



APPLE Schools

2018 ANNUAL REPORT

Physical Activity | Healthy Eating | Mental Health



What is APPLE Schools?

APPLE Schools is an innovative school-focused health promotion initiative. It improves the lives of more than 20,000 students annually in 70 schools across northern Alberta, Northwest Territories, and Manitoba. The project supports healthy eating, physical activity, and mental health by implementing the comprehensive school health model, and is governed by a board of directors chaired by Dr. Lory Laing.

Why do we need APPLE Schools?

Chronic diseases and obesity have drastically increased in children. According to the 2014 REAL Kids Alberta evaluation, 29 per cent of Grade 5 students in Alberta are overweight, and 8 per cent are obese.¹ Healthy kids learn better, so APPLE Schools works with underserved school communities to make health an easy choice. Students in APPLE schools show a 35% increase in physical activity, eat 10% more fruit and vegetables, and are 40 % less likely to be obese than in comparison schools. APPLE Schools helps students eat healthier, move more, and feel better about themselves so they can achieve more academically.

1. Academic citation: REAL Kids Alberta (2014). Summary of Results for REAL Kids Alberta.

VISION

Healthy Kids in Healthy Schools

MISSION

To inspire and empower school communities to lead, choose, and be healthy by recommending and supporting measureable and sustainable changes.



APPLE Schools

 Maintenance Schools (53)

 Expansion Schools (17)

School Jurisdiction Partners

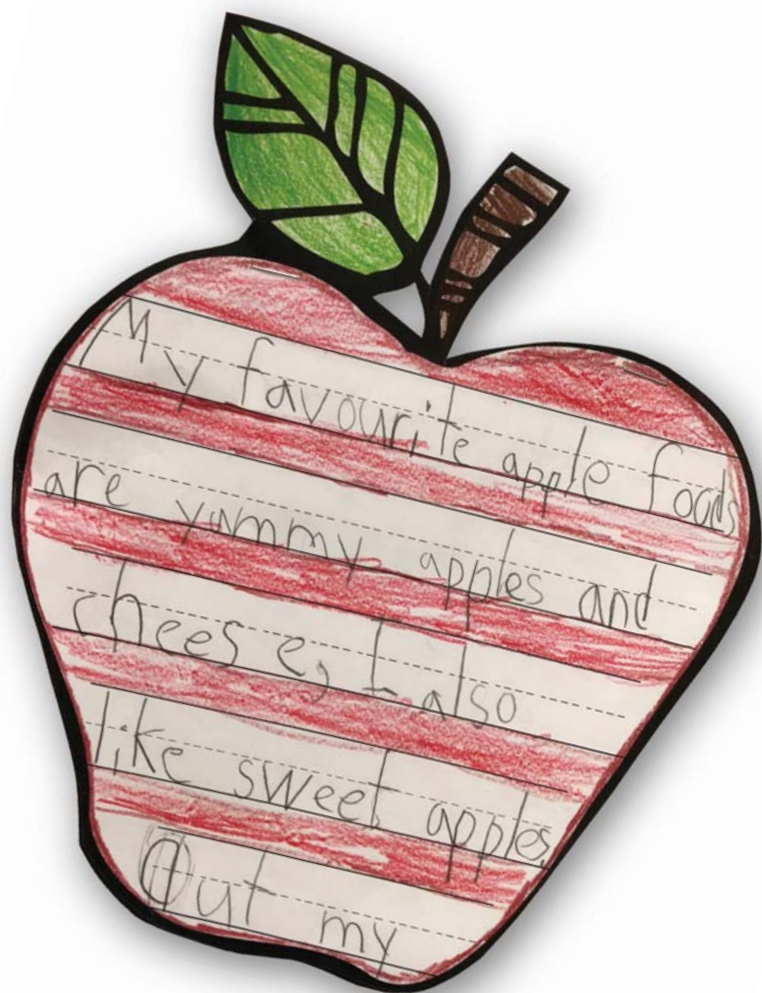
- Alexander First Nation Education
- Aspen View Public Schools
- Beaver Lake Cree Nation
- Edmonton Catholic Schools
- Edmonton Public Schools
- Elk Island Catholic Schools
- Fort McMurray Catholic Schools
- Fort McMurray Public Schools
- Frog Lake Education Authority
- Mother Earth's Children's Charter School
- Northern Lights Public Schools
- Northland School Division No. 61
- Sahtu Divisional Education Council
- Swan Valley School Division
- Tlich Community Services Agency



www.appleschools.ca

Table of Contents

- 2** APPLE Schools Timeline
- 3** A Year in Review
- 4** Celebrating 10 Years
- 5** 70 Schools in Alberta and Beyond
 - Planting the Seeds for a 2019 Expansion
- 6** New Partnerships
- 7** Sustainable Funding
- 8** School Communities Update
- 14** Research
 - Award Winning Organization
- 15** Knowledge Exchange
- 17** New Resources
- 16** APPLE Schools in the News
- 17** Expanded Social Networks
 - A Grande Farewell





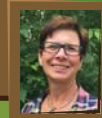
2007 – Allan Markin commits to donating \$5M over 3.5 years to the U of A to improve children’s healthy behaviours



2007 – APPLE Schools is established; Dr. Veugelers becomes Director



2008 – APPLE Schools launches in 10 schools with 10 school facilitators; Marg Schwartz becomes Manager



2010 – Scientific research proves effectiveness of the project

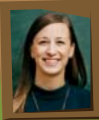
2011 – Allan Markin increases his donation commitment to \$15 M over 7 years

2011 – The project expands to 37 schools across northern Alberta

2014 – The project expands to 50 schools, supporting 15,000 students annually

2013 – APPLE Schools separates from the U of A. The APPLE Schools Foundation is established.

