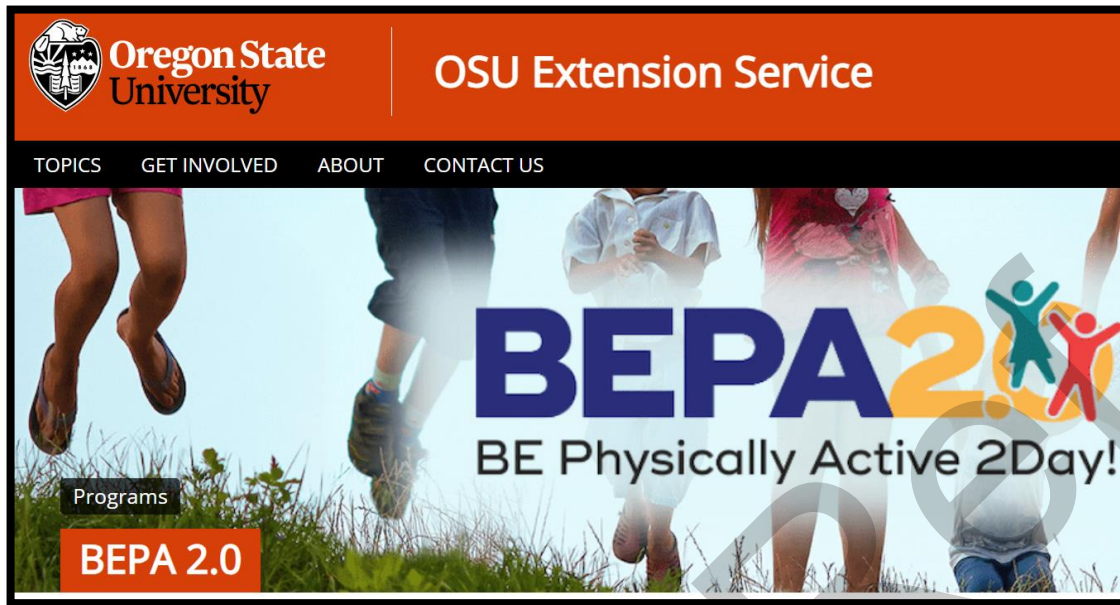
- Open Q & A
- Review Updated CATCH Slides
- Resources for CATCH Trainings

April 19, 2024

9:30am – 10:30am



BE Physically Active 2Day! (BEPA 2.0)

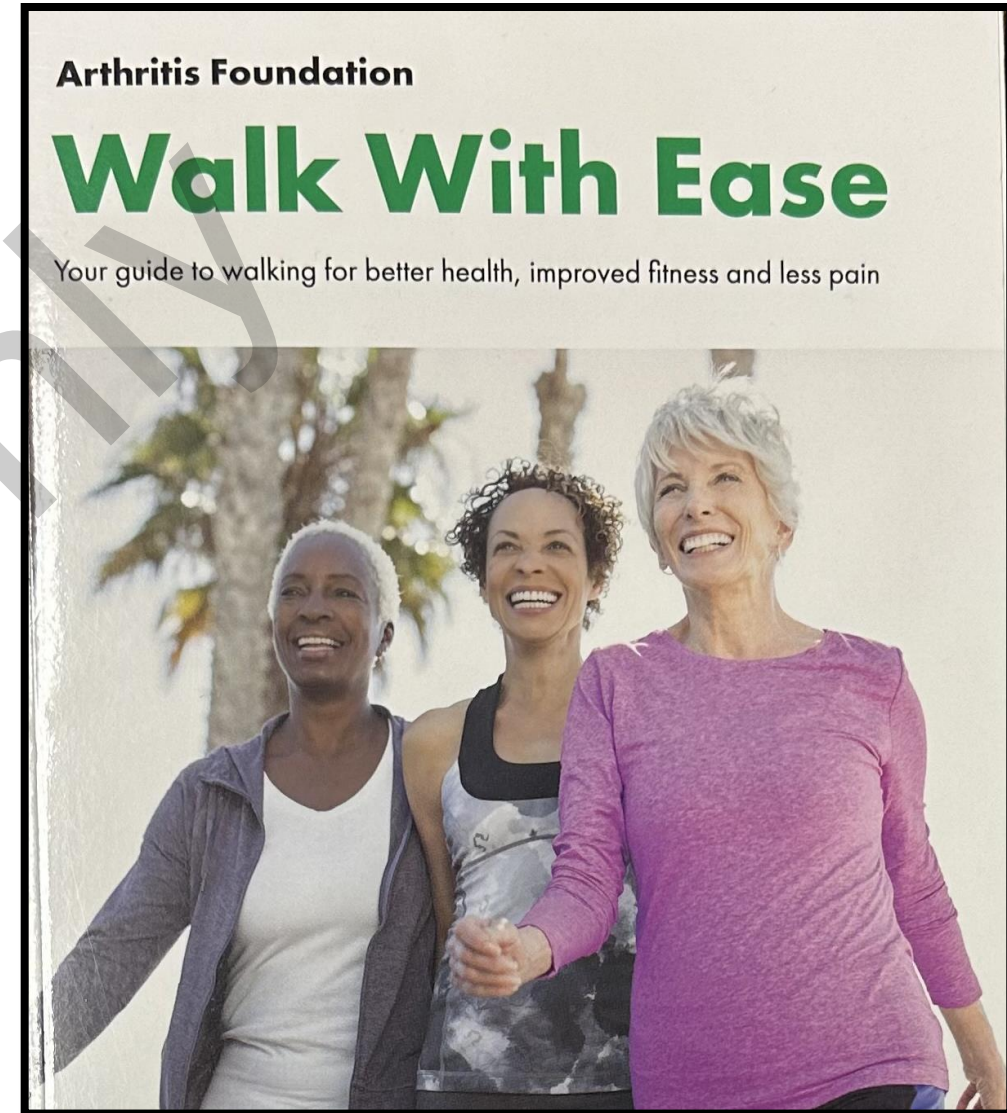


- Virtual Online Training
- Physical activity breaks
- BEPA 2.0 Card Sets, and Equipment Tool Kits



Walk With Ease (WWE)

- Understand the basics of arthritis, and the relationship between arthritis, exercise and pain.
- Learn how to exercise safely and comfortably.
- Use methods to make walking fun.
- Develop and implement a personal walking plan with realistic goals for improved fitness.
- Gather tips, strategies and resources for maintaining a long-term exercise routine.



Walk With Ease (WWE)

Key Program Components



Health Education and Group Sharing



Walking and exercise-(5 Step Walking Pattern)



Motivational strategies



CalFresh Healthy Living, UC Physical Activity Initiative Webpage



- CATCH Implementation Resources
- CalFresh Healthy Living, UC Stencil Projects





CATCH - Program and Curricula

[CATCH Program Guide](#)

[Ordering Process](#) | [Pricing Sheet](#) **NEW**




CATCH Pacing Guides

Each CATCH Pacing Guide includes 10 unique lessons derived from the CATCH activity box. The primary goals of the Pacing Guide are to decrease lesson planning and prep time, reduce equipment challenges, and build efficacy among classroom teachers administering PE/PA. Please review the Best Practice document before administering the Pacing Guide.

