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Lewisville Elementary School

September 3, 2013

Join Us in Making Our School a Healthy “CATCH” School

Dear Family,

This year, Lewisville Elementary has joined many other schools across the United States as a CATCH school. “CATCH” stands for “Coordinated Approach to Child Health”. CATCH schools are committed to helping kids eat more nutritious foods and get more physical activity. As you know, both are important to your child’s health and wellness today and for years to come.

Helping our children make positive health choices takes the entire school community, teachers, principals, cafeteria staff, and parents working together in a coordinated way. I strongly encourage and welcome your support for this program. As a parent, your role in influencing your child to make healthy choices is extremely important.

A key focus of the CATCH Program is to create an environment that makes the healthy choice the easy choice for our students. Throughout the year, we will promote positive health choices through wellness activities, classroom and physical education curricula, school displays, and our CATCH Family Night during the spring semester! We hope you will encourage healthy choices at home, too. You will receive CATCH Program news in our school’s newsletter from Mrs. Gladden, physical education teacher and CATCH coordinator. Mrs. Gladden will also keep you informed about what’s happening at school with our CATCH program.

A major emphasis of CATCH is helping children learn to make healthy food choices. Lewisville Elementary will encourage students to eat only healthy and nutritious snacks during the school day. We will be using the terms, GO,” “SLOW”, and “WHOA” to help students know foods they should eat more or less of.

- **GO** foods include mostly fresh fruits, vegetables, whole grains, lean meats and lower fat dairy products. They are lower in fat or sugar and are less processed.
- **SLOW** foods are higher in fat or sugar or are more processed than GO foods.
- **WHOA** foods are the highest in fat or sugar or have been highly processed.

Here are other ways we hope you will support the CATCH Program:

- **Send only healthy snacks to school for events.**
- **Pack healthy lunches for your child.**
- **Find opportunities for your child to be more active.**
- **Be a positive role model.**
- **Volunteer to help implement the CATCH Program. See Mrs. Gladden for possible volunteer activities.**

If you have any questions or would like to learn more about the CATCH Program, please contact Mrs. Gladden, CATCH Coordinator or myself.

Yours in education,

Wanda Frederick
Principal