



**APPLE**  
Schools

**MOVING  
BEYOND  
BORDERS**

**ANNUAL  
REPORT** 2019

## 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 74 schools in British Columbia, Alberta, Manitoba and Northwest Territories. 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.<sup>1</sup> 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 (65)
-  New Schools (9)

### School Jurisdiction Partners

- Alexander First Nation Education
- Aspen View School Division
- Beaver Lake Cree Nation
- Edmonton Catholic School Division
- Edmonton School Division
- Elk Island Catholic School Division
- Fort McMurray Catholic School Division
- Fort McMurray School Division
- Frog Lake Education Authority
- Mother Earth's Children's Charter School
- Northern Lights School Division
- Northland School Division
- Sahtu Divisional Education Council
- School District 60 – Peace River North
- Swan Valley School Division
- Tlich Community Services Agency



[www.appleschools.ca](http://www.appleschools.ca)

The APPLE Schools Foundation 2018 | Charity Registration Number 881165211RR0001

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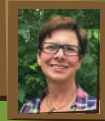
2007 - Allan Markin donates an initial \$5M to the U of A to improve children's healthy behaviours. Over the years, he has donated more than \$16M.



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



2008 - APPLE Schools launches in 10 schools with 10 school facilitators; Marg Schwarts 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 AB



2015 - APPLE Schools' Board of Directors is established, chaired by Dr. Lory Laing; Jenn Flynn becomes Executive Director



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.

APPLE Schools receives funding from various partners

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

FOUNDER  
ALLAN P. MARKIN  
OC, AOE, P.ENG

 interpipeline

 Canadian Natural

 PEMBINA

THE JOYCE FAMILY FOUNDATION

the Stollery charitable foundation

 hdf INSURANCE  
We work for you

 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 - APPLE Schools added 2 schools in British Columbia and 2 in Alberta, for a total of 74 schools.

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

# GREETINGS FROM THE EXECUTIVE DIRECTOR

# 2019

**E**very September, the APPLE Schools team reflects on the previous year's happenings and brainstorms topics for the annual report. We ask, *what has our organization accomplished this year? What can we share with our funders and partners to demonstrate these accomplishments? What does our project need to do to get better?*

Our list of accomplishments for this annual report came easily. It was a big year for APPLE Schools and I am excited to share them with you. We made some major strides in project momentum.

A recurring theme has been the project's expanding influence. We have proven over and over again that APPLE Schools' implementation model delivers results here in Alberta. But now, we are trying our model in new provinces as there has been much uptake from health promoters across Canada wanting to build an APPLE school in their own community. We are being recognized

in a way that was unimaginable when we started as a pilot project in 2007, even getting a nod from the international community!

Our team continues to provide support to all APPLE schools to ensure they maintain the healthy initiatives they built into their school culture. And as we expand into new provinces, we have been embracing new partnerships that allow us to do our job in new places that have new guidelines and unique needs.

New research has also taken APPLE Schools to new heights as we now know that what our students learn influences their home environment and has a long-term impact on their mental health. This research strengthens our messaging as we talk about APPLE Schools to growing audiences and seek new funders. We have a solid, growing foundation for the efficacy of our work.

The project continues to benefit from the strong group of leaders who sit on our board of directors. Their judicious

oversight has consistently steered APPLE Schools toward supporting our vision of healthy kids in healthy schools. Each member at the table brings strength and expertise that drive the project forward and help it to grow.

Last but definitely not least, I want to acknowledge every single funder that makes APPLE Schools a reality. It is so encouraging to have a base of long-term funders who continue to recognize the impact of our work that is only possible thanks to their ongoing support. This year, we were also lucky to secure extra funding from businesses in the Regional Municipality of Wood Buffalo who want to help children in their community to have healthy futures.

APPLE Schools has an incredible community of supporters who want to see the project succeed and grow, and we simply could not do it without you!

Please enjoy our 2018-19 story.

*“When I think of APPLE Schools,  
I think of healthy things, like  
being active and eating healthy.  
And I think of apples!”*

Grade 6 student, Aurora Middle School, Lac La Biche

Best wishes,



Jenn Flynn, Executive Director

# SHIFTING HEALTH BEHAVIOURS IN NEW PLACES

APPLE Schools has completed its inaugural year of implementation in Manitoba and Northwest Territories, as well as a new community in Alberta. This was the first attempt at replicating our unique model in new provinces as we are no longer an Alberta-only project. There are already noticeable healthy changes in the school communities.