2015 – APPLE Schools’ Board of Directors is established, chaired by Dr. Lory Long; Jenn Flynn becomes Executive Director



APPLE Schools receives funding from various partners

Public Health Agency of Canada / Agence de la santé publique du Canada

FOUNDER ALLAN P. MARKIN

interpipeline

Canadian Natural

PEMBINA

THE JOYCE FAMILY FOUNDATION

the Stollery charitable foundation

hdf INSURANCE

BOUCHIER

EDMONTON COMMUNITY FOUNDATION

2017 – APPLE Schools becomes an award-winning organization

FMPSPD Board Award of Excellence

ASBA Zone One Friends of Education award

ASBA provincial friends of Education award

2016 – APPLE Schools expands to 63 schools, supporting 16,500 students annually

2018 – APPLE Schools expands to 70 schools in AB, MB and NWT supporting 20,000 students annually

2019 – The APPLE Schools project will expand to 4 more schools in British Columbia and Alberta

Since 2008, APPLE Schools has impacted ~100,000 students

A YEAR IN REVIEW

2018

Dear Friends,

I am excited to share the APPLE Schools story from the past year as the organization has entered a new chapter in supporting healthy kids in healthy schools.

All the preparation our team has been doing in the previous year came to fruition as our APPLE tree branches have spread out in Alberta and beyond. We are excited to be expanding in Canada, working with new communities in Manitoba and Northwest Territories. This expansion forged valuable, new partnerships that are integral to our work in those areas. We are building partnerships in British Columbia as we prepare for expansion into the province in 2019.

The Public Health Agency of Canada generously extended their funding to support our expansion efforts for 2019, and we secured new funding sources for existing schools in the Edmonton area. Many generous supporters have been helping us to inspire wellness in

school communities, which we are so grateful for.

In January, our project team celebrated APPLE Schools' 10-year anniversary. We were so humbled by the many attendees, the leaders who shared inspiring words with the crowd, and the students who totally energized the event, demonstrating what a fun, healthy APPLE school really looks like.

APPLE Schools' board of directors welcomed three new directors to bring leadership and expertise, including a retired APPLE Schools staff member who will continue to share her long-term knowledge of the project. All three directors have already been essential to the project.

Most importantly, our tenacious, hard-working school health facilitators and champions continue to do a tremendous job paving the way for sustainable, healthy school cultures for generations to come. The stories of initiatives happening in the schools that we continue to hear are

emblematic of what we strive to achieve, and they fuel us to keep moving forward. We see more students, parents, and teachers putting greater value on community wellness and being proactive in improving eating, mental health, and physical activity habits.

Thank you to each supporter who has been alongside APPLE Schools during this year of growth, and for the last 10 years. A special thank you to the charitable, generous funders who trust us to deliver results in their communities and provide the means for the APPLE Schools team to do what we love to do. An extra special thank you to all the staff and students in the schools who bring the project to life.

Sincerely,



Jenn Flynn
Executive Director

FUNDERS



Public Health
Agency of Canada

Agence de la santé
publique du Canada





CELEBRATING 10 YEARS



In classic APPLE Schools style, student leaders engaged the crowd in a daily physical activity.

In January, we proudly celebrated 10 years of APPLE schools! The event took place at Belmead School in Edmonton, one of the original APPLE schools, with many of our friends and partners joining in the celebration. It was an opportunity to thank the generous funders and incredible people who have worked hard to support healthy kids in healthy schools.

The APPLE Schools team feels incredibly humbled and grateful to have celebrated with students, teachers, administrators, partners, board of directors, funders, and many others. We look forward to 10 more incredible years!



Allan Markin, the founding funder of APPLE Schools, captures the crowd with his heart-felt words about the project.

10 Challenges in 10 Weeks

To celebrate the anniversary, schools were invited to participate in a healthy challenge. Each school had 10 weeks to complete 10 healthy activities as a group. Schools that participated were entered into a draw prize for one of three healthy prize baskets. In Edmonton and remote school communities alone, there was a total of 180 entries! Every item in the basket was donated by the following partners:

- Be Fit For Life
- BOKS
- Dairy Farmers of Canada
- DancePI3y
- Elite Sportswear
- Ever Active Schools
- Frisbee Rob
- ParticipACTION
- Rookie Rugby
- Sportfactor

The lucky winners of the baskets were: Annunciation School in Edmonton, North Star Elementary School in Cold Lake, and St. Anne School in Fort McMurray.



Student leaders welcome guests at the 10 year celebration.



We developed this poster for each school to hang in a prominent area. Each time they completed an activity, they would take a photo of it, add it on the poster, and send it to APPLE Schools to share widely. This progress photo was shared on Twitter by a Fort McMurray school.

