

Dear Parents/Guardians,

Welcome to our APPLE ally school community! APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with schools across British Columbia, northern Alberta, Manitoba, and Northwest Territories. It improves thousands of students lives annually by supporting healthy eating, physical activity, and mental health habits.

We are an APPLE ally school

What does an APPLE ally school look like? We empower students to make healthy choices and we work with them to create positive experiences. All healthy initiatives reflect our school's specific needs. Initiatives can include:

- Monthly campaigns
- Wellness challenges
- Movement breaks
- Non-food rewards
- Mental health education
- Healthy classroom celebrations
- Health-focused student leadership opportunities

Research shows that children in APPLE schools demonstrate:



↓ 40%
Decrease in chance of obesity.



Improvements in quality of life, leadership abilities productivity and learning outcomes.



↑ 10%
More fruits and vegetables eaten.



Fewer mental health visits to the doctor during adolescence than peers who did not attend an APPLE school in their childhood.



APPLE Schools does not dictate policy. Each province/territory and school district has its own guidelines and policies that support wellness. APPLE Schools staff work with our school using these existing guidelines and policies to support healthy school environments.

Get Involved

Want to support your child's wellness at home?

- Help establish a regular bedtime routine
- Pack lunch together, and always include a water bottle
- Ensure a healthy balance between screen time and activity time
- Make time for outdoor activities

Learn more about APPLE Schools at appleschools.ca

