



# 2022 IMPACT REPORT

**RECONNECTION and RECOVERY**





## LAND ACKNOWLEDGEMENT

APPLE Schools would like to acknowledge the First Nations, Métis, and Inuit people in British Columbia, Alberta, Manitoba, and Northwest Territories, who share a history and deep connection with these lands where our team lives and works. We dedicate ourselves to moving forward in partnership with Indigenous communities in the spirit of reconciliation and collaboration. We acknowledge that building relationships between Indigenous and non-Indigenous people is a work of the heart that requires a certain humbling to allow our hearts and minds to accept new, and sometimes challenging information, and act on it through questioning privilege and transferring it to those who have less. The APPLE Schools team is committed to an ongoing reflection of our allyship as we move forward to create an inclusive, safe, and understanding country for all who live on this land.



## VISION

Healthy Kids  
in Healthy  
Schools

## MISSION

To inspire and empower school communities to lead, choose, and be healthy by recommending and supporting measureable and sustainable changes.



# APPLE Schools

## ABOUT APPLE SCHOOLS

APPLE Schools is a school-focused health promotion initiative that impacts the lives of almost 30,000 students annually in 86 schools across British Columbia, northern Alberta, Northwest Territories, and Manitoba. It improves students' lifelong eating, physical activity, and mental health habits using a comprehensive school health model. APPLE Schools is governed by a board of directors chaired by Dr. Lory Laing.

## THE NEED FOR APPLE SCHOOLS

- Less than 1 in 5 children and youth in Canada are meeting national movement guidelines for physical activity, sedentary behaviours, and sleep.<sup>1</sup>
- 70% of mental health problems have their onset during childhood or adolescence.<sup>2</sup>
- 27.5% of children and youth are overweight or obese.<sup>3</sup>
- COVID-19 public health measures worsened these negative health trends.

APPLE Schools works with underserved school communities to make health an easy choice. Students in APPLE schools show a **35% increase in physical activity, eat 10% more fruit and vegetables and are 40% less likely to be obese than in comparison schools.** The project helps students eat healthier, move more, and feel better so they can achieve more academically.

1. ParticipACTION Report Card on Physical Activity for Children and Youth. (2020). Family Influence. <https://www.participaction.com/en-ca/resources/children-and-youth-report-card>
2. Youth Mental Health Canada. Youth Mental Health Reality: The Difference We Can Make. <https://ymhc.ngo/resources/ymh-stats>
3. Joannah & Brian Lawson Centre for Child Nutrition, University of Toronto. (2022) 2019 Canadian Child Nutrition Statistics. <https://childnutrition.utoronto.ca/canadian-child-nutrition-statistics>

[www.appleschools.ca](http://www.appleschools.ca)



## CONTENTS

- 1 Greetings from the Board Chair
- 2 Impact Highlights
- 5 Engaging Broader Audiences
- 10 Connecting Evidence to Solutions
- 13 Events
- 17 Revitalizing Team Spirit
- 18 Meet the Team
- 19 Board of Directors
- 20 Financials
- 21 APPLE Schools Communities
- 22 2021-22 Donors

In the 2021-22 school year,  
APPLE Schools reached:

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**~30,000** ➤ STUDENTS

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**~2,200** ➤ NEW STUDENTS

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**~3,000** ➤ SCHOOL STAFF

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**~57,000** ➤ FAMILY MEMBERS

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**87** ➤ SCHOOL COMMUNITIES

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**3** ➤ PROVINCES

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**1** ➤ TERRITORY

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# GREETINGS FROM THE BOARD CHAIR



The APPLE Schools Board of Directors is thrilled with the outstanding work done by APPLE Schools project staff over the challenging 2021-22 school year.

The small but highly committed and energetic team has maintained an exceptional level of collaboration and connection with school leaders, students, staff and communities to implement healthy changes despite pandemic related hurdles along the way. Everyone accepted the public health restriction challenges and focused on developing innovative ways to reconnect with each other and with the project. APPLE staff worked with school communities to reintroduce the social aspect of health promotion, and focus on pandemic recovery efforts.

A significant indicator of community support within the project is that all current APPLE schools are committed to continue promoting health and wellness through a partnership with APPLE Schools.

The Board is grateful for the supportive community that advocates for APPLE Schools as we look forward to reaching more vulnerable Canadian children and building more relationships with project supporters. We recently received prized feedback from Elizabeth School on Elizabeth Métis Settlement by way of a self-produced video (see page 6), touting the many healthy changes made possible in their community through APPLE Schools. The Board is also grateful to have received a favorable letter

of support from the President of the University of Alberta, Dr. Bill Flanagan, to aid our efforts in connecting with new donors, and strengthening our relationship with the Alberta government. We continue to work closely with [LEAP - Pecaut Centre for Social Impact](#) to stay on target to reach our maintenance and expansion goals.

