

Leaves of Change

APPLE Schools Community Newsletter

March 2024

Your Support is in Full Bloom This Spring!

It's been an incredible start to 2024 for APPLE Schools! We're proud to announce that we've now reached a milestone of supporting **100 schools**, impacting thousands of children in schools across western Canada every day. Your ongoing support is key to our continued success and we're grateful for your ongoing partnership.

Part of this growth was supported through our newest partnership with the [Calgary Flames Foundation](#), that expanded our reach to Southern Alberta for the first time and will benefit students at four new schools, including two in Medicine Hat and two in Calgary.

To celebrate the announcement, the APPLE team recently travelled to Calgary and were joined by Flames stars Jonathan Huberdeau, Connor Zary, MacKenzie Weegar and Walker Duehr for some kick off celebrations where APPLE students got to partake in physical movement breaks and Q & A with the players. Check out more on Facebook [here](#) or [here](#), or view the [media coverage](#).



Celebrating a Decade of Impactful Partnership



We're thrilled to recognize and express our gratitude to a longstanding partner, [Inter Pipeline](#), who has been an integral part of the APPLE Schools family for the past 10 years. Through their unwavering commitment and generosity, Inter Pipeline has contributed over \$2.5 million to support our mission of promoting healthy kids in healthy schools.

Members of the Inter Pipeline team had the opportunity to witness firsthand the positive impact of their support during a [recent tour of Father Beauregard School](#) in Fort McMurray. It was a proud moment for the school to showcase their achievements, as the tour was led by enthusiastic students who were eager to share their experiences and highlight the resources and supports that have become integral to their daily lives through APPLE Schools' comprehensive school health approach.



APPLE in Action - Stories from our Schools



At **H.E. Bourgoin School** in Bonnyville, part of the [Northern Lights Public School Division](#), student engagement takes centre stage with a unique approach. Student leaders meet monthly with the principal to tackle various school matters, covering everything from school events to well-being.

During a recent meeting, they were joined by Tina, an APPLE School Health Mentor, to discuss fresh ideas for healthier school canteen options. Together they explored the Alberta Nutrition Guidelines For Children and Youth and shared valuable resources to promote better nutrition in the school community. It's all part of the school's dedication to nurturing a healthy and vibrant learning environment.

St. Benedict Catholic Elementary School, part of the [Edmonton Catholic School Division](#), prioritizes promoting healthy lifestyles among its students. Their commitment is reflected in their action plan, which includes goals aimed at reducing fast-food consumption and encouraging nutritious food choices.

In a heartwarming gesture, the school dedicated a recent chilly winter day to make bannock, extending a warm welcome to their newest teacher. This initiative not only embraced the new staff member but also provided a great opportunity to learn a new skill.





Douglas Harkness School, part of the [Calgary Board of Education](#), is embracing its new status as an APPLE School by promoting increased water intake among students and staff. They initiated a staff-focused water challenge, offering APPLE cups and enticing incentives like an additional prep period and exclusive use of the principal's parking spot for a month to the winner!

They have also introduced a "Spa Water" hydration station for students, featuring weekly rotating fruit-infused water blends such as pineapple, passion fruit, star fruit, and blueberry, which has proven immensely popular as the students get very creative trying new recipes. Recognizing the success and sustainability of this initiative, the school has decided to invest in reusable water bottles for its students, reducing the need for disposable cups.

We want to thank all of our [donors](#) for their commitment to our vision of healthy kids in healthy schools. Together, we will continue to impact children across Canada, providing the help they need to live their best, healthiest lives.

APPLE Schools is a non-profit organization that relies on gifts from generous donors to change lives. Support healthy futures for vulnerable kids.

[DONATE TODAY!](#)

We are always happy to chat about our project and its incredible impact on kids! [Please reach out](#) if you have any questions or concerns.

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