

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.

Bring Back Play

This month, students are learning to get active outside of school hours through a campaign called Bring Back Play. Here is a summary of the learnings and how you can support your child's health.

Canadian children spend only 14 minutes of the after-school period engaged in heart-pumping physical activities. And only seven per cent of kids are meeting the current Physical Activity Guidelines of 60 minutes of moderate-to vigorous-intensity physical activity per day.¹



Canadian kids can move more. Physical Activity Guidelines recommend that children and youth get at least 60 minutes of moderate to vigorous physical activity daily, in order to live healthier, happier lives. You heard right – that's every day.¹

What can parents do?

After school and on weekends are perfect times to encourage outdoor, active play. Let your child decide what he/she would like to do - from dancing with friends to playing hide and seek or collecting sticks in the woods. Don't forget to take advantage of parks and playgrounds that are available for free fun. Parents, you can be a great role model by playing with your children!

Active Ways to Play

Classic Games

Captured the Flag
Jump Rope
What Time is it, Mr. Wolf?
Jumping Jack Tag

Ball Games

Kick Ball
Hacky Sack
Four Square
Wall Ball

Unstructured

Get on your bike and go
Play hopscotch
Walk the dog
Run through the sprinkler

Fun Stuff

Throw a dance party
Make an obstacle course
Fly a kite
Tobogganing

Try a New Sport

Skiing/snowboarding
Swimming
Gymnastics
Bouldering

More Fun Stuff

Lawn bowling
Yoga
Climb a tree
Frisbee Golf

Reference:

¹ www.participation.com

www.appleschools.ca

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