70 SCHOOLS IN ALBERTA AND BEYOND

APPLE Schools entered a new chapter this year as we set the stage for expanding the project in Alberta and beyond. The project is now operating in 70 schools across Alberta, Manitoba, and Northwest Territories (N.W.T.). We are on track for reaching our goal of expanding to 10 new schools every three years to support 31,000 students annually starting in 2028.



Two staff members flew to N.W.T. to meet with community members last April. When they arrived at Chief Jimmy Bruneau School, there was an array of healthy snacks prepared for everyone to enjoy.

Alberta Expansion

APPLE Schools expanded to three schools in Alberta.

- Amisk Community School, Beaver Lake Cree Nation, Alberta.
- Dave McNeilly Public School, Fort McMurray, Alberta
- Elsie Yanik Catholic School, Fort McMurray, Alberta

Manitoba and Northwest Territories

APPLE Schools started working with two schools in Manitoba, and two in N.W.T. Since the last report, our project team strengthened partnerships with the governments of Manitoba and N.W.T. and worked with local school jurisdictions to select schools that would most benefit from APPLE Schools. These new schools are:

- École Swan River South School – Swan River, Manitoba
- Minitonas School – Minitonas, Manitoba
- Chief Jimmy Bruneau School – Behchoko, N.W.T.
- Chief T'Selehye School – Fort Good Hope, N.W.T.

Staff with strong community connections were hired for the school health facilitator positions, which sets them up for a very successful first year of introducing wellness to their remote schools.

PLANTING THE SEEDS for a 2019 Expansion

The project team spent this year looking ahead and ensuring all the pieces are in place for a 2019 expansion in British Columbia (B.C.) and Alberta. We have been working closely with DASH BC, strengthening partnerships to better facilitate the transition into two B.C. schools. DASH BC is the leading organization of school health promotion using a comprehensive school health model in B.C., an ideal partner for APPLE Schools. We have also connected with the ministries of health and education with the Government of British Columbia, and they have both agreed to write letters of support to the Public Health Agency of Canada (PHAC) to voice their support for our initiative in their province.

Additionally, we plan to continue growing the project in Alberta. With the generous support of our funders, we will be adding two new Alberta schools in September. We will be working closely with existing partners to determine locations before January 2019.



NEW PARTNERSHIPS



It really does take a village. APPLE Schools' partners are integral to helping support healthy kids in healthy schools. These partners provide the connections, information, resources, time, support, and momentum that is essential to reach our vision. Our existing partners stand alongside APPLE Schools, allowing school communities to sustain healthy environments for students. For a full list of our partners, please visit appleschools.ca.

2018 saw several new and valuable partnerships blossom, all of which made it possible to reach our expansion goal:

Active for Life

Created health promotion postcards with APPLE Schools' logo and provided several thousand copies to distribute at no cost.

DASH BC

Committed to working with APPLE Schools to expand into B.C. in 2019.

Government of British Columbia

Agreed to provide letters of support from the ministries of education and health in support of expansion into B.C. in 2019.

Beaver Lake Cree Nation

Committed to provide human resources support for the school health facilitator and financial reconciliation of funding agreements for Amisk Community School in Alberta.

Edmonton Community Foundation

Provided a grant to fund APPLE schools in the Edmonton area until the end of 2019.

Government of Manitoba

The Healthy Schools Consultant for Health, Seniors and Active Living, used our criteria to identify a suitable school jurisdiction for APPLE Schools to work with, which is Swan Valley School District.

The Bouchier Group

Committed to fund the project and provide advice for securing future funding, especially in the Regional Municipality of Wood Buffalo where the company operates. The CEO is on APPLE Schools' board of directors.

First Nations and Inuit Health Branch, Alberta Region – Indigenous Services Canada

Provided a healthy eating session at an APPLE Schools training event; facilitated connections between First Nation communities, community health advisors, and APPLE Schools to support school health champions in nutrition work.

Government of Northwest Territories

The Coordinator for Health, Wellness, and Student Support created a committee to determine selection criteria for APPLE schools in N.W.T. and ensured all ministries and community leaders became aware of our work.

SUSTAINABLE FUNDING



Sahtu Divisional Education Council

Committed to provide human resources support for the school health facilitator and financial reconciliation of the funding agreement for Chief T'Selehye School in N.W.T.

The Stollery Charitable Foundation

Provided a grant to fund APPLE schools in the Edmonton area until 2020.

Swan Valley School District

Identified the two expansion schools in Manitoba and connected APPLE Schools to relevant community members.

The district also provided human resource support for school health facilitators, and for financial reconciliation of the funding agreement for École Swan River South School and Minitonas School in Manitoba.

Tlich Community Services Agency

Committed to provide human resources support for the school health facilitator and financial reconciliation of the funding agreement for Chief Jimmy Bruneau School in N.W.T.

As APPLE Schools continues to expand, so do our fundraising efforts. The team has been working hard to build relationships and make connections with people in companies and organizations who share our passion for building healthy communities where children can thrive.

APPLE Schools was honored to receive a funding extension of more than \$900,000 from PHAC, which matched the additional dollars committed from charitable funders. These funds will allow the project to support additional schools in the 2019-20 school year and beyond.