CATCH PROGRAM GUIDE

	Early Childhood Pre-K (ECE)	School K-8 (PE)	Afterschool K-8 (Kids Club)
PLANNING 	<ul style="list-style-type: none">○ CATCH Training (16 hr)○ Order activity box and equipment as needed<ul style="list-style-type: none">- CATCH Ordering Process- CATCH Pricing Sheet○ Extender is trained (6 hr)	<ul style="list-style-type: none">○ CATCH Training (16 hr)○ Order activity box and equipment as needed<ul style="list-style-type: none">- CATCH Ordering Process- CATCH Pricing Sheet○ Extender is trained (6 hr)	<ul style="list-style-type: none">○ CATCH Training (16 hr)○ Order activity box and equipment as needed<ul style="list-style-type: none">- CATCH Ordering Process- CATCH Pricing Sheet○ Extender is trained (6 hr)
IMPLEMENTATION 	<ul style="list-style-type: none">○ CATCH ECE Pacing Guide○ Extender creates CATCH lessons○ "Play Days" – scheduled time to provide TA to extender○ CATCH Lesson Observation Tool (LOT) – UCCE or self-assessment to build fidelity/ identify training needs○ CATCH ECE & Stencils	<ul style="list-style-type: none">○ CATCH PE K-2 Pacing Guide○ CATCH PE 3-5 Pacing Guide○ Extender creates CATCH lessons○ "Play Days" – scheduled time to provide TA to extenders○ CATCH LOT – UCCE or self-assessment to build fidelity/ identify training needs○ CATCH K-2 & Stencils○ CATCH 3-5 & Stencils	<ul style="list-style-type: none">○ Extender creates CATCH lessons○ "Play Days" – scheduled time to provide TA to extenders○ CATCH LOT – UCCE or self-assessment to build fidelity/ identify training needs
EVALUATION 	<ul style="list-style-type: none">○ CATCH Program Activity Reporting Form (PARF)○ Physical Activity Teacher Observation Tool (PA TOT) <p>Optional:</p> <ul style="list-style-type: none">○ ECE SLAQ (Sections: 5. Physical Activity and Entertainment Screen Time & 6. Parent/Family Involvement)	<ul style="list-style-type: none">○ CATCH PARF○ PA TOT <p>Optional:</p> <ul style="list-style-type: none">○ School SLAQ for PE (Section: 6. Physical Education)○ Eating and Activity Tool for Students (EATS) (Grades 4+)	<ul style="list-style-type: none">○ CATCH PARF○ PA TOT <p>Optional:</p> <ul style="list-style-type: none">○ Out-of-School SLAQ (Sections: 5. Physical Activity and Entertainment Screen Time & 6. Parent/Family Involvement)

CATCH PROGRAM GUIDE

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CATCH - Program and Curricula

[CATCH Program Guide](#)

[Ordering Process](#)



CATCH Pacing Guides

Each CATCH Pacing Guide includes 10 unique lessons derived from the CATCH activity box. The primary goals of the Pacing Guide are to decrease lesson planning and prep time, reduce equipment challenges, and build efficacy among classroom teachers administering PE/PA. Please review the Best Practice document before administering the Pacing Guide.



Approval Process for Ordering CATCH Materials

Vendor Contact:



CATCH materials can be ordered through the **School Specialty** website:
[General Education, CATCH | School Specialty](#)

Selecting Items:

When determining what to order and what is needed for your programs, please follow the ordering procedures listed below:

1. Items that do not need prior approval are listed below. If your program identifies the need for items that are not listed below, please contact the State Office for approval before ordering.

Name of Material:		Item #:
CATCH Early Childhood (CEC) Physical Activity Box		2125940
CATCH Early Childhood Equipment Starter Kit		2125937
CATCH PE 3-5 Activity Box (used for 1st-5 th grade)		2123756
CATCH Kids Club Activity Box (K-5 th grade)		2125929
CATCH PE Equipment Starter Set (used for 1 st -8 th grade)		2125935
CATCH PE 6-8 Activity Box		2123792
Individual items	CATCH Beanbags, (Set of 16)	2119866
	Cones (set of 16)	2119908
	Hula Hoops	025832
	Scarves	1004604
	Spot Markers	1005401
	Parachute (12', 24', 30')	2119960/2119842/2120027
	Balls	8183/11267/12200/841
	Jump Rope sets of 12 (7', 8', 9')	2121289/2121570/2119977

Determining Quantity:

2. Determine the number of items to order. Work with the school/site to make a plan on how they will utilize the materials. Will they be sharing the material at the same site location? If so, suggest having a check-out system.
3. If you are expending more than **\$2,000.00**, please **email the State Office** with justification on the quantity and how you plan to utilize the material(s).

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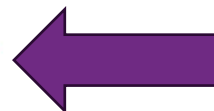
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CATCH - Program and Curricula

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[Ordering Process](#) | [Pricing Sheet](#)



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Price List 2024

SSL Item	Page		2024 List Price	Cal Fresh
2125480	2	It's Fun To Be Healthy Teacher's Manual + Hand Puppets	\$115.51	\$109.73
2121583	2	Additional CATCH Hand Puppets	\$32.16	\$30.55
2125940	2	CEC Physical Activity Box	\$225.00	\$213.75
2125941	2	It's Fun to Be Healthy Teacher's Manual + Hand Puppets + Physical Activity Box	\$285.00	\$270.75
2125196	2	CEC Equipment Set + Teacher's Manual + Hand Puppets + Physical Activity Box	\$1,095.00	\$1,040.25
2125180	2	CEC Equipment Set Only	\$695.00	\$660.25
2125937	2	CEC Early Childhood Starter Set	\$199.00	\$189.05
SSL#	Page			
2121692	3	Kindergarten Jump into Health	\$36.77	\$34.93
2121749	3	1st Grade Hooray for Health!	\$36.78	\$34.94
2120710	3	2nd Grade Celebrate Health	\$47.00	\$44.65
2125473	3	3rd Grade Hearty Heart & Friends (includes DVD)	\$90.39	\$85.87
2121569	3	4th Grade Taking Off	\$67.66	\$64.28
2121640	3	5th Grade Breaking Through Barriers	\$68.52	\$65.09
2121664	3	Eat Smart School Nutrition Program Guide	\$26.23	\$24.92
2125184	3	CATCH K-5 Curriculum Set	\$315.00	\$299.25
SSL#	Page			
2123741	4	CATCH K-2 Physical Education Kit	\$225.00	\$213.75
2123756	4	CATCH 3-5 Physical Education Kit	\$225.00	\$213.75
2125179	4	CATCH K-5 Equipment Set + K-2 PE Kit + 3-5 PE Kits	\$2,950.00	\$2,802.50
2125198	4	CATCH K-5 Equipment Only	\$2,895.00	\$2,750.25
2125513	4	CATCH K-5 Classroom Curriculum Set + K-2 PE + 3-5 PE Kits	\$795.00	\$755.25
2125165	4	CATCH K-5 Classroom Curriculum, K-5 PE Kits, and Equipment Set	\$3,550.00	\$3,372.50
2123792	5	CATCH 6-8 PE Kit	\$225.00	\$213.75
2125172	5	CATCH 6-8 PE Kit and Equipment Set	\$2,495.00	\$2,370.25
SSL#	Page			
2120020	6	CKC K-5 Nutrition Manual	\$99.00	\$94.05
2125929	6	CKC K-5 Physical Activity Box	\$225.00	\$213.75
2123824	6	CKC K-5 Nutrition Manual and Activity Box Set	\$275.00	\$261.25