After their first year with the project, school health facilitators from all five schools have shared that there are positive changes in the school physical environments. This includes healthier foods being served and sold in schools, healthy fundraisers, forming student leadership groups, physical displays with healthy messaging, staff wellness initiatives, and APPLE Schools updates being a regular part of school staff meetings. All schools completed informal assessments to determine if the work they did over the last year was impactful, and to bring awareness to areas of growth for the next school year. Also, all five school health facilitators were committed to leading their schools in their first year, and were excited to learn everything they could about facilitating change. They all attended every professional development opportunity that APPLE Schools provided to help them increase their confidence and competence in their role. This includes three-day training, a wellness conference, a knowledge exchange event, and monthly video staff meetings.



*Students in Chief Jimmy Bruneau School enjoying their first school Wellness Wednesday which is run by the school staff and allows students to participate in various wellness activities that range from outdoor, to cultural, to musical, to healthy eating, and more.*

The five new schools are:

- **Amisk Community School** – Beaver Lake Cree Nation (Beaver Lake, Alberta)
- **Chief Jimmy Bruneau School** – Tlicho Community Services Agency (Edzo, Northwest Territories)
- **Chief T'Selehye School** – Sahtu Divisional Education Council (Fort Good Hope, Northwest Territories)
- **École Swan River South School** – Swan Valley School Division (Swan River, Manitoba)
- **Minitonas School** – Swan Valley School Division (Minitonas, Manitoba)
- **Elizabeth School** – Northland School Division (Elizabeth Métis Settlement, Alberta)
- **J.F. Dion** – Northland School Division (Fishing Lake Métis Settlement, Alberta)
- **Upper Pine Elementary** – School District 60: Peace River North (Rose Prairie, British Columbia)

## The Next Steps

APPLE Schools is working toward reaching the goal of 100 schools by 2025, and has confirmed the following schools in British Columbia and Alberta for the 2019-20 school year:

- **Duncan Cran Elementary** – School District 60: Peace River North (Fort. St. John, British Columbia)

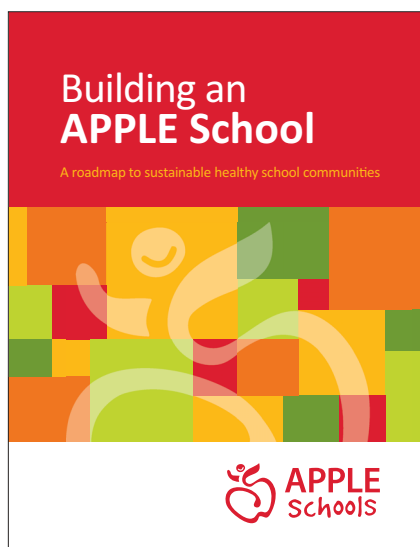


*Jenn Flynn and Landra Walker from APPLE Schools received a gift from Duncan Cran Elementary School in B.C. when they visited the school to share more about the APPLE model with staff, families, and communities members.*

# SHARING THE PROJECT WITH CANADA

## Guide to Implementation

As APPLE Schools broadens its impact across provinces, interest grows from schools across Canada asking *how can we be an APPLE school?* There is a clear need to capture APPLE Schools' implementation model on paper and share that knowledge with health promoters across the country. After more than two years of consulting, planning, and drafting, we completed a pilot version of a guide to implementation. Once complete, this document will guide readers through the journey of following the APPLE Schools model to create their own healthy school community. In being a collaborative organization, our team is currently working on gathering feedback from stakeholders. This feedback will guide improvements to the final version of the document so that it can be shared broadly.



## The Beast

In late 2018, APPLE Schools was approached by a representative working with a movie crew developing an animated film called *The Beast* about the 2016 Wood Buffalo wildfires. APPLE Schools is partnering with this project to share the movie as a mental health resource with its audiences. It will be released in late 2019 and used as an engaging conversation piece to talk about coping with natural disasters and resilience in difficult circumstances.

*"We are delighted to have APPLE Schools as a partner and champion on *The Beast* film and mental health project. The work that APPLE Schools does to support the healthy development of children is so important – we look forward to working together on this project and making a difference together."*

Michael Mankowski,  
Screenwriter/Director and Charmaine  
Hammond, Co-producer

## PHE Canada

APPLE Schools' implementation manager was a featured presenter at University of British Columbia's 7th Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity. She delivered an evidence-based session with Dr. Kate Storey PhD, RD on how implementing healthy eating, physical activity, and mental health activities creates a healthy physical and social environment and leads to improved health outcomes for students.





