



APPLE  
Schools

Annual  
Report 20  
20



Finding joy during a pandemic

## What is APPLE Schools?

APPLE Schools is an innovative school-focused health promotion initiative. It improves the lives of more than 21,000 students annually in 75 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.

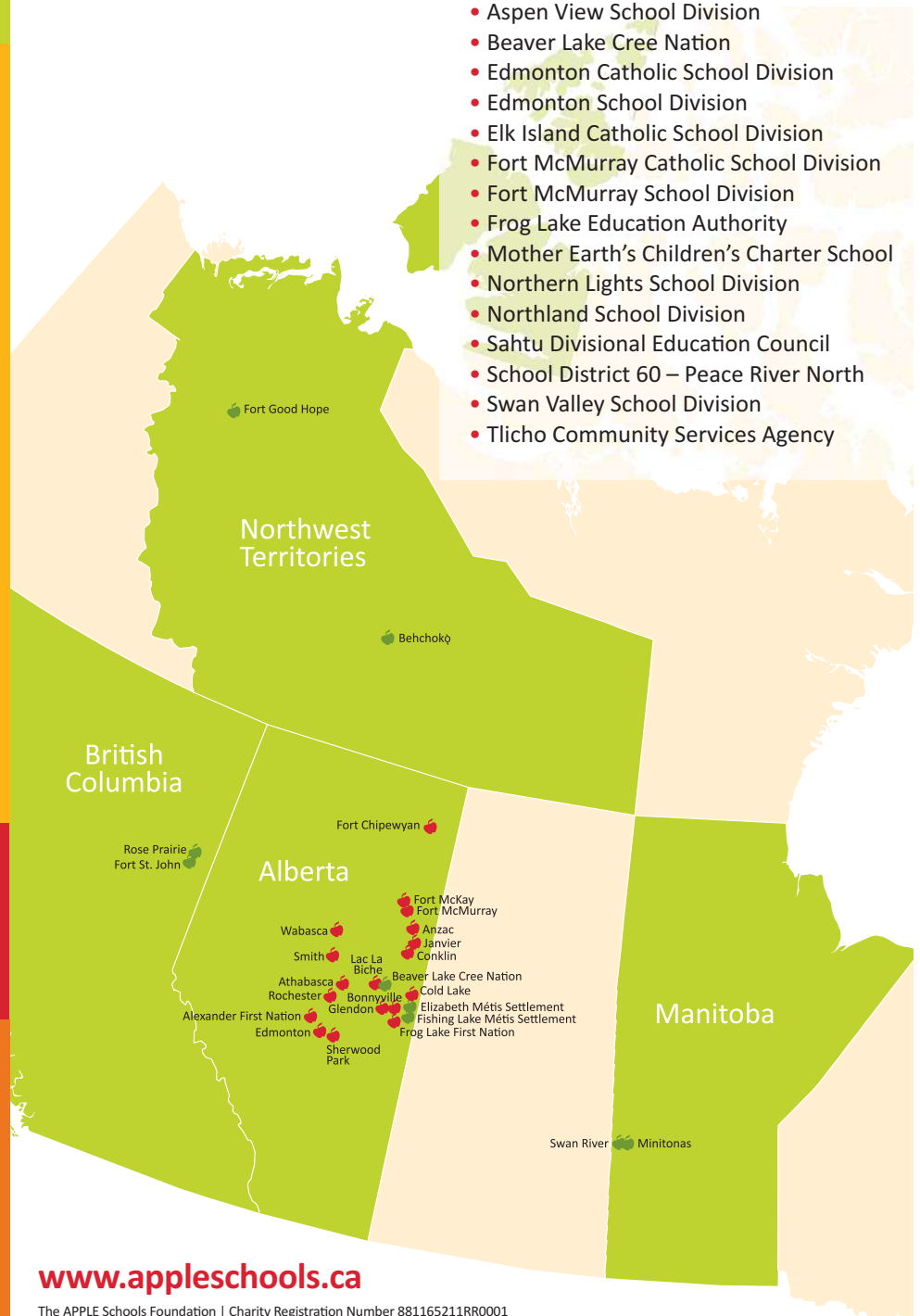


# APPLE Schools

-  Maintenance Schools (66)
-  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 | Charity Registration Number 881165211RR0001