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CATCH PE 3-5 Grade Pacing Guide



Pacing Guide Link




Best Practices Link

CATCH PE K-2 Grade Pacing Guide

Pacing Guide Link

Best Practices Link

CATCH ECE Pacing Guide



PARACHUTE

Warm-Up
Fast Walk
Card #4

→

Go Fitness
Glue & Stretch
Card #277

→

Go Activity
Hot Dog, Mustard, Relish
Card #495

→

Cool Down
Random Running
Card #7

Equipment Needed:
Balls, Cones, Parachute, Music (Optional)

Want more CATCH?
Check out additional activities on cards #490 and 494

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit the [CalFresh Healthy Living website](http://CalFreshHealthyLiving.org).

CATCH Pacing Guide



PARACHUTE



Equipment Needed:

Balls, Cones, Parachute, Music (Optional)

Want more CATCH?

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CATCH Pacing Guide Cont.



RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of **3 times** each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- CFHL, UC Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month).



TERMINOLOGY

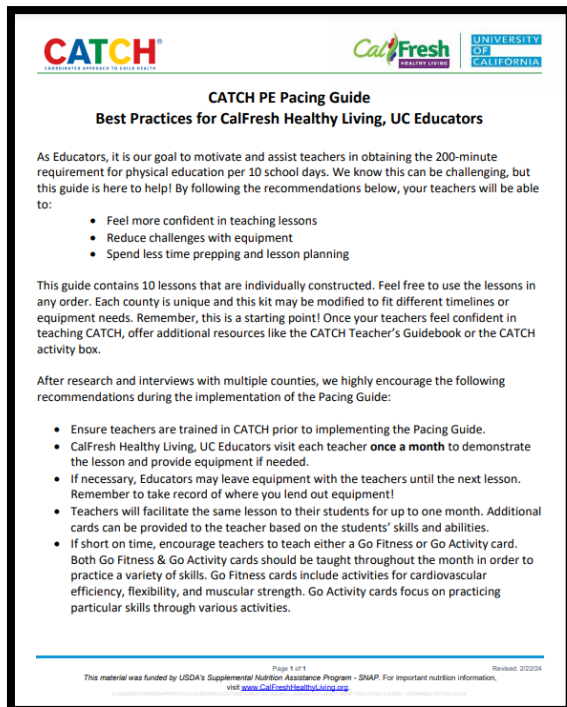
- **Hit the Track-** Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals-** Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle-** Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What-** Give students instructions *before* they begin to move (e.g. "When I say GO, everyone grab a bean bag")

Lesson Structure



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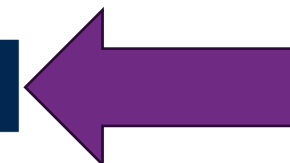
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CATCH PE 3-5 Grade Pacing Guide

Pacing Guide Link

Best Practices Link



CATCH PE K-2 Grade Pacing Guide

Pacing Guide Link

Best Practices Link

CATCH ECE Pacing Guide



CATCH PE Pacing Guide

Best Practices for CalFresh Healthy Living, UC Educators

As Educators, it is our goal to motivate and assist teachers in obtaining the 200-minute requirement for physical education per 10 school days. We know this can be challenging, but this guide is here to help! By following the recommendations below, your teachers will be able to:

- Feel more confident in teaching lessons
- Reduce challenges with equipment
- Spend less time prepping and lesson planning

This guide contains 10 lessons that are individually constructed. Feel free to use the lessons in any order. Each county is unique and this kit may be modified to fit different timelines or equipment needs. Remember, this is a starting point! Once your teachers feel confident in teaching CATCH, offer additional resources like the CATCH Teacher's Guidebook or the CATCH activity box.

After research and interviews with multiple counties, we highly encourage the following recommendations during the implementation of the Pacing Guide:

- Ensure teachers are trained in CATCH prior to implementing the Pacing Guide.
- CalFresh Healthy Living, UC Educators visit each teacher **once a month** to demonstrate the lesson and provide equipment if needed.
- If necessary, Educators may leave equipment with the teachers until the next lesson. Remember to take record of where you lend out equipment!
- Teachers will facilitate the same lesson to their students for up to one month. Additional cards can be provided to the teacher based on the students' skills and abilities.
- If short on time, encourage teachers to teach either a Go Fitness or Go Activity card. Both Go Fitness & Go Activity cards should be taught throughout the month in order to practice a variety of skills. Go Fitness cards include activities for cardiovascular efficiency, flexibility, and muscular strength. Go Activity cards focus on practicing particular skills through various activities.

CalFresh Healthy Living, UC Stencil Projects





Tasks - To Do x All Files | Powe x Final Town Ha x New Tab x HowToStencil2 x CATCH Comm x Physical Activi x + - x

https://uccalfresh.ucdavis.edu/initiatives/pa ☆ P New Chrome available

CATCH Video Sign... BEPA 2.0 | OSU Ext... OPENPhysEd.org -... Combined mugshot... Go4Life Workout OL... My Day - To Do CDC SHI | School Health... >> All Bookmarks

Administration > Initiatives > Curriculum > Evaluation > PEARS > Trainings > Publications > Quick Links <

CalFresh Health Living, UC Stencil Projects

- [Goals of Playground Stencils](#)
- [How to Complete a Playground Stencil Project Webinar Recording](#)
- [Stencil Art Activities: A Grown Ups Guide](#)
- [How-To-Stencil Guide](#)
 - Step by step instructions
 - Stencil Project Checklist
 - 10 Tips for a Successful Stencil Project

Required Forms For Stencil and Mural Projects

- [CalFresh Healthy Living, UC Mural and/or Stencil Project Request Form and Estimated Cost Worksheet](#)




Goals of Playground Stencils

The primary goals of playground stencils are to:

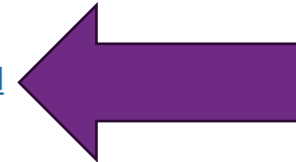
1. Increase children's interest in PA as well as the duration and intensity of PA during outside play with low-cost, limited/no equipment
2. Encourage development of fundamental movement and motor skills when used in conjunction with evidence-based PA curricula (i.e. CATCH)
3. Create appealing outdoor spaces that promote PA while also reinforcing nutrition education and academic concepts
4. Build capacity among teaching staff to encourage and facilitate physical activities using outdoor spaces
5. Support teaching staff to infuse PA into the school day outside of the set outdoor break times and teach academic concepts through movement

Projects

- [Goals of Playground Stencils](#)
- [How to Complete a Playground Stencil Project Webinar Recording](#) 
- [Stencil Art Activities: A Grown Ups Guide](#)
- [How-To-Stencil Guide](#)
 - Step by step instructions
 - Stencil Project Checklist
 - 10 Tips for a Successful Stencil Project

Required Forms For Stencil and Mural Projects

- [CalFresh Healthy Living, UC Mural and/or Stencil Project Request Form and Estimated Cost Worksheet](#)
- [Contractor Scope of Work \(SOW\) Questionnaire](#) *(required only if working with a contractor)*



CalFresh Healthy Living, University of California Mural and/or Stencil Project Request

INSTRUCTIONS: Please complete this form in its entirety and return to your CalFresh Healthy Living, University of California (CFHL, UC) [State Office Contact](#) for review and approval. Services may not begin until you receive written approval from the CFHL, UC State Office. The CFHL, UC State Office needs 3-4 weeks turnaround time to provide feedback on your request. Additional time and documentation is needed if working with a contractor (refer to [PART 3](#)).