On behalf of the Board, I wish to express gratitude for the many individual and corporate donors who generously support the APPLE Schools Foundation. The Board remains focused on expanding our financial base so that we can sustain our commitment to existing APPLE communities and expand into additional schools. The support we receive from our partners in the schools, school divisions, and donor community allow us to reach out to both government and the public. And a major accolade goes to health leaders in APPLE school communities for their dedication to rallying students and staff to make critical changes in their communities.

Congratulations to everyone involved!

Warm regards,

A handwritten signature in green ink that reads "L. Laing". The signature is fluid and cursive.

Lory Laing, PhD, MA, BA (Honours)  
Chair, APPLE Schools Board of Directors

# IMPACT HIGHLIGHTS

## Building pathways to more communities

In January, APPLE Schools welcomed 13 new schools, called APPLE ally schools, as they officially joined the APPLE Schools community.

The idea for APPLE ally schools was born when several principals who previously worked in APPLE school communities approached us about introducing the APPLE Schools model to their new school. While we did not have the capacity to expand our regular model, we synergized to create the APPLE ally schools idea to support schools through a modified approach.

Each ally school came equipped with an enthusiastic and experienced principal who already knew what it takes to create a healthy school environment, and a dedicated volunteer school health champion who was trained and ready to drive healthy changes.

The ally schools branch also includes junior high and highschools for the first time, allowing us to connect to a new audience. Due to the experience of the principals, each APPLE ally school hit the ground running from day one, implementing healthy choices and initiatives in their school communities.

Dr. Katerina Maximova at MAP Centre for Urban Health Solutions, St. Michael's Hospital in Toronto, will be measuring the impact of the APPLE ally school model. If it proves successful, APPLE Schools will be able to connect thousands more vulnerable students across Canada to education around lifelong health habits through the APPLE ally schools branch.

*"APPLE Schools is not a program that we follow, but a philosophy that can be woven into our school's other priority areas so that health becomes just part of what is done in our community."*

Andrea Cooper, Principal,  
Abbott School, Edmonton, AB



## *Blast-off on a healthy journey*



Health leaders at Our Lady of the Prairies, a new ally school based in Edmonton, Alberta, were eager to embark on their healthy APPLE journey right from the get-go.

In the month of April alone, the school ran a bottle drive fundraiser instead of the traditional baked goods sale, celebrated Easter with active games and hot cross buns instead of chocolate, and hosted an afro dance artist to infuse new physical activity with a cultural element.

They worked with the APPLE Schools mentor to source ideas on increasing movement and enthusiasm during daily physical activity breaks, making sure to celebrate their new changes along the way by posting their wins on social media.

Finally, after a tough year they prioritized boosting staff mental health by featuring a staff member on a designated bulletin board, and using it to scribble kind messages to that person.

This ally school has had an incredible start to their healthy APPLE Schools journey, sparking a buzz in their community as they work together to reach new healthy goals.



▶ *“As a champion for wellness, Alberta Blue Cross has a key focus on promoting health and active living for our customers and communities. This includes supporting a wide range of initiatives for children—on the understanding that healthy kids become healthy adults. That’s why we’re thrilled to support APPLE Schools as it is making such a positive impact in preventing chronic diseases related to childhood overweight and obesity.”*

Brian Geislinger, Vice-President of Corporate Relations, Alberta Blue Cross

## Revitalizing impact

Our donors continue to go above and beyond to ensure that APPLE School communities receive the intervention they need to reach their potential. We were honoured to be the recipient of Inter Pipeline’s Employee Matching Donation Campaign in honour of Truth and Reconciliation and Orange Shirt Day. Their employees raised \$30,550 toward supporting Indigenous communities where we work!

They supported initiatives such as Trail Tales, where students at St. Gabriel’s School in Fort McMurray enjoyed Indigenous storytelling by walking through the forest finding signs with pages of an Indigenous storybook along the way. They would stop and read together while connecting in the great outdoors.

## Embracing new opportunities

For the first time, APPLE Schools participated in a charity drive called *Birdies for Kids* presented by Altalink. This was a new and promising opportunity to reach new audiences and raise money to help more vulnerable students. We raised \$55,510 towards making sure that schools can successfully maintain healthy initiatives for the 2022-23 school year.





# ENGAGING BROADER AUDIENCES



## APPLE in the news

### 1. Connecting with our roots

#### APPLE Schools Helps Kids Become Healthier for Life

- The University of Alberta celebrated APPLE Schools' 15 years of tremendous impact on student health across Canada in Folio, the University's official publication. The article highlighted some key figures involved in our success, particularly around the research that makes APPLE Schools a one-of-a-kind game changer in the health promotion world!

The article received over **14,000** impressions on Facebook, and **11,000** on LinkedIn.