Members of the Canadian Alliance for Healthy School Communities at group meeting held in Vancouver, BC in July.

## Canadian Alliance for Healthy School Communities

APPLE Schools is a member of the Canadian Alliance for Healthy School Communities. This is a collaboration of stakeholders spanning the interest of both health and education working together to advance healthy school communities across Canada. Having a voice on this alliance helps to build partnerships and collaborations that ultimately strengthen Canadian school capacity as a healthy setting for growth and development. This is a timely partnership as APPLE Schools begins implementation in new provinces.

## DASH BC

In building groundwork for expansion to British Columbia, our team established a solid partnership with DASH BC, the leading voice in school health promotion in the province and a key player on the national stage.

DASH BC facilitated APPLE Schools' expansion into British Columbia and has been paramount in providing advice and a letter of support to ensure a successful expansion.



*“The students are a joy to watch trying to make positive choices to be helpful to themselves by eating healthy, staying active, growing their minds, and contributing to the community of CARE that we are living at Lee Ridge.”*

Success Coach, Lee Ridge School, Edmonton

## International Recognition

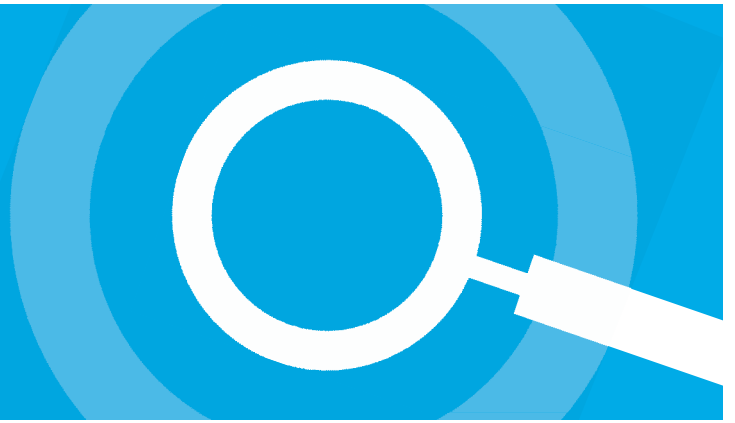
Our team was approached last spring by a representative at HundrED, a non-for-profit organization in Finland that seeks and shares inspiring education innovations from all over the world. HundrED encouraged APPLE Schools to apply to be recognized as one of the 100 leading education innovations of 2020.

In early August, we got the news that APPLE Schools was officially selected! As a grassroots charitable foundation that started as a small research project, the news brought pride and inspiration to staff. We are motivated and excited to move the project forward and share its success with the country, and now, the world! Two staff members will travel to Helsinki, Finland in November 2019 to highlight the project at the HundrED Innovation Summit and accept the recognition.





# RESEARCH



## Recently Published Research

**1** Students in APPLE Schools are less likely to experience mental health issues in adolescence.

*"The healthier the childhood habits, the less likely that children seek help for their mental health in adolescence. In other words, healthier habits make happier kids."*

A recent study called *Lifestyle behaviours and mental health in early adolescence* cited strong evidence that mental health in adolescence is directly linked with a healthy childhood lifestyle, the very thing that APPLE Schools strives to promote.

This research examined the associations of meeting established recommendations for diet, physical activity, sleep, and sedentary behavior in childhood with mental illness in adolescence. The findings were clear: meeting more recommendations resulted in fewer mental health visits in the future. For a long time, we knew that APPLE Schools was a preventative measure against chronic diseases, but now we can widely endorse its concrete, long-term mental health advantages.

This research was completed by Olivia K. Loewen, Katerina Maximova, John P. Ekwaru, Erin L. Faight, Mark Asbridge, Arto Ohinmaa and Paul J. Veugelers.

in the home food environment, try new healthy foods, drive improvements to healthy eating and active living, and monitor unhealthy behaviours – a result of APPLE Schools' comprehensive school health approach.

This research was completed by Christine McKernan, Genevieve Montemurro, Harneet Chahal, Paul J. Veugelers, Douglas Gleddie, Kate E. Storey.