Expectation Checklist:

- ☐ The site must be trained in CATCH prior to submitting a stencil request. Please contact the State Office for training requests or further information. **Requirement:** Attach copy of sign-in sheet for verification of training in CATCH.
- ☐ Murals or playground stencils will include and promote healthy behaviors related to nutrition education and physical activity and how these integrate into a comprehensive school approach including educational components.
- ☐ There is administrative, teacher, student, and parent buy-in and participation.
- ☐ Development of mural or playground stencil projects should include input from students or youth in the community.
- ☐ Draft sketch of the proposed projects will be shared with your [CFHL, UC State Office Contact](#) and the CFHL, UC State Office.
- ☐ Before and after photos of the project site and quotes from students and teachers will be shared with your CFHL, UC State Office Contact and the CFHL, UC State Office.
- ☐ Services **may not** begin until you receive written approval from the CFHL, UC State Office.
- ☐ Please submit your completed Project Request, Estimated Cost Worksheet and any necessary attachments to your CFHL, UC State Office contact for review and approval.
- ☐ CFHL, UC County Programs who are using their allocated county funds or non-SNAP-Ed funds will still be required to complete the Mural and/or Stencil Project Request Form.
- ☐ **Requirement:** Completion of pre/post playground stencil assessment tool will be required for any new stencil projects.

***Please DO NOT use water-based paint as it will fade very quickly. It is recommended to use oil-based or asphalt paint that should last 3-5 years with touch ups.**

PART 1: CFHL, UC COUNTY CONTACT INFORMATION

County/County Cluster: _____	Contact Person: _____
Email Address: _____	Phone Number: _____

CalFresh Healthy Living, UCCE Physical Activity County Highlights



Physical Activity Using BEPA 2.0 & Learn, Grow, Eat & GO!

CFHL, UCCE Imperial County



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Hello.



The University of California CalFresh Healthy Living Team of Imperial County has enjoyed using BEPA 2.0 to provide P.A. breaks and the GO! part of LGEG! to add the P.A. to our lessons.

We find that students enjoy the physical activities and are willing to participate more when they are aware that we will either start with a P.A. or work towards a P.A.





Inclusion When Delivering P.A.

- Choice Pads/ Visual Choice Pictures
- Modify/Adapt
- Equipment
- Videos

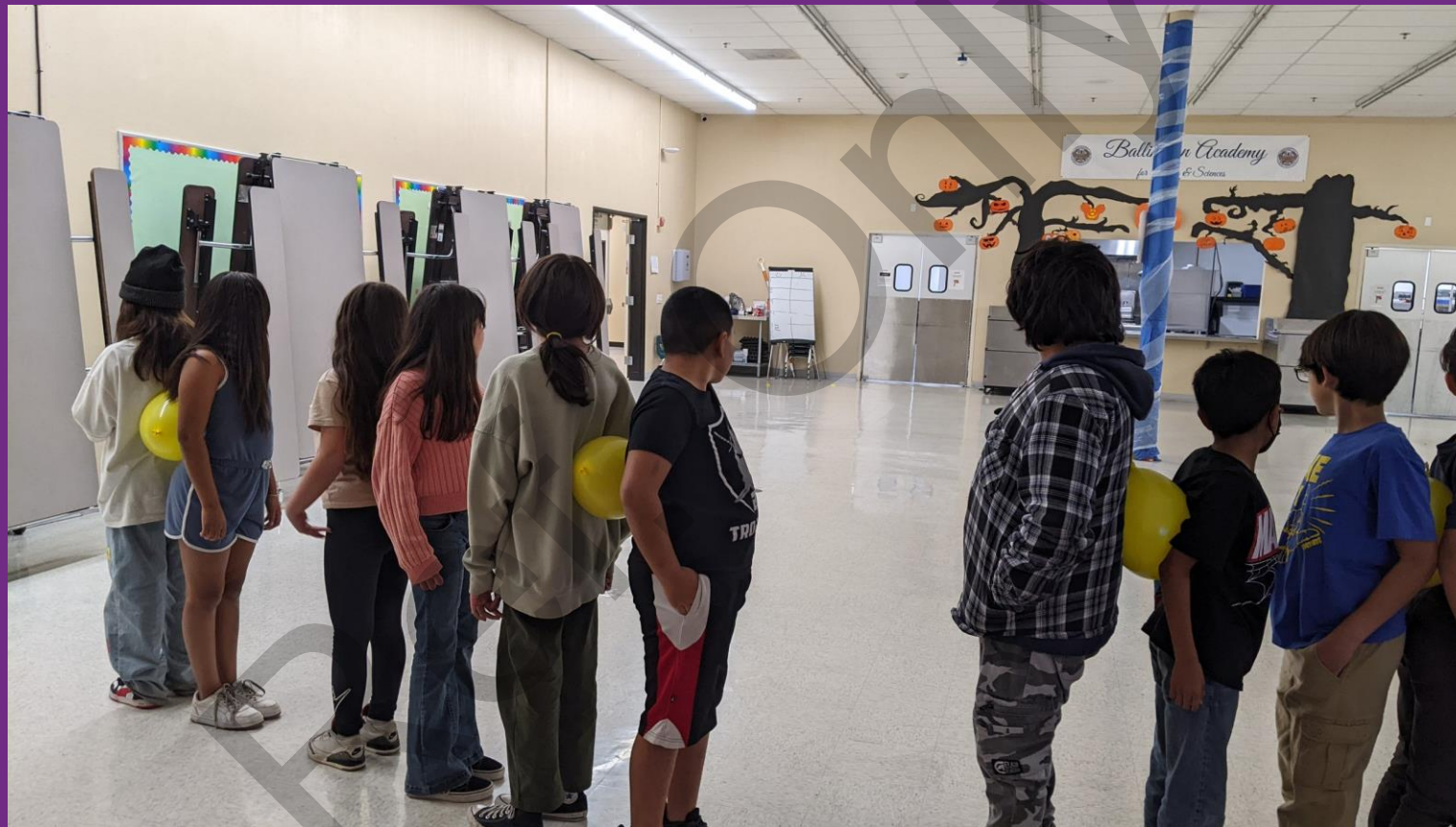


**Play video to see
what this looks like
in a classroom with
non-verbal students.**



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The GO! In Learn, Grow, Eat & GO!