New funders, including The Edmonton Community Foundation and the Stollery Charitable Foundation, have come on board to support APPLE schools in the Edmonton region.

Existing corporate funders have been so pleased with the project outcomes that three of them have extended their funding: CNRL increased their funding commitment to \$70,000 per year for three years, Pembina committed to an additional \$70,000 per year for three years, and Inter Pipeline increased support by an incredible \$250,000 per year until 2024.

When APPLE Schools requested extra funding from Inter Pipeline, two students from Anzac School and Bill Woodward School joined our staff in presenting to the Community Investment Committee. They shared examples of what their healthy school community looks like and led the committee in a daily physical activity to bring APPLE Schools to life, leading to the approval of the funding extension.



Inter Pipeline presented APPLE Schools with a \$650,000 cheque as part of their funding commitment, at École Dickinsfield in Fort McMurray.

SCHOOL COMMUNITIES UPDATE



The real action happens inside APPLE school walls. This is where we see the leadership, energy, and ideas come to life. It is where the lifelong changes happen thanks to the efforts of superintendents, principals, teachers, parents, students, and school health facilitators and champions.



2016 Expansion Schools

In their second year of being an APPLE school, 10 out of 12 2016 expansion schools developed a draft wellness policy for their school communities. The policy will create consistency and sustainability in maintaining the healthy school changes that school health facilitators worked hard to implement in the first two years. The schools also participated in follow-up data collection to determine the changes occurring in students' behaviours. This year, the schools had a 0.5 FTE school health facilitator supporting them and their action plans, and they continue to demonstrate community capacity building for a healthy, sustainable environment. Lastly, the school health facilitators attended the annual Shaping the Future Conference, where two of them took their learnings from the first one-and-a-half years as school

health facilitators and presented on ways that schools in rural and remote communities can create healthy changes following the comprehensive school health model.

2016 Expansion school stories

Anzac and Bill Woodward Community School hosted a Mental Health Fair shortly after Christmas.

Students attended numerous sessions dealing with grief and loss, addiction prevention, stress and test anxiety, abusive versus positive relationships, consent, and social relationships. The event addressed the social stigma surrounding mental health and promoted a healthy school culture. Several partners helped with the event, including Be Fit For Life, Al-Anon for Teens, and PAWS pet therapy, who even brought a therapy German Shepherd to demonstrate the soothing power of pets.



Students sit around a relaxed therapy dog.

A class gets energized playing a positive, upbeat game.

Aurora Middle School students have been taking full advantage of their beautiful year-round growing dome, where they grow food and enjoy classes. They grew and harvested tomatoes, pea shoots, basil, and many other greens, and enjoyed them as a snack. The entire school had a taste test for pea shoots, which the Grade 7 class prepared.

The school even created a pea shoot taste test sheet and shared it with us. We posted the resource on our website to share with other health promoters.



Aurora School students pose with their bounty of fresh greens they grew in their dome.

2016 Expansion Schools:

- Anzac School and Bill Woodward School (Anzac)
- Athabasca Delta Community School (Fort Chipewyan)
- Aurora Middle School (Lac la Biche)
- Chief Napeweaw Comprehensive School (Frog Lake)
- Cold Lake Middle School (Cold Lake)
- Conklin Community School (Conklin)
- Father R. Perin School (Janvier)
- Fort McKay School (Fort McKay)
- Glendon School (Glendon)
- North Star Elementary School (Cold Lake)
- Vera M. Welsh School (Lac la Biche)

Fort McMurray Schools

Since 2010, APPLE Schools has been working with most elementary schools in Fort McMurray and providing support to the high schools, slowly creating a healthy city. People in the community have been so supportive of healthy initiatives that there are reports of grocery stores changing the way they stock healthy food to accommodate the demand.

Schools in the public district have seen a lot of success this year. They have improved at implementing the district’s Health Promoting School Environment policy to ensure a safe and healthy environment for all students. Implementation has improved significantly from the district leadership level down to the schools; the superintendent even sent out information about promoting healthy fundraisers in schools which are turning toward creative solutions like raffle tickets. The district has also invested more time to increase Indigenous learnings at school events and created an FNMI Student Advisory Committee.

Schools are building strong partnerships with local businesses, making wellness a whole-community initiative. Superstore has donated apples to schools and Save-on-Foods has donated and served breakfast at Walter Gladys Hill school and Dr. Clark school.

The Fort McMurray Catholic School Board continues to make healthy school communities a priority and has shown amazing growth and



Tyler Smith (right), school health mentor for Fort McMurray Public Schools, thanks Superstore for their apple donations for schools. Along with a gift, he left a Proud to Support APPLE Schools poster to hang in the store.

sustainability in their healthy school initiatives.

Various school administrators provided their school health champions with built-in APPLE school prep time in their schedules. This shows that they recognize the value of this position in their school and want to encourage their staff to continue building upon their success.

Fort McMurray Public Schools

- Beacon Hill School
- Christina Gordon School
- Dr. K. A. Clark School
- École Dickinsfield
- Fort McMurray Islamic School
- Greely Road School
- Thickwood Heights School
- Timberlea School
- Walter & Gladys Hill Public School
- Westview School

Fort McMurray Catholic Schools

- École St. Paul
- Father Beauregard School
- Father J.A. Turcotte O.M.I. School
- Good Shepherd School
- Sister Mary Phillips School
- St. Anne School
- St. Gabriel School
- St. Kateri Catholic School
- St. Martha School



A high school student helps her elementary buddy to make a healthy snack, which they both enjoyed after the activity.