**3** Children with active friends are more active themselves.

*"...children like doing [physical activity] with friends rather than alone and describe their friends as influencing their [physical activity] in various ways such as modeling, co-participation, and encouragement."*

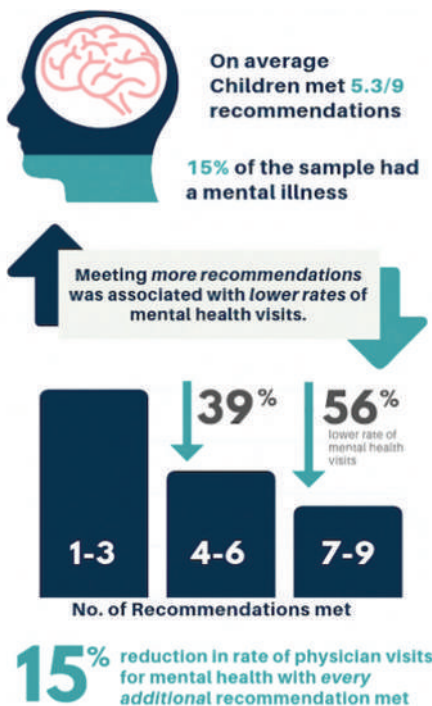
*Associations of friendship and children's physical activity during and outside of school: A social network study was undertaken in elementary schools within Edmonton and Fort McMurray to understand how friendships may influence the physical activity participation of children. One of the findings in this study suggested that female friends have similar levels of physical activity in and out of school. This knowledge of adolescent behaviour allows APPLE Schools to cater our support to successfully increase physical activity for students.*

This research was completed by Jodie A. Stearns, Jenny Godley, Paul J. Veugelers, John Paul Ekwaru, Kerry Bastian, Biao Wu, John C. Spence

**2** Students from APPLE Schools drive healthy changes at home.

*"... students are catalyzing positive changes in the home environment by supporting changes in the home food environment, trying new things, facilitating improvements to healthy eating and active living, and monitoring unhealthy behaviours."*

A new study, *Translation of school-learned health behaviours into the home: student insights through photovoice*, states that students in APPLE Schools are not only making changes in their school communities, but they drive change to create a healthy culture at home too. Students have been shown to support changes





#### **4** Weather conditions affect physical activity in children.

*“A 1 °C increase in feels-like temperature was associated with 26 more steps/day, while 1-unit increase in cloud coverage was associated with 61 fewer steps/day.”*

*Stay in or play out? The influence of weather conditions on physical activity suggests that daily weather conditions can affect physical activity in school children,*

particularly outside school hours, and should be considered when designing initiatives to promote physical activity. Findings provide support for increased investment toward weather-appropriate physical activity opportunities, and APPLE Schools’ approach to promoting physical activity year-round, ensuring all students benefit from movement no matter the weather outside.

This research was completed by Sholeh Rahman, Katerina Maximova, Valerie Carson, Gian S. Jhangri, Paul J. Veugelers

#### **Ongoing Research**

Our team is currently working with Dr. Paul Veugelers, PhD, and Kate Storey, PhD, RD from the School of Public Health, University of Alberta, to conduct data collection, analysis, and reports for APPLE schools and the research community for the 2019-20 school year.

*“I used to not like tomatoes and peas, but I tried them from our school garden, and now I really like them!”*

Grade 3 student, École Dickinsfield, Fort McMurray

# TRAINING & KNOWLEDGE EXCHANGE

APPLE Schools hosted several learning events for school health facilitators and school health champions. These events ensure school communities receive the best possible support to build a healthy school culture. Our team carefully and strategically designed the agendas so that participants walked out of each event feeling confident and competent to drive change. We requested evaluations after each event to capture participants' voices about ways to improve them in the future and ensure they are meeting their needs. Time and again, the evaluation results show that the events are valuable, and participants leave feeling they are an effective use of their time.

## School Health Facilitator Training

A trained school health facilitator is an essential element in an APPLE school, which is why we host an intensive three-day training each year. This year's training included school health facilitators who had one year of experience after working in the new Manitoba, Northwest Territories, and

Alberta schools; and brand-new school health facilitators hired for the 2019 expansion schools. The event was held in Edmonton before the school year started and all school health facilitators attended.

The school health facilitator role is one-of-a-kind in each school. This is

why it is important for them to build a sense of team with each other and with APPLE project staff. This connection allows them to receive the support they need year-round by sharing successful implementation practices and strategies for working through challenges.

## EVALUATION HIGHLIGHTS

**100%**

agreed or strongly agreed that this event increased their knowledge, skills, and attitudes required to be a successful school health facilitator.

**100%**

agreed or strongly agreed that this event increased their confidence and competence to facilitate a healthy school community.

“

*I felt I gained a lot of knowledge and confidence to pursue the upcoming year. There were valuable resources provided to help along the way and a team that seems very supportive.*

”

“

*I truly feel empowered to come back to my school community and share the excitement that APPLE Schools has to offer our school.*

”



School health facilitators and mentors try their hand at a team activity using pipes and balls.

