

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.

Don't Hibernate – Participate!

This month, we encourage students to get active outdoors with the campaign Don't Hibernate – Participate! Here are some ways you can help keep your family active this winter.



Winter is a great time to get outside and get active. This month, keep it simple: get outside, get creative, and have some family fun!

Bundle up and try some of these activities:

- Play soccer in the snow (Snoccer).
- Snowmen come in all shapes and sizes. Try having a snowman building contest.
- Head out to the local outdoor rink and strap on some blades for fun with friends or family.
- Who doesn't love tobogganing? The hills are waiting for you.
- Try bowling if you want a break from the cold.
- Create a snow maze in a field so your family and friends can try to search their way out of it.
- Cross country skiing is one of the most challenging and fun winter activities. Give it a try!
- Local recreation centers offer indoor fun for when it is just too cold outside.
- Do you have snowshoes? See who can leave the most footprints on the ground.
- Build a snow fort so you have a quiet place to hang out.
- Swimming is an important skill to have. Head to the pool and practice your skills.

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