BEPA 2.0 P.A. Breaks

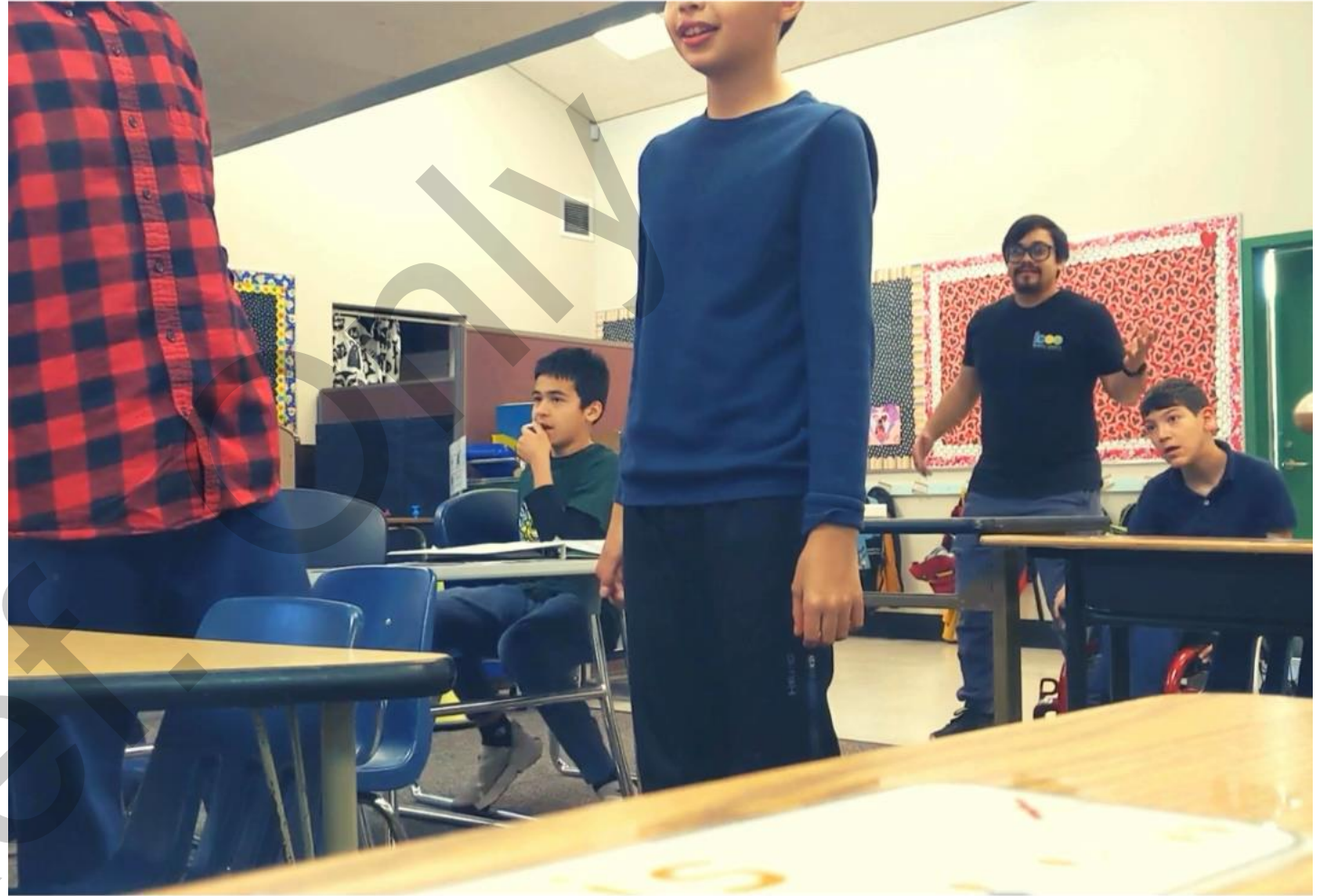
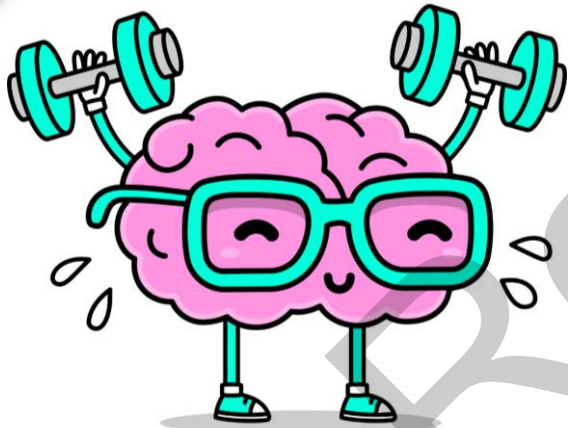


Students Moving & Having Fun!



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P.A. Break/ Brain Break



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Teens as Teachers

PA Update

Annabelle Factura
San Joaquin County

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

Background

- Planning began in FFY22-23
- CTE course
 - Former SUSD Pre-K Teacher
- Added CATCH in FFY23-24
 - Fall and Spring cohorts



Training Format

- Biweekly lesson training
 - Review previous lesson
 - New lesson demonstration
- Lesson observation
 - PA Lesson Observation Tool
 - Post-lesson evaluation



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Training

- Weekly lesson packet
- CATCH lesson demonstration
- CATCH BASICS and lesson planning
- Practice!

Getting Started

Activity Area

Designate an activity area to lead you to be any shape. (see Fig.1: Activity Area)

Teaching tips: Let your students know students with the activity area.

- Ask students:
 - "What is the shape of
 - "What colors do you see
 - "Can you point to the
 - "Can you point to the
- Use *Parade Around* (Cards 38) the outside and inside the activity area.
- Most CATCH ECE Activities can be done in the activity area. (see Fig.2: Classroom Management)
- Select a corner to distribute a smooth transition between activities.

Polyspots

Polyspots can also be used to assign students to specific locations within an activity, but remember the idea is to keep students moving.

Teaching tips: When using polyspots use *Skitter Scatter* (Cards 50-51) periodically to move students to a new spot.

- Randomly scatter polyspots within the activity area.
- Adding extra polyspots can reduce the risk of students arguing over colors.

