



Leaves of Change

Donor Newsletter

June 2022

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Thank you so much for your ongoing support and commitment to healthy kids in healthy schools and sustainable communities!

We want to begin this update by sharing our gift to you – **we are taking you on a virtual school tour to show you exactly how your support changes school communities, and lives.** APPLE school communities in Fort McMurray have worked hard to create this video to demonstrate exactly what it means to be part of our project.

[*Please sit back and enjoy this thank-you gift!*](#)

Did you know that every school in the Fort McMurray region is a proud APPLE school? Whether a school is in year one of implementation, or year 15, the entire community is engaged in supporting an environment where kids thrive.

The APPLE Schools team and I are so excited to celebrate the impact you have made in school communities for the 2021-22 year. With a lift on most COVID-19 restrictions this year, it was a delight to see students getting back into the social activities that energize them, and enjoying so many incredible healthy initiatives in their school communities. These initiatives are what form the critical lifelong healthy habits that set kids up for success.

Jenn Flynn, Executive Director



YOUR IMPACT

You have made this year memorable for almost **30,000 students in 87 school communities**. Why was it memorable? Kids were once again able to enjoy a more stable learning environment where teachers reintroduced all the fun, healthy, in-person activities that kids at APPLE schools love like movement in class, cooking healthy treats with their peers, enjoying school-wide celebrations, and more.

This year also marked over \$25M invested in healthy futures for kids over the past 15 years! **Your impact has amplified to more than \$215M in savings in future healthcare and indirect cost savings**. Thank you for valuing safe and healthy school communities for generations of vulnerable students.

WE INFLUENCE COMMUNITY BEYOND SCHOOL WALLS

New research alert! [It takes a community: Exploring APPLE Schools' impact within and beyond school walls in Canada](#) highlights the far-reaching effect of our award-winning approach. Four main themes were identified:

- 1, 1. APPLE school communities look different
- 0, 2. APPLE Schools build champions
- 1, 3. APPLE Schools builds community partnerships
- 2, 4. APPLE Schools honours culture

This research further conveys what makes APPLE Schools different, and the qualities that determine the efficacy of our program. Stay tuned because phase two of this research kicks off this summer, and we will learn the extent of this impact. [impact](#).

APPLE IN ACTION

Art For Healthy Minds

The school health champion at [Elizabeth School on Elizabeth Métis Settlement](#) has committed to advancing cultural connections in the school. With the APPLE school health mentor's guidance, she has made it a priority in the school's action plan. Students have been enjoying a myriad of lessons

and activities lately that promote traditional knowledge, community connection, and mindfulness. Jonah, a Grade 11 student in the community, has been coming in often to role model, and teach and lead initiatives. Recently, he promoted the importance of mindfulness and demonstrated a mindfulness dot art lesson with students, which allows the mind to wander freely while focusing on a fun and engaging simple task. Students enjoyed the blend of mindfulness with artistic expression and have become familiar with a new strategy to improve their mental health.



S-P-E-L-L Your Own Treat



Staff and students at **Greely Road School in Fort McMurray** integrate health and wellness into everything they do, thanks to the support of their APPLE school health mentor. Recently, they hosted a family literacy night to connect the whole school community through healthy activities. The mentor led the literacy station for families; they had to spell out various ingredients which they then used to create a custom drink for themselves. This activity was a big hit at the celebration and ingredients rapidly ran out. The event promoted fun, connection, and health through a simple yet effective way to support long term health habits for all.

We hope you enjoyed our story 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 – **[DONATE TODAY.](#)**