### 2. Connecting with parent communities

**Fuel Up for Lunch** - We wanted to create a positive connection with the parent community in Fort McMurray, a city where every school is an APPLE school. YMM Parent Magazine published our article "Fuel Up for Lunch" in September to provide parents with simple healthy lunch packing tips. More importantly, we reminded the community that APPLE Schools is rooted in the community, working together with schools to give their kids a happy and healthy experience.



**Fuel Up for Lunch**

➤ *“The approach to health and wellness that APPLE Schools offers is truly invaluable! They helped to change the perspective Aurora Middle School has on comprehensive school health, influenced students to make the “healthy choice, the easy choice,” and supported staff to implement healthy changes in their classrooms to allow students to reach their full potential.”*

Colleen Moghrabi, School Health Champion & Teacher, Auroral Middle School

### 3. Connecting to ultimate potential

**Implementing CSH Through APPLE Schools** – A third-person narrative about the power of APPLE Schools’ programming speaks volumes about the project’s impact. The school health champion at Aurora Middle School in Lac La Biche, Alberta, submitted this article to the ATA Middle School Council newsletter commending the impact of the APPLE program and how it has become integrated into all facets of the school’s culture. Since APPLE Schools started working with Aurora Middle School in 2016, the school has made tremendous leaps in creating a healthy culture and really embedded healthy choices in all corners of their community.

### 4. Connecting to traditional culture

**Elizabeth School: A Proud APPLE Community** – Want to see how the APPLE Schools model totally enriched the health environment of a community, while encouraging them to connect to traditional culture? The students and school health facilitator at Elizabeth School on Elizabeth Métis Settlement filmed this video sharing their dedication to improve students’ well-being while connecting to Métis culture, even during low pandemic moments. It’s a powerful reminder of why we strive to achieve our vision, and why APPLE school communities are the reason we are an internationally-recognized project.



## *How a fish camp bridged wellness and culture*



The APPLE Schools project works in concert with the unique cultures of every community. At Father R. Perin School in Janvier, Alberta, K-9 students embarked on a land-based learning experience. They sunk their hands into traditional practices like preparing moose meat and learning about traditional medicines both in and outside of the classroom setting. Students also enjoyed a day-long fish camp on Winifred Lake where they participated in prayer and learned about the various fish that inhabit the lake and their spawning periods and how to clean the fish, then watched a demonstration from a local elder on drying fish. The fish camp involved many community partners, reflecting the essential condition of embracing community support to build a healthy school – several elders, the school cook, local fishermen, Alberta Environment and Parks representatives, among others, made the hands-on camp a reality.

For more information about how APPLE Schools recognizes the unique context of every community, see the latest research, [It takes a community: Exploring APPLE Schools' impact within and beyond school walls in Canada.](#)



# SOCIAL CONNECTION

## Facebook

- 881 followers
- 7% increase from last year

We launched a two-part online Facebook advertising campaign to increase awareness about APPLE Schools, and drive people to our donation page for Giving Tuesday.

We reached **35,381** people over the year, a **650%** increase from the previous year!

We reached almost **13,000** people with this Facebook ad promoting APPLE Schools for Giving Tuesday.



## Instagram

- 534 followers
- 18% increase from last year

We launched a Volunteer Appreciation Month campaign in April to recognize some of the hard working people who champion health in APPLE school communities.

Schools loved seeing their dedicated staff who go above and beyond to support their community's wellness journey being celebrated on social media, and showed a lot of positive engagement with the posts.



**Top Tweet** earned 1,485 impressions

If you haven't already checked it out, APPLE Schools' campaign to promote movement throughout October is available for free on our website! [bit.ly/3iqULZ9](http://bit.ly/3iqULZ9)

#movetoschool #imovetoschool #activelifestyle #activetransportation #teacherresources #teacherideas #parentingtips

[pic.twitter.com/mq2QGJ7puu](https://pic.twitter.com/mq2QGJ7puu)

## Twitter

- 1417 followers
- 3% increase
- We got 15,000 impressions in November 2021!



## LinkedIn

- LinkedIn has seen the biggest jump in followers this year!
- 249 followers
- 48% increase from last year

In February 2021 we had a **1,560%** increase in visitors from the previous month!

## *Revitalizing the hallways for movement*



Staff and students in APPLE school communities use our resources and our partners' resources to increase movement in and outside of school. The school health champion at St. Francis of Assisi in Edmonton, Alberta, has been implementing changes throughout the school to boost students' movement and participation in various healthy activities, and improving healthy choices. Students have been hopping, jumping, and bouncing through the hallways using the floor decals that have been installed, and some have even been able to scooter down the halls.

In addition to boosting fun movement, the school partnered with nutrition students from the University of Alberta to come to the school and teach students about making healthy eating choices. They put a fun spin on the lesson and made an apple slice and peanut butter snack together to demonstrate how easy and tasty nutritious choices can be, and how they power you up to move more!