# Our Reach in 2019-20



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Students  
served:

21,418

Staff  
impacted:

2,417

Family members  
impacted:

32,127

School communities  
worked with:

74

We worked in: 3 provinces + 1 territory

“

*“...we thank APPLE Schools for their continued support and focus on student health. During this pandemic, so many great visions and strong programs have been stalled or ended, however, I am pleased to see that APPLE Schools has elected to continue reaching out to rural Alberta. We are very lucky to have you advocate for communities within Northern Lights. Much appreciated and have a great weekend.”*

”

Terry Moghrabi, Associate Superintendent,  
Northern Lights School Division No. 69

# Greetings from the Acting Executive Director



Marisa Orfei  
Acting Executive Director

**W**e are excited to report on what has been a rather unforgettable year! Like all of you, the APPLE team has been grappling with the challenges of the unfolding COVID-19 pandemic.

The 2019-20 school year started the same as any other. We were prepared for another busy and energizing year of action plans, school visits, professional development events, celebrations, and all the components that make for a successful APPLE school year.

In March, schools shut down to prevent the spread of COVID-19. Our team stopped what we were doing to ask the question: *How can we best support APPLE school communities during this time?* We asked the schools directly and their response was clear – they needed APPLE Schools’ support now more than ever, especially in promoting mental health.

We moved quickly to accommodate school communities, and ensured they knew APPLE Schools kept their needs a top priority. We adapted the way we provide support to alleviate stresses around promoting wellness during a pandemic, and connected virtually whenever possible to provide guidance and support.

Throughout it all, we felt inspired and energized as we watched APPLE school community members working together to find innovative ways to help their staff, students, and families get through this tough time. School staff did physically distanced reading outside students’ houses, packed hampers for vulnerable families, created mental health packages for them, hosted virtual dance parties... the list is endless.

I am so proud to add that we at APPLE Schools still successfully met project goals and implemented the annual cycle as we would any other year! It took some shifting and adapting but we did it.

We are ever grateful to our funders, who continue to support APPLE Schools, and to

APPLE Schools’ board of directors members who have been steadfast in their commitment to fulfill APPLE Schools’ vision of healthy kids in healthy schools, especially during these extraordinary times.

We hope you enjoy this 2019-20 APPLE Schools update.

Take care and stay safe,

A handwritten signature in blue ink that reads "Marisa Orfei".

# Top 100 Education Innovation



The 2019-20 school year commenced with incredibly celebratory news – APPLE Schools was selected as one of the top 100 global education innovations of 2020! APPLE Schools was chosen from over 2,000 innovations from around the world due to its unique pioneering approach and ability to create a scalable impact reaching more than 21,000 vulnerable students. The recognition comes from HundrED, a non-profit in Finland that seeks and shares inspiring education innovations. It has been a privilege to share the HundrED badge on all our communications materials thanks to the hard work of everyone in APPLE school communities and the support of our funders.

*A social media announcement image we created to share the big news.*

*“APPLE Schools, a school-focused health promotion project, has been selected as one of the world’s top 100 most innovative and inspiring education projects of 2020 by HundrED, whose goal is to improve education through pedagogically-sound education initiatives.”*

– School of Public Health e-news



*The University of Alberta School of Public Health highlighted the HundrED recognition in their Health-e-news.*

## APPLE Schools on the international stage

The recognition took APPLE Schools to an international stage in Helsinki, Finland. Jenn Flynn and Landra Walker, APPLE Schools' executive director and implementation manager, respectively, were invited to represent the organization on the international stage at HundrED's Innovation Summit in November 2019.

APPLE Schools was one of only 12 organizations out of the selected top 100 that was asked to present in front of an international audience of hundreds of people. Jenn described it as a career highlight to talk about APPLE Schools' proven model to people from all over the world.