Date: _____

Topic: CATCH MOVEMENTS

Warm up	Name Card Equipment
Go Fitness	Name Card Equipment
Go Activity	Name Card Equipment
Cool Down	Name Card Equipment

Lesson duration: 25 minutes

CATCH MOVEMENTS

Animals

- Fly like a bird
- Buzz like a bee
- Wobble like a penguin
- Swing your trunk like an elephant
- Walk tall like a giraffe
- Slither like a snake
- Wiggle your arms like an octopus
- Stomp like a dinosaur
- Swing like a monkey

Beach

- Building a castle
- Shark attack
- Swimming
- Walking on hot sand
- Waves (forward and backwards)

Body Parts

- Tiptoes
- Heels
- Walk like your knees are stuck together
- Wave your arms over your head

Circus

- Balance on tightrope/log
- Swinging on a trapeze
- Juggling
- Riding a unicycle
- Balancing something on your head

Direction

- Forward
- Backward
- Side to side
- Up
- Down
- Circle
- Zigzag

Farm/Garden

- Picking (seasonal fruit) Apples, cherries, grapes, watermelon
- Driving a tractor
- Pitching hay
- Digging a trench
- Pulling weeds
- Carrying a heavy bag of soil
- Pushing a wheelbarrow
- Watering the garden
- Pulling the hose

Feelings

- Afraid
- Angry
- Excited
- Happy
- Sad
- Scared
- Silly
- Surprised
- Tired

Halloween

- Bat
- Frankenstein
- A witch on a broom
- Werewolf
- Zombie

Hygiene

- Brushing teeth
- Scrubbing arms/legs
- Washing face
- Washing hair
- Washing hands

Pond

- Casting a line
- Reeling in a big fish
- Fish escaping
- Frogs
- (Using arms) chomp like an alligator
- Rowing a boat

Lesson Planning

CATCH
EVIDENCE-BASED APPROACH TO CHILD NUTRITION

CalFresh
HEALTHY LIVING

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Name: EXAMPLE

Lesson Planning

	Activity Name	What is your start/stop signal?	How will you distribute equipment?	Movements
Warm Up	Parade Around	Start: When I say, "Go" Stop: When I say, "Freeze"	Cones will be set up prior to lesson.	<ul style="list-style-type: none"> Walking Marching in a parade Animals in a parade Playing an instrument On tip toes Big steps
Go Fitness	Skitter Scatter	Start: When I say, "Go" Stop: When I say, "Freeze"	Polyspots will be placed in between activities, while students Parade Around.	<ul style="list-style-type: none"> Walking Flying like a bird Swimming Hopping like a frog/bunny On heels Driving a car
Go Activity	Paint the Bubble	Start: When I say, "Go" Stop: When I say, "Freeze"	Scarves will be distributed and collected on one corner of the activity area, while students Parade Around.	<ul style="list-style-type: none"> In front Around Over head Side (left and right) Fast/slow Big/little
Cool Down	Freeze Walk	Start: Music starts Stop: Music stops	Cones will be collected at the end of the activity. Students will be asked to bring: <ul style="list-style-type: none"> One cone One polyspot 	<ul style="list-style-type: none"> Walking Dancing Wiggling Wave your arms in the <u>air</u> Arm circles Hands on knees



Teens in Action

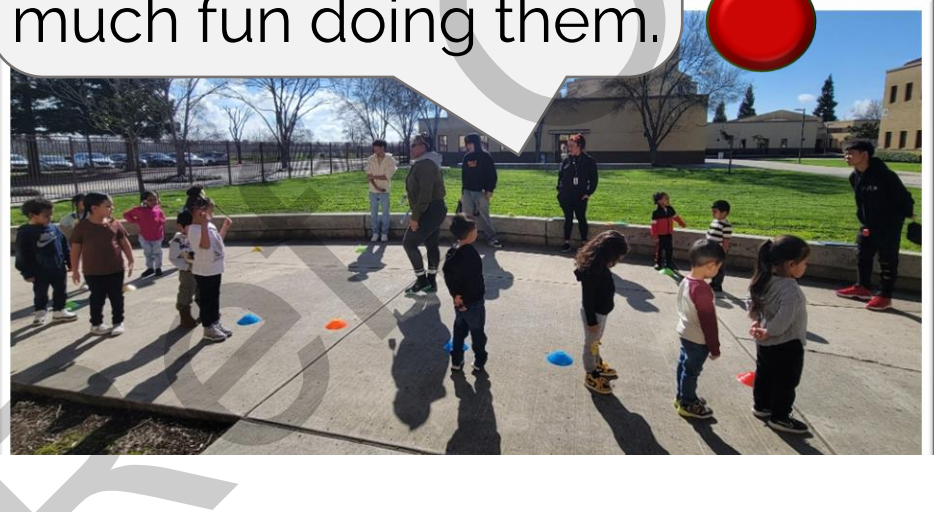
- Following week of training
- Groups rotate into Pre-K and SPED classrooms
- Assigned classrooms



I really enjoy these activities because it doesn't feel like exercise. It just feels like we're playing.

I thought it was going to be hard when I first looked at it, but then it was a lot easier.

These games are really easy, and the little ones have so much fun doing them.



Notes from
the Field



Thank You



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County PA Spotlight: Fresno



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Robert Tapia
Community Nutrition Educator
CalFresh Healthy Living, UCCE
Fresno/Madera Counties

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

County Spotlight-Fresno

CalFresh Healthy Living UCCE, Fresno County trained 17 extenders to implement CATCH at the following sites:

- ❖ ***Aspen Valley Prep Academy***
- ❖ ***Summer Park Apartments***
- ❖ ***Floral Gardens***

County Spotlight-Fresno

Aspen Valley Prep Academy



County Spotlight-Fresno

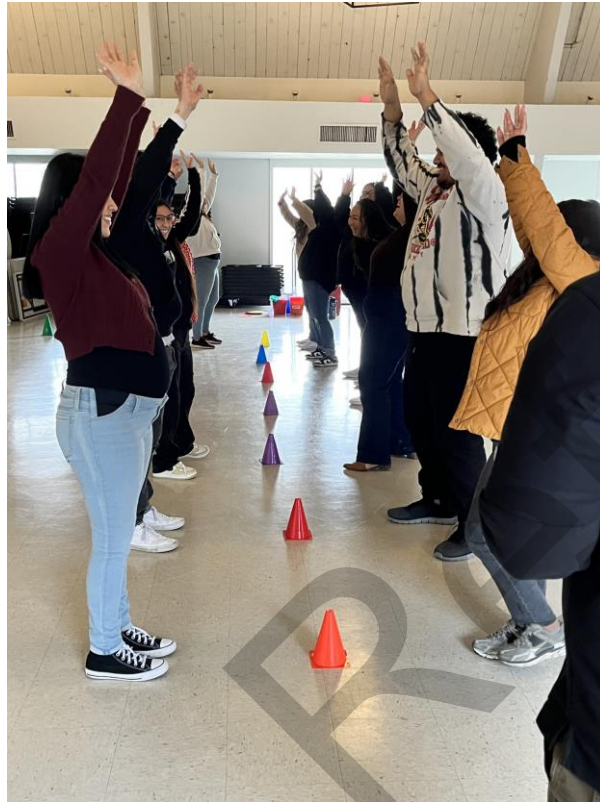
Aspen Valley Prep Academy

- Community School site that expressed a need for structured PA during the school day due to their unique location.
- Training was delivered to 15 extenders (Teacher's Aides) to serve:
Grades K-6
A total of 324 students
- Currently working with administration to map out stencils for Spring implementation.