Many schools have successfully embedded sustainable, student-led initiatives into their culture. For example, St. Gabriel School's students prep and deliver healthy taste tests to all classes without the assistance of the school health champion.

Fort McMurray School Stories

Westview Elementary School has partnered with **Westwood High School** to implement many healthy initiatives involving the older students helping younger ones. For example, the high school foods class visited the elementary to create yogurt parfaits with Grade 2 students and helped to lead a yoga session in their physical activity class. Westwood High School also has a volunteerism class that visits the elementary to help the young students in their classrooms. These young leaders are setting a powerful example in building a connected, supportive, healthy community.

Father Turcotte School's principal prepared a healthy reward with the class who wore the most blue clothing on Alzheimer Awareness Day. The winning class worked together to prepare smoothies for everyone and enjoyed a smoothie party. In the same school, a teacher from a Grade 1 class put together an active Easter egg hunt with cross-curricular math problems and used non-food prizes as a healthy reward.



Students and principal at the classroom smoothie party.

Edmonton and Area Schools

All 32 Edmonton and area schools have been APPLE schools for a minimum of five years, and we continue to see new, positive shifts happening toward wellness. The 10 Challenges in 10 Weeks activity highlighted how much the Edmonton-area schools are doing to make healthy living a priority. A real effort was made to not only complete the challenges, but to highlight them on social media, sharing the initiatives with other schools.

We are seeing schools increasingly value knowledge exchange events, with more school representatives attending and participating than ever before and using our resources. For example, many of the schools used the Winter Games monthly campaign to highlight the Olympics sports and the traditional games we taught them at a previous knowledge exchange event.

Daily physical activity bins have taken on a new life in Edmonton schools. Over the years, some bins had lost their supplies or teachers were not using them. Schools have pulled out the bins, refilled them, and now they are rotating them through the school with each class using a bin for a week or two before passing them on.

Edmonton Area School Stories

In January, **Sifton School** hosted the Sifton Arctic Winter Games. It was very chilly outside so the games were moved indoors, but the students had a blast. They played Snow Snake, High Kick, Stick Pull, Side Reach, and much more. An elder even came to the school to teach students about traditional Inuit food, like seal dip, "traditional gum" (beluga whale), and caribou. Some students were lucky enough to have a taste.



A Grade 2 student jumps as high as he can in a game of Sledge Jump while his classmates cheer him on.

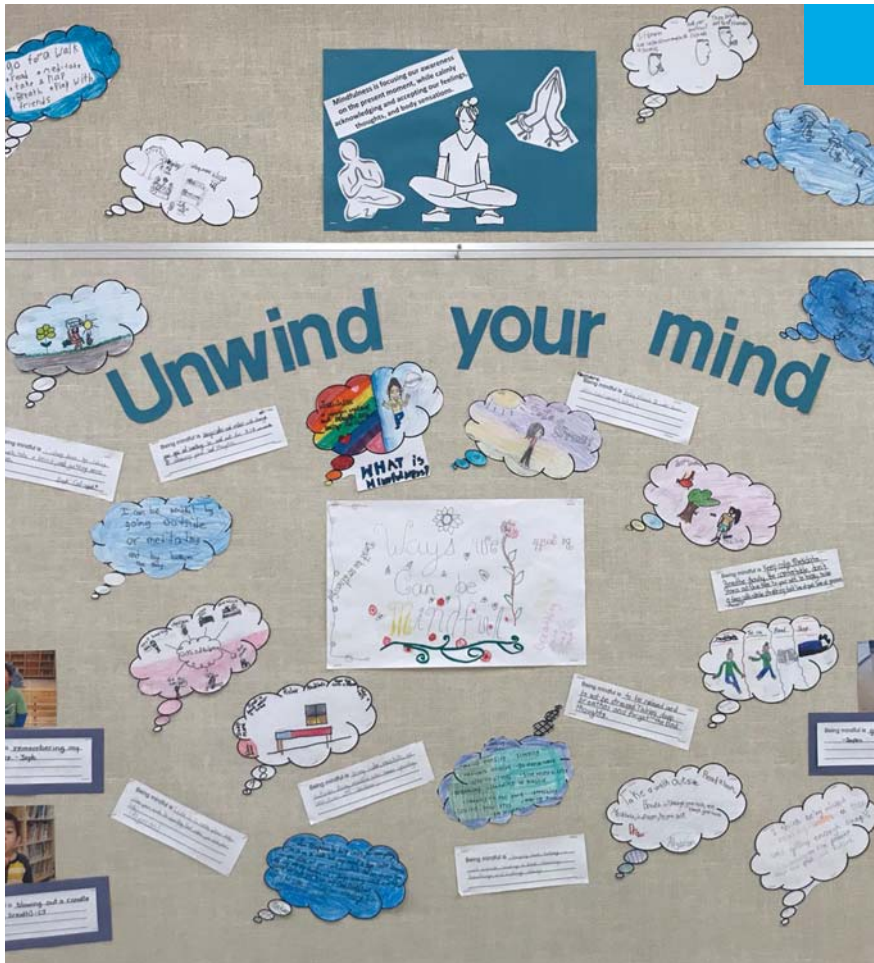
Annunciation Catholic School students have been showing extra care for their mental health. For example, early in the school year, the school launched the Unwind Your Mind monthly campaign from APPLE Schools. Students focused on ways they can relax and deal with daily stresses and problems and stay positive. Their campaign bulletin board displayed ways that students can be mindful each day.