# CONNECTING EVIDENCE TO SOLUTIONS

*“This research is the only research based on direct reporting from students. We need to prioritize school as a place for kids to feel safe and healthy, where they have a sense of belonging. We need to continue to ask for student feedback on what this looks like, and how we can create it, and their voices are crucial in determining the next steps.”*

Jenn Flynn, Executive Director,  
APPLE Schools

Evidence continues to be a backbone of the APPLE Schools project. As the social environment around us quickly evolves, so do school communities’ needs as they adapt to changes. We continue to apply this evolving information to deliver timely, relevant and impactful support to school communities. We are lucky to continue partnering with the University of Alberta, School of Public Health researchers who keep us rooted in evidence each step of the way. And we have recently expanded our partnership to MAP Centre for Urban Health Solutions, St. Michael’s Hospital, where Dr. Katerina Maximova, a former U of A researcher, has received a grant to support APPLE Schools with an ally school expansion in Ontario next year.

## **1. WE ASK: New research is the first and ONLY to capture data on children’s voices around the pandemic-induced decline in lifestyle behaviours.**

In an article titled [“Perceived changes in lifestyle behaviours and in mental health and well-being of elementary school children during the first COVID-19](#)

[lockdown in Canada,”](#) researchers gathered in-depth information from students in rural and remote APPLE schools about their experience during COVID-19. They recorded their perceptions of the pandemic’s impact on mental health and lifestyle behaviours and found that school closures prompted deteriorating lifestyle behaviours, mental health, and well-being of children, particularly those in socioeconomically disadvantaged settings.

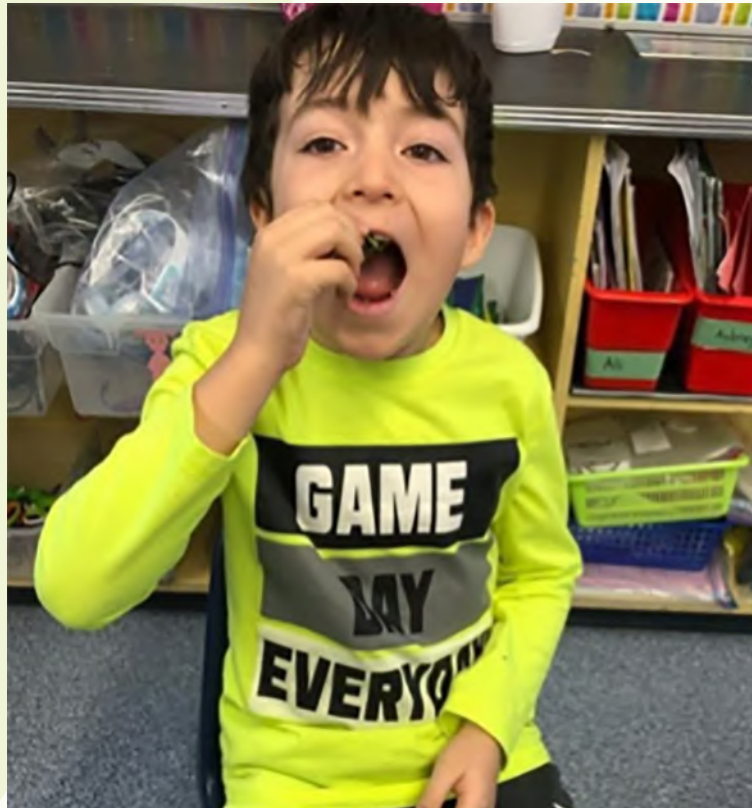
Authors: Katerina Maximova, Mohammad K.A.Khan, Julia Dabravolskaj, Laena Maunula, Arto Ohinmaa, Paul J. Veugelers

A related article, [“It’s very stressful for children: elementary school aged children’s psychological well-being during COVID-19 in Canada,”](#) further highlighted the burden of the pandemic effects on children. The results underscore the need for resilience building and promoting positive coping strategies to help school-aged children thrive in the event of future health crises or natural disasters.

Authors: Laena Maunula, Julia Dabravolskaj, Katerina Maximova, Shannon Sim, Noreen Willows, Amanda S. Newton, and Paul J. Veugelers



## *Nutrition is better when we eat together*



At Vera M. Welsh Elementary School in Lac La Biche, Alberta, students delighted in the return of social hands-on healthy activities that they enjoyed pre-pandemic. They celebrated Nutrition Month by kicking off with a healthy celebration and Spirit Day where they dressed up as their favourite book character, bringing a festive atmosphere into the school.

