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.**

The Power of Positivity

This month, students are learning about supporting their mental health through a campaign called The Power of Positivity. Here is a summary of the learnings and how you can support your child's health.

The Mind and Body Connection

Caring for your health includes caring for your mind. Enjoying physical activity, eating healthy foods, practicing gratitude, and having fun are all small steps that can improve your mental health and reduce stress.[1]

So much of our day-to-day involves situations we can't control, but maintaining a positive attitude and feeling grateful helps to manage daily mental health.

5 ways to practice gratitude

1. **Make a gratitude jar** - have friends and family fill it with short notes of gratitude, like "I'm thankful my daughter enjoys her courses this semester." Pick times to pull them out and share with friends and family.[2]
2. **Make it stick** - leave sticky notes for each family member, thanking them for something you appreciate or leave a positive note in your child's lunchbox.[2]
3. **Reflection** - reflect through mindfulness, meditation, or relaxation. take time to be still and calm, and focus on the present moments.[3]
4. **Small gestures** - sometimes all it takes is a smile, handshake, or wave to express your thanks.[3]
5. **Give back** - return kindness that someone extended to you.[3]

Good-Mood Food

Some foods are rumored to increase your serotonin level! Serotonin is a "happy hormone" in your body that can put you in a good mood. Eggs, cheese, tofu, and pineapples are just a few examples!

References
[1] http://www.albertahealthservices.ca/info/Page13618.aspx
[2] http://www.today.com/news/get-grateful-20-ways-teach-kids-gratitude-tots-teens-1D80297963
[3] http://www.albertahealthservices.ca/assets/info/amh/if-amh-ways-to-wellness-gratitude.pdf

www.appleschools.ca

Join our social community for the latest on our project

APPLE schools