## HundrED staff spotlight



Tina always demonstrates her passion for her school health mentor role by building connections with school community members.

As part of our international recognition, HundrED did a social media spotlight on Tina Skakun, APPLE's school health mentor for rural northeast Alberta schools.

**Q** Who inspires you most in your work?

**A** "Kids are my inspiration for the work that I do. As a health promoter and educator, I'm inspired daily by how eager children are to be happier and healthier when placed in educational environments that are



Jenn Flynn and Landra Walker representing APPLE Schools in Helsinki, Finland at the Innovation Summit.

*conducive to wellness. I love seeing the smiling faces of children when they have the opportunity to enjoy quality daily physical activity, nutritious food, and have been given the skills to manage stress and anxiety. I can't wait to see how health-conscious our children will be in their future."*

## HundrED celebrations

In our momentum of excitement, the APPLE Schools team engaged all 74 school communities in healthy

celebrations around the HundrED announcement.

We sent a request to every APPLE school asking what they love most about being part of the project. Over 100 responses poured in that day. We created a poster highlighting the responses to hang in our office in celebration of all things APPLE Schools! And of course, we sent a copy to all schools to be reminded each day of the celebration-worthy activities happening in their communities and inspire new ways of engaging students in healthy activities.

**HundrED Flavours of APPLE**  
Why we love being an APPLE school

- 1. Volunteer school health champions
- 2. Discovering new forms of fitness & leadership team
- 3. Staff wellness initiatives
- 4. Staff wellness in lunches
- 5. Making happy healthy students and staff
- 6. Fun fitness circuit in the gym
- 7. Professional development
- 8. Partnerships with other agencies
- 9. School health facilitators driving our programs
- 10. School challenges
- 11. Dreaming big about today's healthy school
- 12. Growing partnerships
- 13. Great teachers presenting on bylines 2 meet for the whole school
- 14. Great resources from APPLE Schools
- 15. Being part of the team dancers in Cultural Club
- 16. Traveling the world with cultural educators
- 17. Nutrition awareness teams
- 18. Handmade lunches
- 19. Dance or dance sessions for our students
- 20. Modeling body/breakfast staff meetings
- 21. Students with real-world movement breaks
- 22. Halloween fun fitness circuits with students
- 23. Great healthy snacks
- 24. Student journal
- 25. Playdate
- 26. Middle massage
- 27. Mile program
- 28. School-wide student reflections
- 29. Physical activity leaders
- 30. Capitalize on doors to new sports
- 31. Fun staff relay
- 32. Expanding the healthy respect between schools
- 33. Healthy staff projects: Taco Taster!
- 34. Working schools feel their healthy love
- 35. Support for our school of all-inclusive policy
- 36. Trying new foods, well-being event
- 37. Part of a new healthy month in Canadian schools
- 38. Fitness playground activities
- 39. APPLE Schools website
- 40. New cartoons: Choose goals, avoid choices!
- 41. Veggie snacks during afternoon wellness break
- 42. Knowing that we are making a difference
- 43. Community dancing
- 44. Staff wellness of all shapes
- 45. Halloween candy exchange for healthy alternatives
- 46. Walking under recesses when it's too cold
- 47. Yoga!
- 48. Dance
- 49. Fitness
- 50. Hoops
- 51. Snacks
- 52. Bulky
- 53. Healthy fundraisers
- 54. Games
- 55. Well-being
- 56. Fun!
- 57. Friends
- 58. Healthy!
- 59. Staff Scrabble game in the gym
- 60. Fun!
- 61. Games
- 62. Great!
- 63. Working!
- 64. Snacks!
- 65. Smiling happy kids
- 66. Fun!
- 67. Fun!
- 68. Fun!
- 69. Fun!
- 70. Fun!
- 71. Fun!
- 72. Fun!
- 73. Fun!
- 74. Fun!
- 75. Fun!
- 76. Fun!
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- 97. Fun!
- 98. Fun!
- 99. Fun!
- 100. Fun!