## Fall and Spring Knowledge Exchange Events

The project team hosted knowledge exchange events to support school health champions and facilitators in driving healthy school changes in their communities. There were two events held in the fall, and two in the spring: one in Edmonton for all the APPLE schools in the area, and one in Fort McMurray for the APPLE

schools around the Wood Buffalo region. At both events, participants learned about new healthy eating, physical activity, and mental wellness resources, and connected with fellow school health champions and facilitators to exchange ideas on supporting positive student health behaviours.

### EVALUATION HIGHLIGHTS

**100%**

agreed or strongly agreed that this event enhanced confidence in ability to support school communities as a health champion.

**97%**

agreed or strongly agreed that this event provided sufficient opportunities to learn and share promising practices.

“

*The events are always well organized and contain topics relevant to comprehensive school health...thanks for always including a movement break and healthy snacks.*

”

“

*You all planned such a great day! It was great to have time to share ideas with others but also time to work with our own teams. Very valuable day!*

”

**100%**

strongly agree that the conference event provided an opportunity to enhance their knowledge, skills, and attitudes associated with their role.

**100%**

agree or strongly agree that the resources and activities highlighted at the conference provided valuable learning for their role.

“

*I absolutely love this conference. I appreciate the opportunities to network, share ideas and resources, and bring back so much information to my school community.*

”



School health facilitators try Speedy Scrabble, a new cross-curricular activity introduced during the APPLE Schools pre-conference session at Shaping the Future.



Three members of the APPLE Schools team, leading school health champions at a knowledge exchange event.

## Shaping the Future

Each year, APPLE Schools invites school health facilitators to the annual Shaping the Future Conference in January. The conference brings together educators, health and wellness professionals, and researchers to share and learn about comprehensive school health. Our team also hosts a pre-conference session for the facilitators to improve their confidence and competence in implementing comprehensive school health. Also, two school health facilitators took part in the conference pedagogy by delivering a session on how to facilitate processes that will lead school staff in promoting a healthy culture.

### EVALUATION HIGHLIGHTS

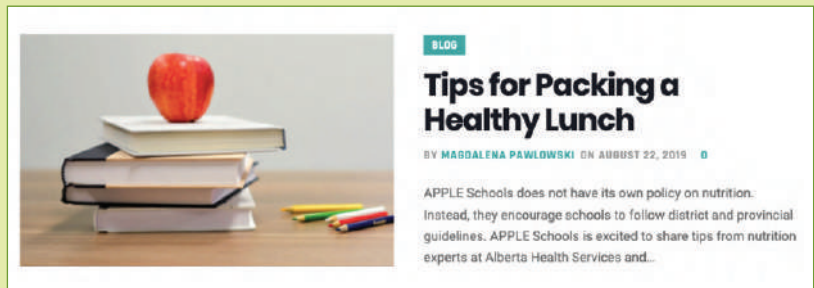
# MEDIA SPOTLIGHT



This year, APPLE Schools had the opportunity to highlight the project in several publications.



← YMM Parent in Fort McMurray published APPLE Schools' story on three qualities that make the project so successful in the local schools. APPLE schools in Fort McMurray are very dedicated to supporting healthy students so highlighting them in their local magazine was a great way to celebrate their efforts.



↑ YMM Parent also gave us the opportunity to share tips on packing a nutritious lunch, just as the new school year was starting.



Grade 2 class in Frog Lake, Alberta, where the program has been running for years

**"Thank you for the food we get for snacks and lunches and for supporting APPLE Schools and our community so that we can be healthy!"**

*- Aniya, Grade 3 APPLE Schools student in Frog Lake, Alberta*

← Canadian Natural, one of APPLE Schools' long-term funders, shared an update in their newsletter Working Together about our British Columbia expansion efforts, and how our partnership helps to make this a reality.

# STAYING CONNECTED



APPLE Schools continues to embrace its social media platforms to connect with teachers, school health facilitators and champions, parents, partners, school districts, principals, and funders. Having a regular presence on Facebook, Instagram, and Twitter allows our team to see all the innovative health initiatives taking place in APPLE schools and lets us share those activities with schools looking for inspiration. The liveliness on our social media is a positive indicator of the ongoing hustle and bustle of healthy activities.



