

FORT MCKAY SCHOOL IS NOW AN APPLE SCHOOL

Fort McKay School is now an Apple School! Apple School is a health promotion project that improves the health of more than 15,000 students annually. Here at Fort McKay School, the students and staff have been helping to create bulletin boards that will help provide information to the school.

As part of the program, Taste Testing Thursdays will be introduced to the classes, where students will have the opportunity to taste fresh fruits and vegetables and see if they like it. This fruit or vegetable will then be used as an ingredient in a simple recipe during the after school Cooking Club - a joint project organized with the teachers and the Fort McKay Recreation Department. Exposure to fruits and vegetables through taste testing and cooking clubs can be an effective tool for kids to have fun and enjoy new healthy foods.

Another area of focus of the Apple School project includes incorporating daily physical activity. In partnership with several community resources, the Fort McKay School has organized "Dance Play" sessions during Physical Education class. There will also be opportunities for children to experience yoga, in-line skating, and workouts that will be hosted by certified professionals as well as the Physical Education Teachers in the near future.



Daily Physical Activity bins are now available for teachers to use throughout the day, not only for Physical Education classes but also to give students 'brain breaks' or fun time. Some of these bins will have cultural opportunities for the students to experience games or activities played by Aboriginal people throughout the country as well as activities geared towards Cree and Dene cultures that are within the Fort McKay Community.

More information on the Apple Schools project can be found on the website at www.appleschools.ca

HOCKEY SEASON IS BACK!

The Fort McKay Hockey Society recently held their AGM and a new board was elected. We would like to welcome the following individuals:

VP of Operations: BJ Fitzpatrick
VP of Administration: Lolita Ladouceur
President: Dennis Shott
Treasurer: Joanne Powder
Secretary: Candace Fabian



Programming includes "Learn to Skate", "Hockey Academy & PEP" by Change Up Performance, "Power Skating" by Athletic Edge Training, and practices will continue for the Jr. Novice, Novice Fort McKay Maskwak team, and Atom & Up. A big thank you to those companies who continue to support the youth of the community, Birch Mountain Enterprises (BME) a huge thank you for donating a new lap top to replace the one that was stolen from the office!