**#15: Students love the school and home challenges**

**#20: Students taking their knowledge home**

**#59: Trying new foods and liking them!**

**#65: Knowing we are making a difference**

**#75: Bulletin boards highlighting healthy choices**

**#80: Positive mental health day**

**#92: Movement throughout the day**

**#94: Great exercise with powwow nights**

We are a hundrED member!

APPLE Schools

# Resources



**A**PPLE Schools developed new resources for school communities to inspire ideas for indoor recess, navigate hygiene safety in school, familiarize students with the new Canadian food guide, and promote health during virtual schooling.

## 1 Indoor Recess Challenge

Indoor recess is a reality in schools across Canada when temperatures dip very low, so our staff got all APPLE schools involved in an indoor recess challenge! Schools submitted pictures of their creative indoor recess ideas in hopes that as a project, we would collect a total of 100 unique indoor

movement ideas to share among the APPLE Schools community. Each photo that a school submitted increased their chance of winning a prize basket containing resources to promote wellbeing.

We compiled all the photos and brief write ups and created a slideshow to share with every school to inspire their next indoor recess activity.

### Prize basket contents:

- Fitdeck exercise cards
- 1 set of Speedy Scrabble cards
- APPLE Schools toques
- APPLE Schools lanyards
- APPLE Schools tote bags
- Pencils and temporary tattoos

ÉCOLE DICKINFIELD SCHOOL



A Grade 6 class played with their pool noodle poppers during recess. They tried various tricks, such as popping them up in the air, clapping their hands, then trying to catch them.

You can create your own noodle poppers by cutting up [pool noodles](#).

Sample slide from the indoor recess slideshow that was compiled with ideas from APPLE schools.



Winners: Good Shepherd School in Fort McMurray, Amisk Community School in Beaver Lake Cree Nation, Alberta, and Our Lady of Peace School in Edmonton.



## 2 Hygiene SUPER Heroes

With the announcement that students would be returning to the classrooms for the 2020-21 school year came a lot of questions, anxiety, and uncertainty in school communities about dealing with physical distancing recommendations. We developed

Hygiene SUPER Heroes, a monthly campaign to engage students in limiting the risk of infection, and it allows for a fun way to learn new healthy habits. With a high demand for this campaign, we also created a version to engage high school students. Many schools enthusiastically adopted this campaign in September 2020 to make school re-entry more seamless.

*Dr. K.A. Clark School students in Fort McMurray used the campaign to bring fun into the day-to-day at school and dressed up as superheroes.*

### 3 Feel Great with a Healthy Plate

Canada's food guide made some significant changes to the way it promotes healthy eating to Canadians. With these changes, our team developed a new monthly campaign to teach school communities about the importance of the new recommendations. The student announcements, bulletin board, and newsletter for families will engage all community members in making healthy food choices.



Campaign bulletin board image promoting enjoying the experience of eating with others.

### 4 Shared Toolbox of Healthy Ideas

Shifting to virtual teaching last spring demanded new ideas to promote health and wellbeing in school

communities. Schools are at the forefront of innovative ideas so our staff tapped into their knowledge and asked them to share the mental health, physical activity, and healthy eating initiatives they have been

trying. We collected almost 100 ideas from schools and developed a simple document to share with our wider community to inspire their health promotion journey during a pandemic.



A snapshot of the document, listing many ideas to keep students, teachers, and families motivated to stay healthy.



# Professional Learning



Professional learning remains a cornerstone of APPLE Schools' model and we pride ourselves in delivering quality events to ensure school staff have a solid foundation to shift their schools' health culture. Even when COVID-19 hit, we still ensured impactful educational experiences.

We were not able to deliver the usual training in August 2020 to new school health facilitators due to COVID-19, but the APPLE team has been working on innovative ways to guide them in improving their knowledge, skills, and attitudes around health and wellness, and increasing their confidence to lead schools in shifting to a healthy culture.

