

HEALTH LEADERSHIP NETWORK
CATCH Meeting Notes
Thursday, January 7, 2010

In attendance: Tammy Alakszay, Americorps; Michelle Malm, Kelseyville Unified School District; Susan Jen and Jackie Armstrong, HLN.

HEALTHY KIDS ARE CONTAGIOUS: Tammy reported that Sutter Lakeside Hospital was no longer offering the Healthy Kids Are Contagious program at Lakeport Elementary School. She mentioned that perhaps CATCH activities might be made available to fill this gap. Susan asked Tammy and Jackie to work together to schedule a CATCH training during spring break. Susan or Jackie will follow up with Sutter Lakeside to find out about the *Bee Well* program and student health data collection.

EAT SMART: Susan said that she would also like to schedule an *Eat Smart* training for food service directors, possibly during the Food Summit.

CATCH STATUS REPORT: She asked Tammy to prepare a CATCH program status report including information about how many teachers at which school sites have integrated CATCH activities into their curriculum and how much time they're spending. Susan explained that she needed this information for a superintendents' meeting on January 19, 2010.

SITE COUNCILS: Regarding Site Councils, Tammy reported that the Upper Lake Council had scheduled a meeting for March 16. She said that she intended to offer Five-A-Day stuff as an incentive for other CATCH schools to formalize their Site councils.

FAMILY FITNESS PROGRAM: Tammy mentioned Lucerne may be open to Family Fitness activities and Susan mentioned that Cobb Elementary School had expressed interest in opening their multi-purpose rooms for Family Fitness events. In response to her question about Cobb Elementary School not having an After School program, Tammy explained that she believed LCOE budget cuts were responsible. Jackie will identify a third school site in the Konocti Unified School District and continue work to find a gymnastics, yoga or martial instructor before contacting the County Parks Department to launch the program. Tammy said that Tony LaMira at Upper Lake High School was interested in hosting Family Fitness Nights at the Upper Lake Middle School.

The meeting was adjourned at 3:30 p.m.