The APPLE Schools mentor joined classrooms to help host taste tests and enrich the experience; students have been growing microgreens as part of a nutrition lesson on growing sustainable food options. They tasted alfalfa, radish, broccoli, and clover sprouts, and enjoyed learning about their different flavours and nutritional benefits. Growing microgreens was a communal cross-curricular activity that connected the Grade 1 curriculum to celebrating Nutrition Month while providing a social, healthy activity for students.



➤ *“Although the teaching and learning environment changed during school closures, health promoting efforts were sustained and APPLE School’s culture remained strong. However, it should be acknowledged that there was added work and new barriers. Given the restrictions, it required extra work to plan school activities. School health facilitators remained confident and demonstrated growth to overcome challenges.”*

2021 Report

## **2. WE CONNECT:** APPLE Schools’ deep connection to communities builds a foundation for support, communication, and trust to promote wellness.

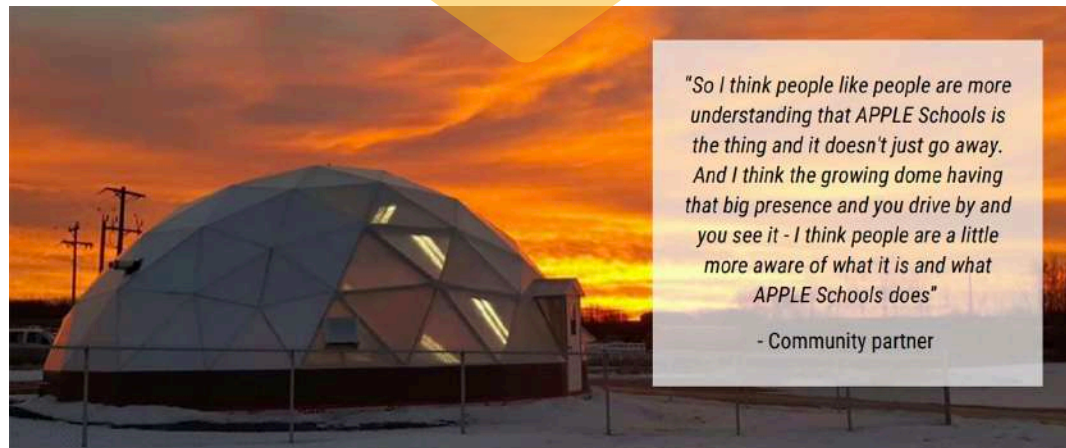
The latest APPLE Schools report, [“Working with Community and Inspiring Change: APPLE Schools 2021 Report.”](#) highlights our deep connection to the communities we engage with. The report summarizes perspectives from school staff and community partners around the positive impact of APPLE Schools in their broader community, and how schools adapted to COVID-19 challenges.

Authors: Dr. Kate Storey’s Research Lab, SIRCLE, within the School of Public Health at the University of Alberta.

## **3. WE LISTEN:** APPLE Schools adapts its practice to every unique school, impacting healthy change in broader school communities.

[“It takes a community: Exploring APPLE Schools’ impact within and beyond school walls in Canada”](#) explored the influence of APPLE Schools on the school and community environments. The research identified four themes seen across all APPLE school communities. It concluded that health promotion practice is uniquely adapted based on the strengths and needs of each school, and was largely influenced by the broader community. APPLE Schools recognizes the autonomy of each school community and this research validated our approach to tailor support for each school and surrounding community to create and sustain a healthy culture that’s uniquely theirs.

Authors: Danielle Klassen, Claudine Champion, Genevieve Montemurro, Jenn Flynn, Kim Raine, Kate Storey





# EVENTS

## Bridging ideas and knowledge

We know that connection is integral to health and well-being. Every year, school health champions express how much they value mingling with other APPLE school communities. We hosted two virtual knowledge exchange events to prioritize reconnection in a safe way, and provided a platform where health champions shared their successes and challenges, and explored solutions with their peers. This connection allowed for ample ideas to flow throughout the one-hour events and left attendees with a bank of fresh ideas to implement in schools as they look ahead with a pandemic recovery lens.

## Knowledge Exchange: Fall 2021

The theme of this knowledge exchange was “Who’s not playing?” We zoomed in on underrepresented students and how to engage and excite them in wellness initiatives and health. Our team and health champions take care to ensure that we are not making the fit kids fitter, but that we reach students who require extra considerations. We connected health champions in three breakout sessions about creative ways to get kids moving, engaging FNMI students, and universal design for play to engage all students, including those with physical disabilities.

*“I thought it was a valuable event and I’d benefit greatly from having it a few times throughout the year.”*

Health Champion



100% of attendees agreed or strongly agreed that this knowledge exchange event enhanced their ability to support their school community as a health champion.