**1280**  
FOLLOWERS

More than **4000** tweets

Our tweets showed up **23,000** times on user timelines in December 2018

Almost **400** profile visits in June 2019

*In February 2019, this tweet shared by Athlone School reached almost 4,000 impressions. It is a picture of cards that students created for the APPLE Schools team.*

Feb 2019 · 28 days

TWEET HIGHLIGHTS

**Top Tweet** earned 3,710 impressions

Athlone School students in #yeg sent our team the sweetest thank you notes! @EPSBNews #HealthyKids #HealthySchools #HealthyLiving #HealthyEating pic.twitter.com/UG7E7aX0no

2009	2019
10 schools in Edmonton, 3 schools in rural AB	70 schools in AB, MB, NWT
Pilot project	Helping 20,000 students/yr
Single funder	Registered charity with board of directors
No board of directors	12 funders from various sectors
Uncertain future	Expanding into BC late 2019

#10YearChallenge



**702**  
FOLLOWERS

*This image we created for the social media 10-year challenge reached nearly 800 people*

**11%** increase in followers since September 2018

Average monthly reach **185**



**250**  
FOLLOWERS

**25%** increase

↑ in followers since September 2018



appleschools

appleschools A mouthful of juicy grapes for this kinder student at @fortmurray.islamic! Healthy snacks for the win! 🍇

#ymm #healthykids #healthyschools #wellness #healthytreats

45w

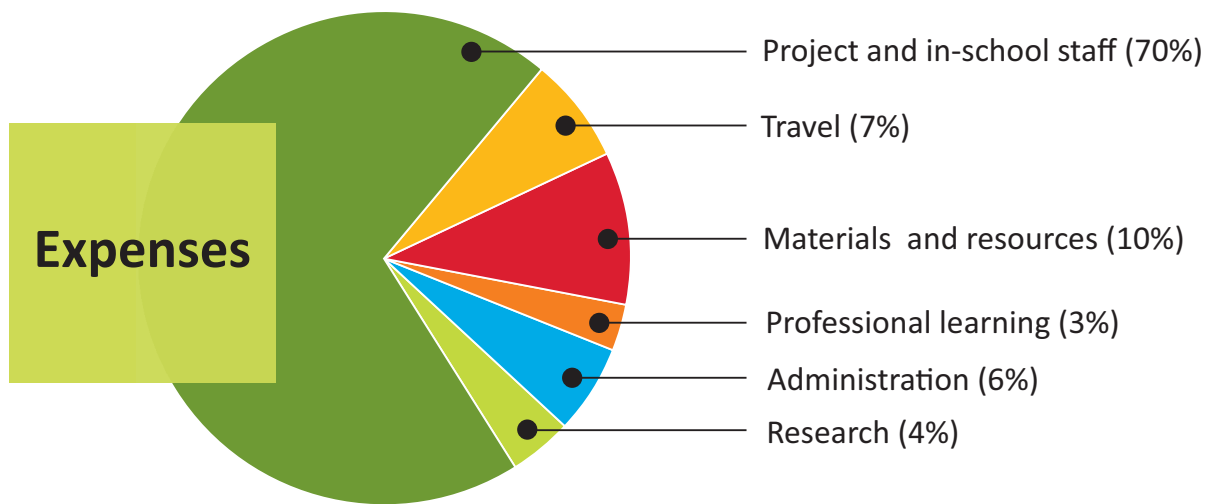
Liked by christinagmpsd and 18 others

DECEMBER 4, 2018

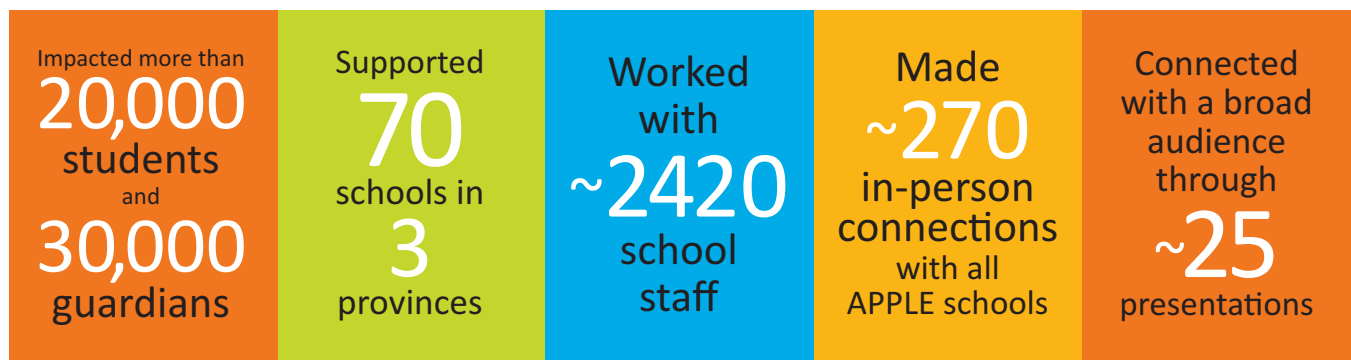
# FINANCIALS



APPLE Schools continues to operate in a fiscally responsible manner, and financials are filed according to the Canada Revenue Agency guidelines. The fiscal year runs from September 1, 2018 to August 31, 2019. For a list of our funders in this reporting period, see page 17.