## Knowledge Exchange

In traditional APPLE Schools fashion, our team hosted two knowledge

exchange events – one in fall 2019, and one in spring 2020. We used feedback from prior events to carefully plan the agenda so that it was designed with the participants' needs in mind. More than 85% of surveyed school health facilitators and champions have stated that formal training strengthens their knowledge and essential skills for working in schools

## FALL 2019 KNOWLEDGE EXCHANGE

The fall 2019 knowledge exchange events in Edmonton and Fort McMurray brought together school health champions from across Alberta for a day of sharing, learning, and connecting with one another. Attendees left with a new energy to promote wellness in their communities.



*A Pound Fitness demonstration brought ample energy to the Edmonton knowledge exchange and gave schools a new idea to inspire students to move in the gym or classroom.*

# 100%

agreed or strongly agreed that the highlighted resources and activities provided valuable learning for their role.

# 100%

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

# 95%

agreed or strongly agreed that this event provided sufficient opportunities to learn and share promising practices with health champions from other schools and APPLE Schools staff.



*School health champions got energized testing out a new APPLE Schools daily physical activity bin to take back to their schools at the fall knowledge exchange.*

“

*Your events are always well put together and it is very much appreciated that we have time to share ideas with others and collaborate with team members.*

”

School Health Champion

“

*Pre-conference meeting was awesome, well put together, Shaping the Future conference was awesome as well. Such a great place to network, learn and grow.*

”

School Health Facilitator

“

*The pre-conference session gave me more resources to use in my school, and allowed me to work on facilitation skills as well.*

”

School Health Facilitator

## SPRING 2020 KNOWLEDGE EXCHANGE

COVID-19 pushed the APPLE Schools team to try a brand new approach in delivering a knowledge exchange event in the spring. The virtual event was totally successful in reaching goals and delivering outcomes. Two one-hour sessions were jam packed with positive energy and quick, fun ideas for schools to promote health and wellness during virtual schooling.

Over 80 people attended to connect and learn new ideas to engage students in wellness activities. Selected school staff highlighted innovative stories of successful

healthy initiatives like doing virtual taste tests, virtual dance parties, bike parades, gratitude scavenger hunts, and more.

## Shaping the Future Conference

In January 2020, the APPLE Schools team attended Ever Active School's annual Shaping the Future Conference along with APPLE school health facilitators. We spent four days at the conference connecting with educators, health and wellness professionals, and researchers learning and sharing about

comprehensive school health to become stronger in our roles.

Our team held a pre-conference session with the school health facilitators to network, share, and gather information on sustainable healthy school practices, and engage in personal and professional development.

# 100%

of school health facilitators said they would like to attend the conference again.

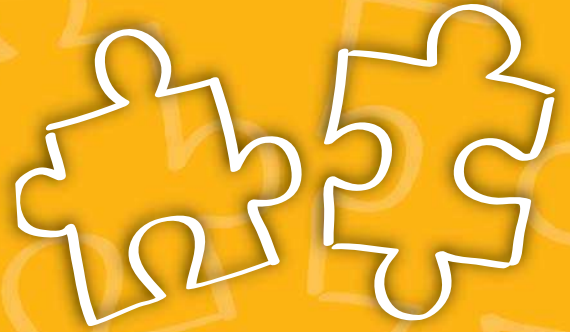


*A laughter yoga session during the spring knowledge exchange boosted everyone's endorphins and demonstrated how to bring more joy into virtual teaching and learning.*



*At the January conference, APPLE staff and school health facilitators demonstrated an interactive process to share successful implementation strategies that the facilitators can apply in their own communities.*

# Connecting with Communities



**A**PPLE Schools continues to use social media regularly to share project updates and resources, and of course celebrate APPLE schools' innovations every step of the way.

This year, we have been honing our social media presence to enhance our brand beyond our school communities by connecting to more health promotion organizations and the people in their circles. This enables us to share new content and gain new audiences that share our content within their circles.



**1,214** People Reached    **105** Engagements    Boost Unavailable

This image promoted our brand new Hygiene SUPER Heroes monthly campaign on social media, which reached over 1,200 people!



