

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.

SWEAT, STEP, SLEEP, SIT

This month, students are learning about the Canadian 24-Hour Movement Guidelines for Children and Youth in a monthly campaign called Sweat, Step, Sleep, Sit. Here is a summary of the learnings and how you can support your child's health.

CSEP created the [24-hour Movement Guidelines](#) for students up to 17 years old. The guidelines call for healthy sleep hygiene, limiting sedentary behaviours, and participating in many physical activities over a 24-hour period.

Following these guidelines is linked to:

- Improvements in academic achievement and cognition.¹
- Students displaying better emotional regulation and social behaviours.¹
- Increase in cardiovascular and metabolic health, and overall quality of life.¹



The Guidelines

Sweat: Students are to get at least 60 min/day of moderate to vigorous physical activity.¹ Rate intensity on a scale of 0-10, 5-6 being moderate and 10 being maximum effort

- Find fun activities – sweating is hard work so it's better if you're playing.

Step: Several hours of various structured and unstructured light physical activities every day.¹

- Get outside! Enjoy time with nature by going for a walk

Sleep: 9-11 hours of uninterrupted sleep per night for 5-13-year-olds, and 8-10 hours for 14-17-year-olds.¹

- Go to bed and wake up at the same time every day, even on the weekends!

Sit: Limit recreational screen time to 2 hours max per day, and limit extended sedentary behaviour.

- Track your screen time – awareness can be helpful.

References:

¹https://www.participaction.com/sites/default/files/downloads/participaction-24h_guidelines-05-17_en.pdf

www.appleschools.ca

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