County Spotlight-Fresno



County Spotlight-Fresno



County Spotlight-Fresno



County Spotlight-Fresno



County Spotlight-Fresno

Summer Park Apartments- Fresno

Floral Gardens- Fresno

EAH Housing Sites:

A non-profit corporation that provides affordable housing for low-income families, older adults, and persons with disabilities/special needs.



County Spotlight-Fresno

Summer Park Apartments and Floral Gardens

- Trained two Resident Service Coordinators to provide CATCH activities during their on-site afterschool program at two different locations.

Summer Park-Fresno site provides after school tutoring to approximately 15 students aged 5-10

Floral Gardens-Fresno site provides after school tutoring to approximately 10 students aged 5-13

County Spotlight-Fresno



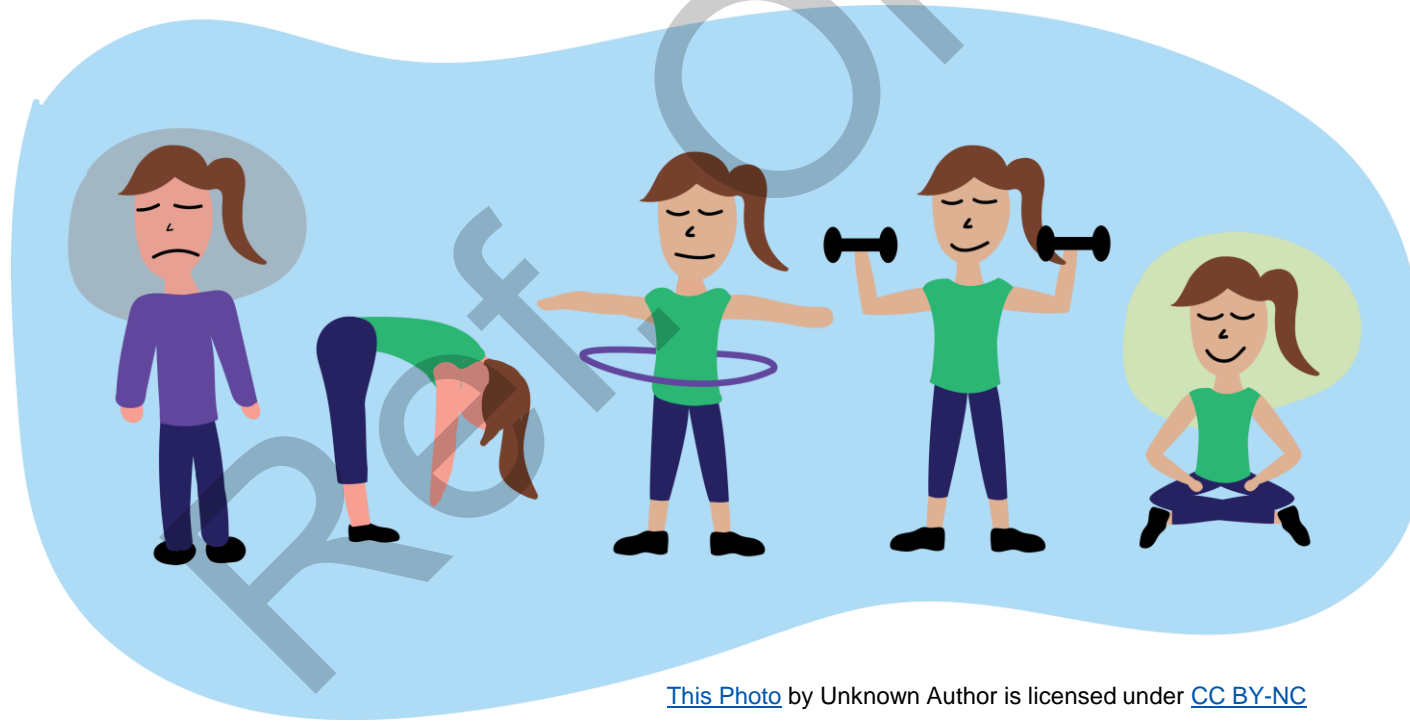
County Spotlight-Fresno



County Spotlight-Fresno



Thank you.
Any questions?



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Riverside County

Presented by Esmeralda Nunez

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

Agua Caliente CATCH Day Event



- January 9th, 2024
- Taught 5 different sessions of Coordinated Approach to Child Health (CATCH) during a 45-minute interval
- The entire school made it through the rotation beginning with the lower grades
- Reaching 450 students



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Agua Caliente CATCH Event Photos



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Desert Sands Unified School District (DSUSD) Early Childcare Education (ECE) CATCH Training

- January 19th, 2024
- Conducted a 2-hour CATCH Training
- Reaching 50 educators both Teachers and Paraeducators
- CATCH will be implemented in FFY25 by extenders



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DSUSD ECE CATCH Training Photos



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DSUSD ECE CATCH



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Eastern Riverside Garden Work



Coral Mountain 1st grade team



Ms. Guzman's and Ms.
Osorio's students at
Jackson ECE



Coral Mountain 4th grade
team



Cesar Chavez
Elementary



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Western Riverside



PA break at La Sierra High School



Loma Vista Middle students planting in their garden bed



Participants at Riverside Faith Temple who are planting & harvesting



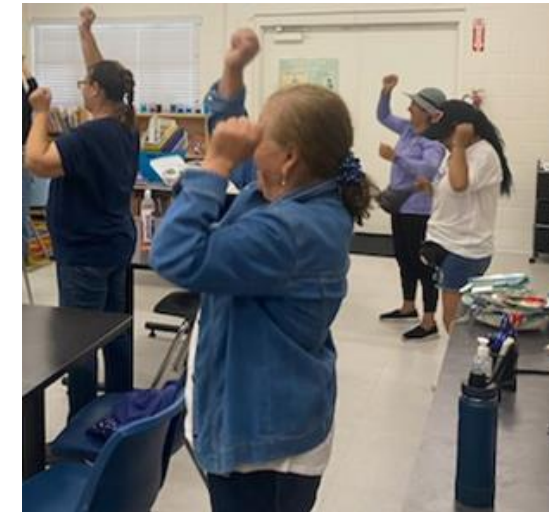
Participants at Community Settlement Association (CSA)

Youth & Adult PA

- ECE-12
 - PA Breaks with direct education
- Adults
 - PA Breaks with direct education
 - Parent classes, Department of Public Social Services (DPSS) sites, and community organizations



PA break at Cesar Chavez Elementary



PA during a CSA Adult Class

Upcoming PA opportunities

CFHL, UCCE Palm Desert team will continue to offer CATCH during Professional Development Days & with a after school program.



Thank you!