We celebrated Elizabeth School's very first Winter Walk Day by sharing this image; the event was a big hit for the community.



We tagged school districts and funders in this thank-you post in June, which reached well over 1,000 Twitter users, to bid everyone a safe and healthy summer.



# School Stories



**BEFORE school closures  
due to COVID-19**

## Starting the Week with Laughter

The SWAT (Student Wellness Action Team) at Minitonas School in Minitonas, Manitoba, added a humorous twist to the school's Mindful Monday wellness break. The SWAT set up four stations in the gymnasium and students from kindergarten to Grade 8 rotated between the stations to hear jokes told by the SWAT leaders. The wellness break ended with all students sitting in a large circle so that they could share their own jokes with the whole group to spark more laughter. ➔



Student Wellness Action Team members telling jokes to lighten the mood at a Mindful Monday activity.

*“There were many smiles and a lot of laughter shared.”*

– School Health Facilitator

## Moving in the Hallways

➤ Our Lady of Peace School in Edmonton was featured on CityNews for being part of the Moving in the Halls program in the Catholic school district. Decals were placed all over the hallway floors and walls to engage students in movement between classes, keeping them active throughout the day. Hopscotch and math games were set up along their walk to add an element of fun and engage their minds as well to enhance memory, retention, and focus. The decals were a big hit with students!

*“When you step on the decals, it’s really fun because they help you calm down and they help you get ready to go to school and learn.”*

–Jane, Grade 2 student



**CityNews** 'NO RUNNING' TO MORE RUNNING IN SCHOOL HALLS

A Grade 2 student tests out the hopscotch element of the active decals throughout her school hallways.

**AFTER school closures  
due to COVID-19**

### Nature Therapy

When playgrounds closed, families were looking for creative ways to be active outside. Many Fort McMurray Catholic Division APPLE schools encouraged outdoor family time by trying a nature-based challenge. One challenge involved creating a nature bracelet using flowers, plants, sticks, and leaves, and another challenge prompted families to find a tree and make it “smile” using mud and other natural items they could find. Exploring and having fun in nature ties in with K-6 curricular outcomes so it was a healthy, interactive experience as well as an educational one. People shared their nature creations on social media for the chance to win a Chapters gift card. ↓



*One student created a self-portrait using only plants and flowers she found outside near her home.*

### Sharing Healthy Activities from Home

Dave McNeilly School and Walter and Gladys Hill School in Fort McMurray worked hard to promote health and wellness at home with their students during the lockdown. They cheered

their students on to share photos of themselves showcasing all the ways that they are taking care of their physical and mental health in a new learning environment. This paired as a lesson that physically active students are better learners and have overall more positive moods. Students demonstrated dance parties, various outdoor activities, yoga, playing with their pets, and so much more! →

### Creating a Fun Virtual Learning Experience

Elizabeth School staff in Elizabeth Métis Settlement, Alberta, went above and beyond to make learning a positive experience for students. The school was even featured in a CBC article highlighting ways rural Alberta teachers were reaching students during the school closures. Staff put up signs saying “We Miss You” in the school windows to make passerby students smile. They also posted daily videos on the school Facebook page



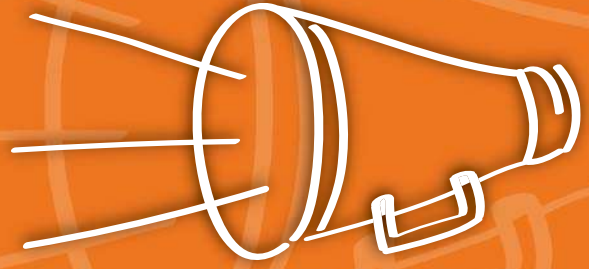
*These young Walter and Gladys Hill students demonstrated a daily physical activity in their home, and shared the experience virtually with their peers.*

of them reading books to students, doing science experiments, and leading active movement breaks. Students and families shared their home learning experiences online with the rest of the school community, and many took part in traditional land-based learning, such as cleaning ducks. ↓



*Students taking part in land-based education by learning how to clean a duck.*

# Media Spotlight



**A**PPLE Schools made its way into local media announcements in British Columbia, Alberta, and even HundrED's international blog! Our team was thrilled to see our project's positive impact being shared with diverse audiences as we are widening our reach to more school communities and receiving international recognition. Find the full media coverage list on our [news web page](#).

