

# 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.

## What is a Healthy School Community?

This month, students are taking part in a campaign called What is a Healthy School? Here is a summary of the learnings.

Healthy school communities promote wellness and strive to create environments that foster lifelong health and overall well-being. The approach used to create active, healthy school communities is an internationally recognized framework called **Comprehensive School Health**.

### Healthy kids learn better and achieve more

Children with nutritious diets and recommended physical activity levels show better academic results. Healthy habits learned early in life often translate to a lifetime of healthy living.<sup>1</sup>



### Pillars of a healthy school community

The three pillars of an APPLE School focus on positive social behaviour, physical activity, and healthy eating. All three are infused into day-to-day life at school through various initiatives.

The World Health Organization identified these three pillars as qualities of the most effective school-based health promotion programs for changing behaviour.

### What is APPLE Schools?

Our school works with APPLE Schools to build a healthy community. The organization strives to inspire and empower school communities to be leaders in their journey to health by recommending and supporting evidence-based, sustainable changes. Go to **appleschools.ca** to learn more.

<sup>1</sup> <http://www.jcsh-cces.ca/index.php/about/comprehensive-school-health>