

# 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.

## Brilliant Brains

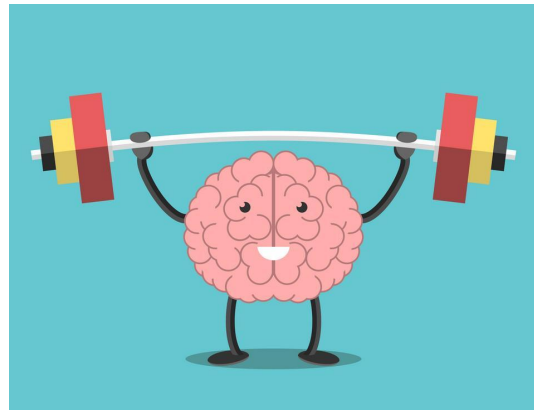
This month, students are learning about the importance of physical activity and nutritious foods for their brain development, learning, and mental health through a monthly campaign called Brilliant Brains! Here is a summary of the learnings, and how you can support your child's health.

### How does nutrition affect brain health?

Getting enough nutrients to the brain is very important for proper brain development. Staying hydrated and eating vegetables, fruit, whole grains, and other choose-most-often foods are optimal for children's developing brains.

### Physical activity and the brain

Regular physical activity helps the brain to grow and develop, which can improve brain function and increase children's ability to learn. Also, the parts of the brain used for memory are larger in children who are physically active. All these components work together to improve a child's ability to learn and have fun at school!



### Mental health and brain health

Activities that produce positive emotions like joy and laughter are excellent for overall brain health!<sup>2</sup>

### Feel better, learn better!

When children eat healthy foods and are physically active, they are more likely to feel better mentally and physically. Healthy habits improve focus, problem-solving abilities, and creativity.<sup>3</sup> Try to role model healthy habits by being physically active and eating nutritious foods with your child so they can get the maximum benefit for their brilliant brain.

Reference

<sup>1</sup> <http://www.health.alberta.ca/>

<sup>2</sup> <https://www.albertahealthservices.ca/info/Page13769.aspx>

<sup>3</sup> <https://www.participaction.com/en-ca/resources/report-card>

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