

Leaves of Change

APPLE Schools Community Newsletter

September 2022

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YOUR IMPACT

Hello Magdalena

The APPLE team rolled up our sleeves over the summer to prepare for another fast-paced and exciting school year – we are ready!

For us, September truly is a time when the leaves turn colour both literally and figuratively. It is an exceptionally exciting time of change as we get back into the schools to support the lifelong health habits of nearly 30,000 kids.

ALL 87 school communities have once again requested the support of our proven and impactful project! That means 100% of our communities need your support and have asked you – our partners – to continue to help them build healthy school environments where students will continue to thrive.

I hope you enjoy the heart-warming video (link below) created by students and their school health facilitator at an APPLE school, showcasing the tremendous impact your support has had in their community.

Jenn Flynn, Executive Director





YOUR IMPACT

You really do change lives with your support, and no one can say it better than the school communities themselves:

“Three years ago our school joined APPLE Schools in an effort to support our overall well-being. It’s so much fun!” - Student, Elizabeth School, Elizabeth Métis Settlement

The students and school health facilitator at [Elizabeth School](#) scripted, filmed, and produced a video showcasing how central APPLE Schools is to connecting health and culture, especially during the pandemic and recovery from COVID-19. We can only do this with your help!

“The pandemic increased anxiety, decreased attendance, created bigger learning gaps, and left the school with a heavy load. However, throughout this difficult time, we continued to support our students through APPLE Schools, an amazing program that has given so much to our students.” - Principal, Elizabeth School

The kids in the video list the many initiatives and qualities that brought them joy through the program: greater nutrition and healthy snacks, increasing interest in school, connecting to culture, providing land-based learning opportunities, student leadership, getting kids moving, and improving student mental health.

“ALL of these pieces create lasting resilience for our students.” - Principal

[--> Click on the link to see the heart-warming impact for yourself! <--](#)



LOOKING AHEAD

We are committed to securing sustainable funding to make sure every single APPLE school community continues to look like Elizabeth School, experiencing the benefits of our intervention. And that we continue to reach more Canadian schools that need our help to make kids healthier for life.

Thank you for supporting the well-being of thousands of



vulnerable Canadian children.

- *APPLE Schools Team*

We hope you enjoyed these stories and look forward to continuing to build healthy and sustainable school communities together. Please let us know if you would like any further information or updates, we are always available and eager to discuss future goals of expansion and reach more school communities!

APPLE Schools is a non-profit organization that relies on gifts from generous donors to change lives. Support healthy futures for vulnerable kids –
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