## MEDIA SAMPLE 1

Lakeland Today in the Lac La Biche area spread the word about Aurora Middle School's lush greenhouse. Students harvested leafy kale and brought it into the school for a taste test. The article also highlighted APPLE Schools as a successful local project that helps students make healthy choices and improves healthy eating, mental health, and physical activity habits.



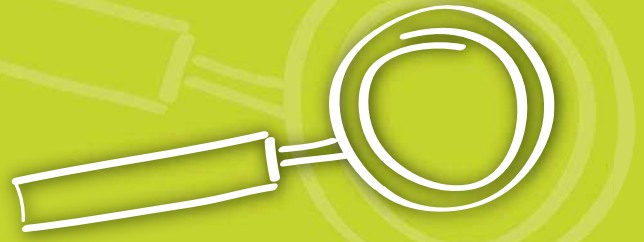
ARTICLE

## 8 Essential Elements That Help Transform Kids' Health & Wellbeing

## MEDIA SAMPLE 2

HundrED asked APPLE Schools to submit an article for their website; we gladly accepted the opportunity to be featured to an international audience! We shared a piece called the 8 Essential Elements That Help Transform Kids' Health & Wellbeing about the elements that make APPLE Schools such a success in vulnerable schools.

# Research



## Recently Published Research

### 1. Children who meet lifestyle recommendations have lower incidences of ADHD

*Adherence to Lifestyle Recommendations and ADHD: A Population-Based Study of Children Aged 10-11 Years* brings to light evidence that children who meet more lifestyle recommendations have substantially lower incidences of ADHD and fewer doctor visits related to ADHD, relative to children who do not meet less recommendations. APPLE Schools strives to improve all the noted recommendations, including

diet quality, physical inactivity, sleep habits, and sedentary behaviors.

*“The risk of a diagnosis of attention deficit hyperactivity disorder (ADHD) can be significantly lowered by following healthy lifestyle recommendations, according to new research from the University of Alberta and Dalhousie University.”*

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

### Risk of ADHD diagnosis lower in children who follow healthy lifestyle recommendations, study shows

Researchers identify a cumulative “dosage” effect of optimal diet, physical activity, screen time and sleep.



*Folio, a brand journalism website from the University of Alberta shared a story about this new research.*



### 2. APPLE Schools is cost effective and has a high return on investment

*An Enhanced Approach for Economic Evaluation of Long-Term Benefits of School-Based Health Promotion Programs* revealed that existing studies have underestimated the real economic benefits of health promotion. This research suggests that APPLE Schools is even more cost effective and has a higher return on investment as was previously estimated.

This research was completed by John P. Ekwaru, Arto Ohinmaa, and Paul J. Veugelers.

# Financials



## APPLE Schools BOARD OF DIRECTORS

### CHAIR

**Lory Laing** PhD, MA, BA (Honours)  
Professor Emeritus  
School of Public Health,  
University of Alberta (Edmonton)

### SECRETARY

**Ellery Lew** LLB, BSc  
Partner  
Witten LLP Barristers & Solicitors  
(Edmonton)

### TREASURER

**Yvonne M. Young** CPA, CA  
Private Consultant (Edmonton)

### Bill Clapperton

Vice-President  
Regulatory, Stakeholder and  
Environmental Affairs,  
Canadian National Resources  
Limited (Calgary)

### Matt Jeneroux

Member of Parliament  
Conservative Party of Canada,  
Edmonton-Riverbend (Edmonton)

### Bob Sadler

Finance Coordinator, Edmonton  
Heritage Council (Edmonton)