“I can be mindful by going outside or meditating, or looking at the sky.”

– Student

“You can take a walk outside or read a book. Or breathe in through your nose, and exhale through your mouth.”

– Student



Unwind your Mind monthly campaign bulletin board

Edmonton Catholic Schools

- Annunciation School
- Holy Cross Académie Internationale
- Our Lady of Peace Catholic School
- St. Benedict School
- St. Francis of Assisi School
- St. Kateri School

Edmonton Public Schools

- Athlone School
- Belmead School
- Brightview School
- École Richard Secord
- Glendale School
- Hillview School
- Homesteader School
- Inglewood School
- Lee Ridge School
- Prince Charles School
- Sakaw School
- Sherwood School
- Sifton School
- Tipaskan School
- Youngstown School

Edmonton Area Schools

- H.E. Bourgoin School (Bonnyville)
- Jean Vanier Catholic School (Sherwood Park)
- Kipohtakaw Education Centre (Alexander First Nation)
- Landing Trail School Intermediate (Athabasca)
- Madonna Catholic School (Sherwood Park)
- Mother Earth’s Children’s Charter School (Warburg)
- Rochester School (Rochester)
- Smith School (Smith)
- St. Luke School (South Cooking Lake)
- St. Theresa School (Wabasca)
- Whispering Hills Primary School (Athabasca)

RESEARCH



Ongoing evaluation of the project ensures that APPLE Schools remains fueled by evidence, making it the one-of-a-kind Canadian health promotion project that it is. 2017-18 was an important research year with qualitative data being analyzed, and quantitative data gathered.

Researchers from the Population Health Intervention Research Unit in the School of Public Health, directed by Paul Veugelers, PhD, gathered baseline data from the 2018 expansion schools. They conducted two-year follow-up research with the 2016 expansion schools. Once the surveys are finalized into a research report, each school will receive a copy and use the data to make appropriate

changes to their healthy school action plan so it is guided by the scientific results. The data was collected from student, parent, and principal surveys; and student-worn pedometers.

Kate Storey, PhD, RD, who developed a research program called Settings-based Intervention Research through Changes in Lifestyles and Environments, published the APPLE Schools Expansion Report. This report provides a summary of findings from the first year of the process evaluation from the 2016 expansion schools. One of the key findings is that 100% of surveyed school health facilitators reported an average increase in their knowledge and confidence to implement a comprehensive school

health approach in nearly all areas due to the support of the school health mentor and knowledge exchange opportunities.

Paul Veugelers also published a research article titled Long-Term Effects of Comprehensive School Health on Health-Related Knowledge, Attitudes, Self-Efficacy, Health Behaviours and Weight Status of Adolescents. The key finding was that children who attend APPLE schools show an improvement in health habits, and APPLE Schools helps to reduce health habit inequality for vulnerable children, therefore children who attended an APPLE school maintain health habits that are equal to the average child in Alberta.

Award Winning Organization

APPLE Schools became an award-winning organization, receiving three awards for championing healthy schools in the Fort McMurray Public School District and Northland School Division No. 61. The awards are:

- Alberta School Board Association Friends of Education Award (nominated by Northland School Division No. 61),
- Alberta School Board Award Zone One Friend of Education Award (nominated by Northland School Division No. 61),
- Board Award of Excellence (nominated by Fort McMurray Public School District).

We feel incredibly honoured to have received such recognition for doing what we love to do.



Jenn Flynn, executive director (left), and Tyler Smith, school health mentor (right), proudly accept the Board Award of Excellence from Linda Mywaart, board chair for Fort McMurray Public School District Board of Trustees..

KNOWLEDGE EXCHANGE



Education is a key component of APPLE Schools as it ensures the vital sustainability piece of the project. The project team hosted the annual fall and spring knowledge exchange events to bring all health promoters in APPLE school communities together for learning and sharing. We also held a major training event for the 2016 and 2018 expansion school health facilitators. This is the first time APPLE Schools has ever hosted an event for schools outside of Alberta. Evaluations indicated that attendees left feeling confident to own their leadership role as health promoters in their school communities.

Fall 2017

Fort McMurray and Edmonton

To ensure that school health champions felt ready and confident to promote health in the 2017-18 school year, the APPLE project team hosted a fall knowledge exchange event in Edmonton and in Fort McMurray. Some of the goals of the event included sharing successful practices, creating connections between people, increasing the understanding and application of comprehensive school health, and celebrating success.

Evaluation highlights:

100%

strongly agreed or agreed this PD enhanced their confidence in their ability to support their school community.

100%

strongly agreed or agreed this PD increased their knowledge and skills of physical activity, healthy eating, and mental health resources and tools.