## APPLE gets ALL kids moving



APPLE School communities know that physical activity is a part of a comprehensive approach to health – when you move more and eat healthier, you feel better! And we work closely with schools to ensure all children get to benefit from healthy activities by implementing activities that are easily adapted to all abilities. Every school within the Fort McMurray Public School Division in Fort McMurray, Alberta, has several daily physical activity bins that our staff created, which come loaded with pre-made lessons and activities that teachers can easily implement in their classrooms to get all kids in all grades excited about movement.

*A class of Grade 6 students at École Dicknisfield School in Fort McMurray are getting an energizer break by trying a popular scarves activity from one of the bins.*



➤ *"I love listening to all the different things educators are doing. I always leave with a few takeaways"*

Health Champion

➤ *"APPLE Schools is like a little person sitting on my shoulder. The project provides a constant reminder of the good things that we have accomplished and how it is essential to continue. The students will take into their adult lives what they learn at school and hopefully raise their children with a foundation of healthy eating, physical activity, and positive mental health strategies."*

Cory Arcand, Principal,  
Kipohtakaw Education Centre,  
Alexander First Nation, Alberta

## Knowledge Exchange: Winter 2021

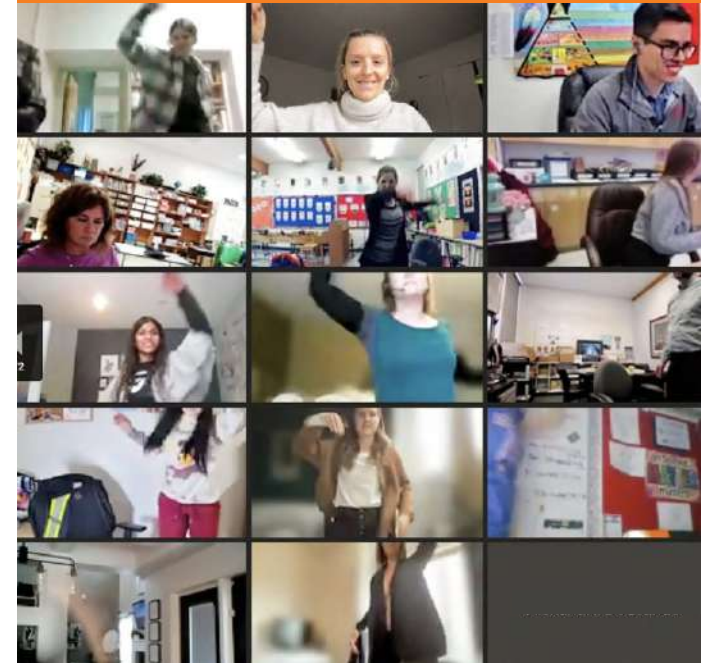
Our themed Fireside Chat knowledge exchange in February was a platform for sharing while diving into topics that have been requested in previous evaluations. We lit three virtual campfires, and invited guests to lead sessions in each one. Facilitated sessions included discussions about engaging junior and senior high students to connect them to wellness, staff wellness, and using music to get more kids moving.

## Shaping the Future

APPLE Schools continues to be a highly valued contributor of modern best-practices and knowledge to the world of comprehensive school health promotion. We were once again chosen to share pre-recorded sessions for Shaping the Future, an annual conference that connects educators, health and wellness professionals, and researchers to explore comprehensive school health through various learning platforms. Our conference sessions enable APPLE School communities to be showcased provincially and nationally.

*Moving Through the Curriculum* engaged the audience in simple and effective ways to motivate students to get up and move while meeting learning outcomes. The second session, *Mental Health Connections that Foster Resilience*, shared successful strategies that APPLE Schools has been implementing to support students in persevering through unprecedented pandemic conditions.

➤ 100% of attendees found the Fireside Chat event valuable.

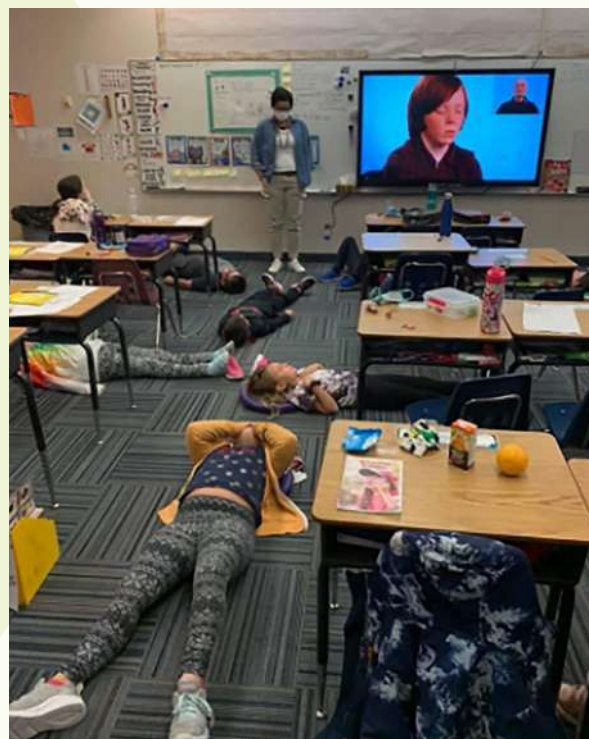


Even in our virtual sessions, we inject movement breaks to keep people energized.