### Marg Schwartz

Former Director and  
Sustainability Manager  
APPLE Schools

### Paul Veugelers

 PDF, PhD, MSc

Professor  
School of Public Health,  
University of Alberta (Edmonton)

### Mike Flatters

 (Member)

Tax Lawyer and Partner  
Burnet, Duckworth & Palmer LLP

### Allan Markin

 OCE, AOE (Member)

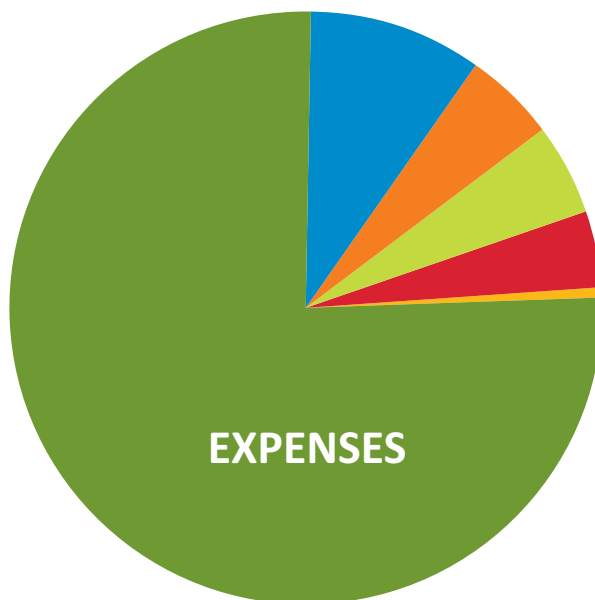
Funder/Advisor

### Marisa Orfei

 (Staff)

Director  
APPLE Schools

**A**PPLE 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, 2019 to August 31, 2020. For a list of our funders in this reporting period, see page 17.



- Project and in-school staff (76%)
- Materials and Resources (9.5%)
- Research (5%)
- Administration (5%)
- Travel (4%)
- Professional Learning (0.5%)



# 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 School Division

Annunciation Catholic Elementary  
School

Holy Cross Catholic Académie  
Internationale

Our Lady of Peace Catholic  
Elementary School

St. Benedict Catholic Elementary  
School

St. Francis of Assisi Catholic  
Elementary School

St. Kateri Catholic Elementary School

### Edmonton School Division

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 School Division

Madonna Catholic School (Sherwood  
Park)

St. Luke Catholic School (South  
Cooking Lake)

St. Nicholas Catholic School  
(Sherwood Park)

### Fort McMurray Catholic School Division

École St. Paul School

Elsie Yanik Catholic School

Father Beauregard School

Father Turcotte School

Good Shepherd School

Sister Mary Phillips School

St. Anne School

St. Gabriel School

St. Kateri Catholic School

St. Martha School

### Fort McMurray School Division

Beacon Hill Public School

Christina Gordon Public School

Dave McNeilly Public School

Dr. K. A. Clark School

École Dickinsfield School

Fort McMurray Christian School

Fort McMurray Islamic School

Greely Road School

Thickwood Heights School

Timberlea Public School

Walter & Gladys Hill Public School

Westview Public School

### Frog Lake Education Authority

Chief Napeweaw Comprehensive  
School

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

### Northern Lights School Division

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 Elementary 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 (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)

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 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 AB

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 Laing; 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  
C.O., A.C.E., F.R.S.C.

 interpipeline

 Canadian Natural

 PEMBINA

 THE JOYCE FAMILY FOUNDATION

 the Stollery charitable foundation

 hdf INSURANCE  
We work for you

 BOUCHIER

 butler family foundation

2017 - APPLE Schools becomes an award-winning organization

 FMPSD Board Award of Excellence

 ASBA Zone One Friends of Education award

 ASBA provincial friends of Education award

2019 - APPLE Schools expands to 2 schools in BC and 2 in AB

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

2020 - APPLE Schools adds 1 school in Alberta; 21,000 students impacted in 75 schools

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

# 2019-20 Funders

## Project Funders



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



## Funders of Wood Buffalo Community Schools



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