In the 2018-19 school year, APPLE Schools' staff:



*"I like how we do different activities and my favourite part is being part of the leadership team and helping others."*

Grade 2 student, Minitonas School, Minitonas

# SCHOOL STORIES



Our success stories celebrate the reasons our team works hard throughout the year and why supporters stand by our side. They showcase the end result of all the fundraising, collaborating, connecting, supporting, and teaching we do almost each and every day. They highlight the gradual changes in each school community as students learn new and fun ways to stay healthy at school, and more importantly, in their own lives well into adulthood.



## Outdoor Cross-Curricular Lesson

↑ Kindergarten students at St. Theresa School in Wabasca took the opportunity to go outside for a unique cross-curricular lesson. They went for a walk and gathered various sticks to learn about comparing lengths and weights of objects. Throughout the lesson, students also learned about cooperation with peers and the benefits of fresh air and keeping their bodies active to help them focus when they are learning new things.



## Nutritious Food Options

↑ One of the goals for Minitonas School in Swan River Manitoba was to increase access to nutritious food options for students while at school. There have been two successful initiatives helping to achieve this goal. One initiative is the morning breakfast program run by the student leadership team. Any school community member who needs a snack to start their day can enjoy cereal, fruit, oatmeal, or smoothies. The second initiative is the fresh fruits and vegetables set out in the school foyer. Anyone in the school can help themselves to a snack at any

time in the school day if they are feeling hungry and need a nutrition boost to get through the day.

## Healthy Cultural Celebrations

Chief Jimmy Bruneau School hosted a Chief Jimmy Bruneau Memorial Day to celebrate and remember him for his knowledge, wisdom, and traditional skills. The connection between culture, community, and healthy living habits that took place in the school made the event a big success and was well-attended by the school community and Tlicho Chief and Council members. Students had the opportunity to share their knowledge and information on the Tlicho culture, northern living, and much more. The school served a traditional lunch of bannock made with whole wheat flour and moose meat stew. The meal was followed by hand games and a drum dance. ↓







### Moving in the Halls

↑ Our Lady of Peace has implemented Moving in the Halls, which is designed to get students more active going from class to class with a number of different activities set up in the hallways like hopscotch and math games. A Grade 6 student shared that the program is really fun, "You just come out of the classroom and you can do this stuff while you are walking down the hall to gym or music and burn off some energy," she said. "Instead of just sitting there and being like 'I have to do something.'" Students are excited about the new and engaging ways to move through their school.

### Mindfulness

↓ Fort McMurray's Father Beaugard School, Father Turcotte School, and Good Shepherd School all joined for a day of Mindfulness for Littles. This was a day dedicated to helping young

students build mindfulness and resiliency through a variety of age-appropriate activities. One of our partners, Alberta Health Services, came to help lead students through some of the activities. The students' reactions at the end of the day were positive and many noted that they had a fun time and learned a lot.



### Mental Health and Daily Physical Activity

↑ Christina Gordon School in Fort McMurray dedicated two days worth of professional development on how to use APPLE Schools' daily physical activity (DPA) and mental health bins. Every classroom signed up for the school health mentor to visit the class and demonstrate the many activities that are available in the bins. The activities are meant to break up the class time with healthy energizers and

mental health exercises that encourage students to use their breathing to calm themselves and be mindful in their day-to-day lives. The teachers appreciated the demonstrations and reported that they learned many helpful ways to promote healthy activity in their classrooms.

### Tower Garden Treats

Athlone School in Edmonton is one of many APPLE schools that has a tower garden full of leafy greens. The school developed a partnership with Cargill, a company that sponsored the tower gardens to enrich learning for students. Athlone students learn how to plant, nurture, and harvest the greens and student leaders proudly take turns picking them to use for making healthy meals. Students feel excited about being part of the growing and harvesting process, and thoroughly enjoy the end result when they get to make and eat a delicious, fresh salad with their very own produce. ↓



# APPLE HISTORY SPOTLIGHT



## APPLE Schools BOARD OF DIRECTORS



### Carl Amrhein

APPLE Schools emerged in 2007 thanks to a handful of ambitious people who turned the idea of healthy kids in healthy schools from a pilot to a flourishing project.