## Staying calm to carry on

*“Canadian Natural is committed to investing in programs and resources that support physical and mental health, especially among youth in the areas where we live and work. By supporting APPLE Schools, we are proud to enhance the wellbeing of many of the most vulnerable students across Western Canada, by helping them incorporate nutritious foods and exercise into their daily lives.”*

Greg Brady, Corporate Indigenous / Stakeholder Relations Manager, Canadian Natural



Being an APPLE school, staff and students at North Star Elementary School in Cold Lake, Alberta recognize that carving out intentional moments to focus on their mental health brings ample benefits. Mindful students enjoy better overall well-being, practice more resilience, and can even perform better in school.

One class at the school promotes positive mental health, regulation, and breathing by taking opportunities to engage in a whole class mindful breathing exercise. Students lay down on the floor and the teacher played a video that they followed along through the exercises. This was done in the earlier part of the day so that students could feel rested, relaxed, and focused before taking on their lessons for the rest of the day.



# REVITALIZING TEAM SPIRIT



The APPLE Schools team was energized to finally reconnect beyond the computer screen for the first time since before the pandemic. We hosted a three-day strategic team meeting in Lac La Biche, Alberta to wrap up and evaluate the successes and trials of the 2021-22 school year, and partake in team building activities and Indigenous learning.

Our staff also had the opportunity to reconnect with four APPLE schools in the region, reminding us of the differences of how the project comes to life in various settings. We also learned about the unique ways that each school promotes wellness directly from the students and staff in the schools. The direct, in-person reconnection to school communities after more than two years totally invigorated the APPLE team and infused excitement into the new school year.

*APPLE Schools staff reconnecting with our value of fun during the strategic team meeting.*

# MEET THE TEAM

APPLE Schools is a small team of dedicated individuals who wear many hats and feel very passionate about our roles in health promotion. Most of our team members have been with APPLE Schools for several years, being intimately involved with the growth and success of the project, including Jenn Flynn, who started as a school health facilitator in 2007.



*Jenn Flynn,  
Executive Director*



*Lauren Walker,  
Implementation Manager*



*Cari Foster,  
Philanthropy & Donor  
Relations Officer*



*Landra Walker,  
Project Specialist*



*Magdalena Pawlowski,  
Communications  
Specialist*



*Nicole Deschner,  
School Health Mentor,  
Edmonton / Knowledge  
Exchange Specialist*



*Jenna Power,  
School Health Mentor,  
Fort McMurray Catholic  
School District*



*Matthew Shewchuk,  
School Health Mentor,  
Fort McMurray Public  
School District*



*Kathy Dekker,  
School Health Mentor,  
Edmonton*



*Tina Skakun,  
School Health Mentor,  
Northeast Alberta  
& Beyond*

# BOARD OF DIRECTORS

It is with great sadness and respect that we acknowledge the sudden passing of one of our newest Board of Directors members, Sally Whiteknife. On behalf of our Board and the staff at the APPLE Schools Foundation, we express our most sincere condolences to Sally's family, friends and the community of Fort Chipewyan and Mikisew Cree First Nation

## CHAIR

**Lory Laing**, PhD, MA, BA (Honours)  
Professor Emeritus, School of Public Health, University of Alberta

## SECRETARY

**Ellery Lew**, LLB, BSc  
Partner, Witten LLP Barristers & Solicitors

## TREASURER

**Bob Sadler**  
Finance Coordinator, Edmonton Heritage Council

## DIRECTORS

**Bill Clapperton**  
Vice-President, Regulatory, Stakeholder and Environmental Affairs, Canadian National Resources Limited

**Tricia Janvier**, BC, B.Ed, M.Ed  
Artist, Cold Lake First Nations

**Matt Jeneroux**  
Member of Parliament, Conservative Party of Canada, Edmonton-Riverbend

**Marg Schwartz**, B.Ed, M.Ed  
Former Director and Sustainability Manager, APPLE Schools

**Paul Veugelers**, PDF, PhD, MSc  
Professor, School of Public Health, University of Alberta; Former Inaugural Director, APPLE Schools

**Allan Markin**, OCE, AOE (Member)  
Founding Donor and Advisor

**Jenn Flynn** (Staff)  
Executive Director, APPLE Schools

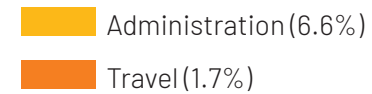
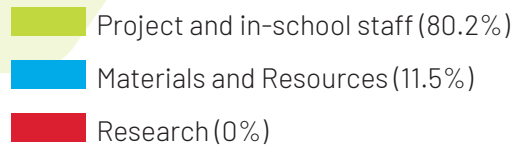
# FINANCIALS



APPLE Schools continues to operate in a fiscally responsible manner, and financials are filed according to the Canada Revenue Agency guidelines.

