



CATCH Your Students At Their Best

A Healthy Diet + Physical Activity =
Academic Achievement and Success

Parents need to work with their school community to help promote the health, well-being, and learning of all students. When parents are involved in their child's education, students earn better grades in school and on standardized tests, have higher school attendance rates, and are more prepared to learn.

Research has shown that children that are well nourished and physically active perform better in school!

Encourage your child to:

- ✓ **Eat a nutritious breakfast:** Studies show eating a good breakfast improves test scores, attendance rates, and behavior and attention in the classroom. Make sure your child eats a healthy breakfast each morning, or enroll your child in the breakfast program at your school for a fast, easy and nutritious start each day.
- ✓ **Get enough sleep:** Sleep is very important for your child's health and ability to learn. Not getting enough sleep can lead to lower grades and poor performance in school.
- ✓ **Be physically active:** A recent study showed that students with the highest fitness scores also had the highest test scores.

The CATCH Program supports student achievement through good nutrition, physical activity, health education and awareness, and coordinated efforts that include:

- Families and the community,
- Teachers, and
- School Administrators.

Be a CATCH MVP. Practice these healthy messages and make sure your children have opportunities to achieve their highest potential every day!