APPLE Schools' original funder, Allan Markin, approached key figures who would take his \$5-million-dollar donation to the University of Alberta's School of Public Health and use it to make an impact on children's health.

One of those people was Carl Amrhein, a former University of Alberta provost and vice president (academic). Carl worked to create a set of winning conditions so that Allan's donation could turn into a successful, functioning project.

Carl worked with the dean so that Paul Veugelers, a professor at the School of Public Health, could lead both the research and direction of

APPLE Schools while navigating the complex university system. He also ensured that Paul could get released from teaching to work on building APPLE Schools the evidence base that makes it so unique and effective.

Carl also sat in many meetings with Allan Markin and Roger Palmer, the former founding dean of the School of Public Health, carving a path for APPLE Schools, ensuring bureaucratic barriers were addressed to move the project forward.

In 2013, APPLE Schools needed to become its own entity so it could continue to receive funding, or else it would have to close its doors. Carl navigated the difficult conversations that eventually allowed transition to happen successfully and everyone walked out of the room feeling like they have won. The APPLE Schools Foundation was born.

Having Carl on APPLE Schools' side has allowed the project to attract diverse funding, a knowledgeable board of directors, and expand from 10 to 74 schools.

Carl once stated that "there is nothing I have seen to date like APPLE Schools in my university work. The model should be emulated world-wide because of its efficacy."

Carl's drive and passion created conditions for APPLE Schools to thrive and expand its influence in Canada.

#### Chair

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# FUNDERS



## Project Funders



## Funders of Wood Buffalo Community Schools



# PARTICIPATING APPLE SCHOOLS

## Alberta

### Alexander First Nation Education

Kipohtakaw Education Centre

### Aspen View Public Schools

Landing Trail Intermediate School  
(Athabasca)

Rochester School (Rochester)

Smith School (Smith)

Whispering Hills Primary School  
(Athabasca)

### Beaver Lake Cree Nation

Amisk Community School

### Edmonton Catholic Schools

Annunciation School

Holy Cross Académie Internationale  
School

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 School

Glendale School

Hillview School

Homesteader School

Inglewood School

Lee Ridge School

Prince Charles School

Sakaw School

Sherwood School

Sifton School

Tipaskan School

Youngstown School

### Elk Island Catholic Schools

Jean Vanier Catholic School (Sherwood  
Park)

Madonna Catholic School  
(Sherwood Park)

St. Luke School (South Cooking Lake)

### Fort McMurray Catholic Schools

École St. Paul School

Elsie Yanik Catholic School

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

### Fort McMurray Public Schools

Beacon Hill School

Christina Gordon School

Dave McNeilly Public School

Dr K.A. Clark School

École Dickinsfield School

Fort McMurray Islamic School

Greely Road School

Thickwood Heights School

Timberlea School

Walter & Gladys Hill Public School

Westview School

### Frog Lake Education Authority

Chief Napeweaw School

### Mother Earth's Children's Charter School

### Northern Lights Public Schools

Aurora Middle School (Lac la Biche) Cold

Lake Middle School (Cold Lake)

H.E. Bourgoin School (Bonnyville)

Glendon School (Glendon)

North Star Elementary School (Cold Lake)

Vera M. Welsh School (Lac la Biche)

### Northland School Division No. 61

Anzac Community School (Anzac)

Athabasca Delta Community School (Fort  
Chipewyan)

Bill Woodward School (Anzac)

Conklin Community School (Conklin)

Elizabeth School (Elizabeth Métis  
Settlement)

Father R. Perin School (Janvier)

Fort McKay School (Fort McKay)

J.F. Dion School (Fishing Lake Métis  
Settlement)

St. Theresa School (Wabasca)

## British Columbia

### School District 60 – Peace River North

Duncan Cran Elementary School  
(Fort St. John)

Upper Pine Elementary Junior Secondary  
School (Rose Prairie)

## Manitoba

### Swan Valley School Division

École Swan River South School  
(Swan River)

Minitonas School (Minitonas)

## Northwest Territories

### Tlicho Community Services Agency

Chief Jimmy Bruneau School (Edzo)

### Sahtu Divisional Education Council

Chief T'Selehye School

(Fort Good Hope)



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