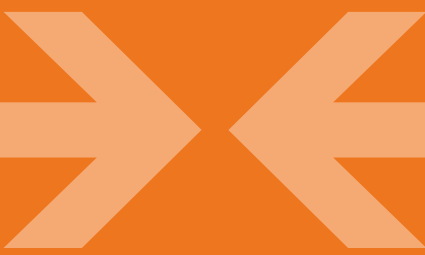
School health champions created a healthy Halloween snack to make with students.

“

It really was well-organized, and I appreciated the interaction and sharing with other school communities. Valuable information, ideas and contacts.

”

School health champion



Spring 2018

Fort McMurray and Edmonton

The project team hosted another successful year-end knowledge exchange event in Edmonton to share successful practices and strategies in promoting wellness in schools between school health facilitators, school health champions, and school health mentors.

Evaluation highlights:

100%

strongly agreed or agreed this PD provided sufficient opportunities to learn and share promising practices.
(Edmonton)

100%

strongly agreed or agreed this PD enhanced their confidence in their ability to support their school community.
(Fort McMurray)

“

I really enjoyed both the fall and spring PD sessions this year. You guys worked hard to make it a win-win opportunity for both seasoned and new health champions. I walked away both times feeling as though I had contributed and also gained knowledge.

”

School health champion

August 2018

A major event took place at the end of August. We hosted an intensive three-day training session for the 2016 and 2018 expansion school health facilitators to improve their competence and confidence in creating a healthy school community, develop knowledge, skills, and attitudes necessary for their role, and develop a sense of team. All expansion schools had a representative at the event. The 2016 expansion school group received training on transitioning into a year-three 0.2 FTE role from the previous 0.5 FTE role; and the 2018 expansion school group received training and support for their brand-new role.

School health facilitators became familiar with APPLE Schools' best practices and resources, and several community partners attended to present on resources that support healthy schools. Staff ensured that all resources and content were relevant to all provinces with APPLE schools and appropriate for new and returning school health facilitators.

Evaluation highlights:

100%

strongly agreed or agreed the event increased their understanding and knowledge of comprehensive school health, essential elements, the annual cycle, creating sustainable change, resources, and their role as school health facilitators.

100%

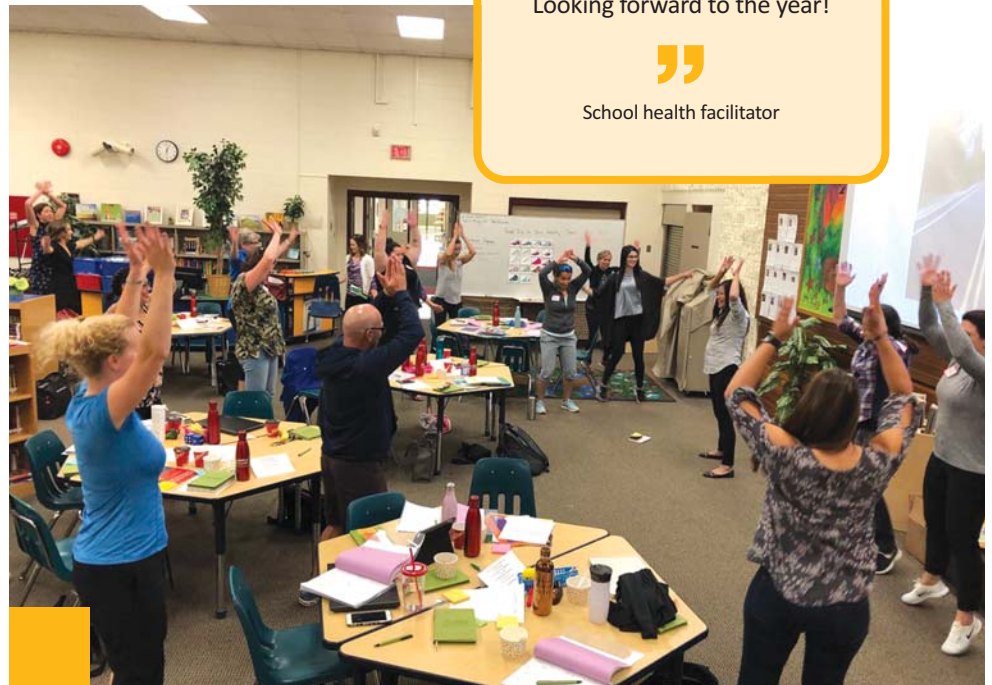
strongly agreed or agreed the session increased their confidence and ability to implement healthy initiatives.

“

Awesome training. Amazing resources and great connections made. Thank you again for the experience. Looking forward to the year!

”

School health facilitator



School health facilitators demonstrate community connections, monthly campaigns, and whole-school events through a creative physical activity.

NEW RESOURCES



The APPLE Schools team is always working on developing new resources that help school health promoters to bring our vision to light.

1 Pilot draft of the **Guide to Implementation**, which will be shared nation-wide to help school leaders implement a health promotion program based on the APPLE Schools model. After gathering initial input from stakeholders, the pilot draft was used at the August training event to inform new school health facilitators, and it will continue to be used to inform and support.

2 **Temporary tattoos** for students, sent to each school to use as a healthy non-food reward for participating in the 10 Challenges in 10 Weeks.