Esmeralda Nunez CES II

eannunez@ucanr.edu

CalFresh Healthy Living, UCCE Riverside



PA Break

- This routine is designed to be done while you are sitting at your desk and can be done at any time
- The purpose of these exercises is to focus on areas that can become problem areas due to desk work
- Reminder to get up and walk when able and make sure you drink water



Desk and Chair Exercises – Lower Body

- Glute Squeezes – Hold for 3-5 seconds at a time
- Desk Core Engagement – hold for 3- 5 seconds at a time
- Seated Marches – 10 per side, do while performing desk core engagement



Desk and Chair Exercises – Upper Body

- Scapular Retractions – hold for 3-5 seconds at a time
- Chin Tucks – Hold for 3-5 seconds at a time
- Pull Over – Perform 10, make sure to keep your shoulders down





State Office Updates

Q1 PEARS Errors due April 5th

- Q1 PEARS Programmatic Reports & PEARS Program & Indirect Errors sent by email on March 4th
- Review your programmatic report & errors:
 - If you have a question or concern about an error, email Melanie for assistance
 - Make any necessary updates in PEARS
 - Update column indicating that you cleaned the error under "UCCE Team Responses" by COB 4/5



FFY24 Mid-Year Survey Counts

- The State Office Evaluation Team will be downloading and compiling mid-year survey counts at the end of March and providing UCCE teams with summary counts.



Save the Dates!

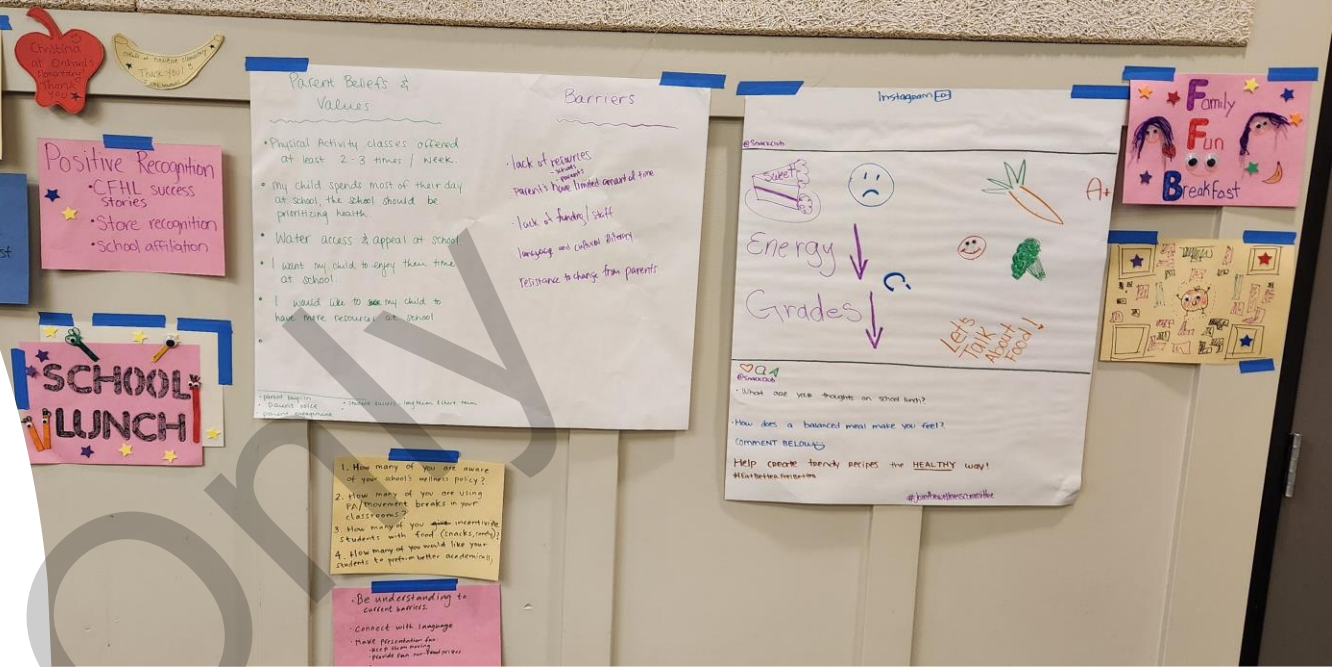
UC ANR Conference Center, Davis

Building Capacity in School Wellness

Tuesday, April 30, 2024

Centering Youth Voice in CFHL, UCCE Programming

Wednesday, May 1, 2024



Nutrition Update Webinar

April 10 from 1:00 to 2:00 PM

Save the Date!

Registration coming soon

Topic: **Ultra-Processed Foods:
Updates from the Science and
Practical Considerations**

Presented by Cassandra Nguyen,
PhD



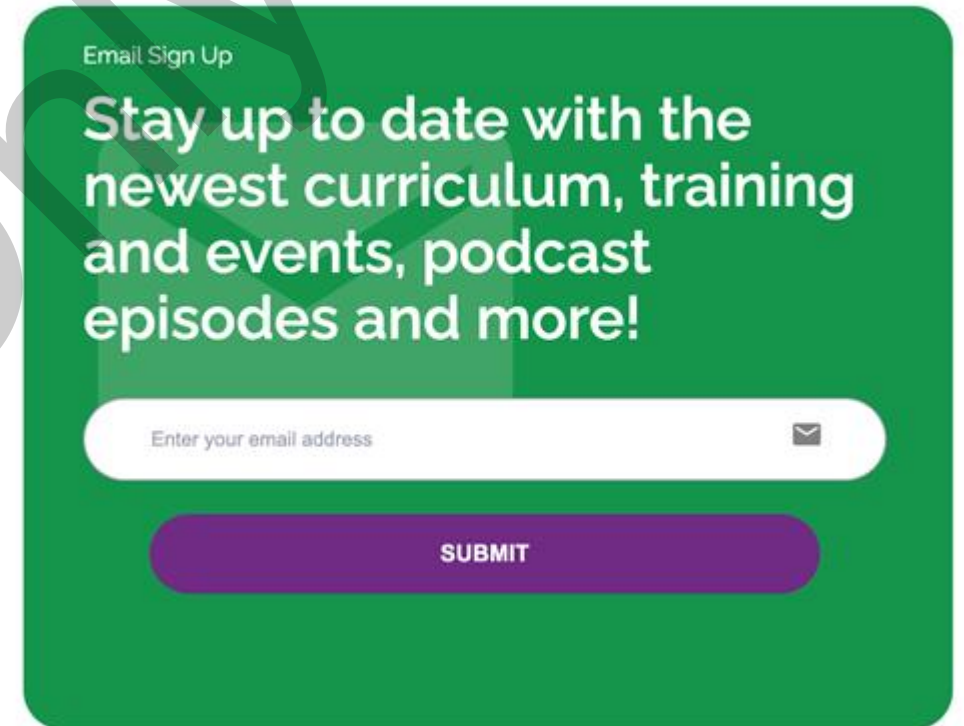
CFHL Statewide Training Newsletter

Newsletter and calendar – usually sent first week each month

Not getting the newsletter?

Go here:

<https://cfhlstatewidetraining.org/>

A green rectangular sign-up form with rounded corners. At the top left, it says "Email Sign Up". The main text in white says "Stay up to date with the newest curriculum, training and events, podcast episodes and more!". Below this is a white input field with the placeholder text "Enter your email address" and a small envelope icon on the right. At the bottom is a purple button with the word "SUBMIT" in white capital letters.

Scroll to bottom right of web page



Thank you!

Next Town Hall: Tuesday May 21, 2024



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