

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

12 Days of Fitness

This month, students are learning how to stay active during the holiday season through a campaign called 12 Days of Fitness. Here are ways you can support your teen's health this season.

This year, go beyond the holiday hustle and bustle.

Get your family to participate in fun, refreshing activities that brighten your spirits. Here are some ideas to get you started:

- Hold a contest to see who can build the biggest snow fort in the neighborhood.
- Grab your skates or sled and head outdoors to the local rink or hill.
- Check out the local festivals happening in your community.
- Spread some cheer! Volunteer at local charities. They always need extra help during the holiday season.



12 Days of Fitness at Home

The 12 Days of Fitness song is modified from *the 12 Days of Christmas* song and involves adding a new activity to each of the 12 days. It's a lively movement break to get active first thing in the morning, or in the evening after dinner. Try it with your family!

On **date**, start with day one and add the next verse each day after until you've completed all 12 days of fitness. Modify any activities to your preference, or add new ones, and have fun!