A student from St. Theresa School in Wabasca finds a unique place for his APPLE Schools tattoo.

3 Various **daily physical activity bins** for the 2016 expansion schools, and new bins for the 2018 expansion schools. These bins are used regularly in the classroom to increase physical activity and provide energy breaks for students throughout the day.



Grade two students at Glendon School play a game using the sponge daily physical activity bin.

4 Updated and improved **resource webpage** to make resources more accessible and user-friendly for our audience. We improved and uploaded more healthy holiday celebrations, action plan templates, fun fitness circuits, and taste tests, adding to the colourful variety of initiatives that school staff can try based on their school population's needs.

5 A **resource partners webpage** on the APPLE Schools website to recognize the incredible organizations that we collaborate with for support, resources, and formal endorsement.

6 An updated **Proud to be an APPLE School poster** for each APPLE school. The posters are displayed in the entrance of the school. It serves as a reminder that the school is dedicated to becoming a healthy community and that every person in the school is part of the journey.

7 A brand-new **promotional postcard** which will be distributed to potential funders and anyone seeking general information about APPLE Schools.



Front of the postcard

8 Motivational materials to inspire and generate excitement about health promotion for APPLE Schools. All staff members in each APPLE school received lanyards, and school health facilitators received water bottles, lunch bags, jackets, and notebooks. All materials display the APPLE Schools logo as a visual reminder of our support, partnership, and the goal we strive to achieve as a team.

APPLE Schools IN THE NEWS



CTV Edmonton produced a segment on the importance of establishing healthy sleeping habits. They reached out to APPLE Schools to talk about our sleep promotion campaigns and highlighted the Be a Sleep Star monthly campaign.



Marg Schwartz, Sustainability Manager, is interviewed by a CTV Edmonton reporter.

A page from the Red River Current, showing students demonstrating the Finger Pull.

WHAT IS HAPPENING AT THE FORT MCKAY SCHOOL?



Logan Fitzpatrick and Grayson Shott demonstrating "Finger Pull" at the Youth centre as part of what they learned at the School.

March was nutrition month, and students learned about the Alberta Nutrition Guidelines – specifically, "choose most often, choose sometimes and choose least often." Through the morning snack program, students are now given "choose most often or choose sometimes foods," such as fresh fruit, yogurt, cheerios and milk, biscuits, crackers and cheese, etc. Both students and staff have commented about the new snack items, and there are fresh fruits available for snack.

In the past, the school has offered pizza and wings on report card night for students and parents. With nutrition month, the school staff offered healthy food options such as fruit platters, cheese and crackers, as well as water and 100 per cent fruit juice. Students are becoming more aware of their own food choices and will often comment when they observe adults who are consuming "choose least" food/beverages.

The Grade 5/6 class attended the HASS Symposia in Fort McMurray on Feb. 7, 2018. Students participated in a variety of activities, such as Dance Play, Mindfulness, etc. The class was able to interact with other students from Grades 4 to 6 throughout the

The school health facilitator in Fort McKay sent stories each month to the Red River Current, a community newsletter, about the local APPLE school. The stories would keep the community up-to-date on the healthy initiatives in the school, like nutrition month activities, learning about choose-most-often foods, or learning about the Arctic Winter Games.

Global Edmonton joined APPLE Schools for the 10-year anniversary celebration. They ran a segment on the six o'clock news highlighting APPLE Schools' program and the tremendous difference it can make in school communities.



GLOBALNEWS.CA
Edmonton Health Matters | News, Videos & Articles
Edmonton Health Matters videos and latest news articles

Screen shot of Global Edmonton news coverage.

Expanded Social Networks



APPLE Schools launched a new social media account – we are officially on **Instagram**. The organization and the schools have so many visual stories to tell and initiatives to share with people that Instagram became an appropriate platform to expand to. APPLE Schools’ followers include schools, school staff, partner organizations, and many community businesses. The account attracts new followers each day, and we are at almost 200.



A GRANDE FAREWELL to Marg Schwartz

Last August, the project team tipped our hats to Marg Schwartz, APPLE Schools’ sustainability manager, who retired after an extensive 40-year career in education and health.

Marg has been with APPLE Schools since its inception. In 2007, Dr. Paul Veugelers handpicked Marg to implement a project that improves the well-being of children in Alberta and lift it off the ground. As the organization’s first manager (and employee), she played a key role in planting the roots that became APPLE Schools and expanded the project to 70 schools by 2018. She played a vital

role in developing APPLE Schools’ successful program and carrying it forward for more than 10 years.

Marg’s knowledge and connections have embedded APPLE Schools into the education and health promotion world in Alberta. She began as a physical education teacher in a small Alberta town. Since then, she’s provided leadership across Alberta and Canada in health, physical education, and Comprehensive School Health through scientific publications, presentations and hundreds of national, provincial and local in-services. Marg has also

worked in government, helping to write the K-12 Physical Education Guide to Implementation for Alberta Education, and several other learning resources. To top it off, she was the first school health and wellness manager for both Alberta Education and Alberta Health.

APPLE Schools would not be where it is today without Marg’s dedicated efforts and boundless energy. We are grateful for the leadership and charisma that she shared with APPLE Schools, and thankfully continues to share as a member on the board of directors.

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