The fiscal year runs from September 1, 2021 to August 31, 2022.

For a list of our Donors in this reporting period, see page 22.



## EXPENSES



# APPLE SCHOOL COMMUNITIES

## \*APPLE ally school

### BRITISH COLUMBIA

#### School District 60 – Peace River North

Duncan Cran Elementary School (Fort St. John)  
Upper Pine Elementary Junior Secondary School  
(Rose Prairie)

### ALBERTA

#### Alexander First Nation Education

Kipohtakaw Education Centre

#### Aspen View School Division

Landing Trail Intermediate School (Athabasca)  
Rochester School (Rochester)  
Smith School (Smith)  
Whispering Hills Primary School (Athabasca)

#### Beaver Lake Cree Nation

Amisk Community School

#### Edmonton Catholic School Division

Annunciation Catholic Elementary School  
École Holy Cross Catholic Elementary/Junior  
High School  
Good Shepherd Catholic Elementary School\*  
Our Lady of Peace Catholic Elementary School  
Our Lady of the Prairies Catholic Elementary  
School\*  
St. Benedict Catholic Elementary School  
St. Francis of Assisi Catholic Elementary School  
St. Kateri Catholic Elementary School  
St. Rose Catholic Junior High School\*

#### Edmonton School Division

Abbott School\*  
Alex Janvier School  
Athlone School  
Belmead School  
Brightview School  
École Richard Secord School  
Edmonton Christian Northeast School\*  
Hillview School  
Homesteader School  
Inglewood School  
Jan Reimer School\*  
Lee Ridge School  
Prince Charles School  
Sakaw School  
Sifton School  
Tipaskan School  
Youngstown School

#### Elk Island Catholic School Division

Holy Spirit Catholic School\* (Sherwood Park)  
Madonna Catholic School (Sherwood Park)  
St. Luke Catholic School (South Cooking Lake)  
St. Nicholas Catholic School (Sherwood Park)

#### Fort McMurray Catholic School Division

École St. Paul School  
Elsie Yanik Catholic School  
Father Beaugregard School  
Father Patrick Mercredi Community High School\*  
Good Shepherd School  
Holy Trinity Catholic High School\*

Our Lady of the Rivers Catholic School  
Sister Mary Phillips School  
St. Anne School  
St. Gabriel School  
St. Kateri Catholic School  
St. Martha School

#### Fort McMurray School Division

Beacon Hill Public School  
Christina Gordon Public School  
Dave McNeilly Public School  
Dr. K. A. Clark School  
École Dickinsfield School  
École McTavish Public Highschool\*  
Fort McMurray Christian School  
Fort McMurray Composite High School\*  
Fort McMurray Islamic School  
Frank Spragins High School\*  
Greely Road School  
Thickwood Heights School  
Timberlea Public School  
Walter & Gladys Hill Public School  
Westview Public School  
Westwood Community High School\*

#### Frog Lake Education Authority

Chief Napeweaw Comprehensive School

#### Mother Earth's Children's Charter School

#### Northern Lights School Division

Aurora Middle School (Lac la Biche)  
Cold Lake Junior High School (Cold Lake)

H.E. Bourgoin School (Bonnyville)  
Glendon School (Glendon)  
North Star Elementary School (Cold Lake)  
Vera M. Welsh Elementary School (Lac la Biche)

#### Northland School Division No. 61

Anzac Community School (Anzac)  
Athabasca Delta Community School (Fort  
Chipewyan)  
Bill Woodward School (Anzac)  
Conklin Community School (Conklin)  
Elizabeth School (Elizabeth Métis Settlement)  
Father R. Perin School (Janvier)  
Fort McKay School (Fort McKay)  
J.F. Dion School (Fishing Lake Métis Settlement)  
St. Theresa School (Wabasca)

#### Parkland School Division No. 70

Athabasca Delta Community School (Fort  
Chipewyan)

### MANITOBA

#### Swan Valley School Division


École Swan River South School (Swan River)  
Minitonas School (Minitonas)

### NORTHWEST TERRITORIES

#### Sahtu Divisional Education Council

Chief T'Selehye School (Fort Good Hope)

# THANK YOU TO ALL OUR DONORS

 YOU have changed the lives of children in 87 school communities by supporting their health goals. Thank you for continuing to support healthy kids in healthy school communities and for your connection and commitment to those we serve together.



## FOUNDING FUNDER:





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