



## WELCOME TO OUR APPLE SCHOOL COMMUNITY!

APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with schools across Alberta, British Columbia, Manitoba, Ontario and the Northwest Territories. It improves thousands of students lives annually by supporting healthy eating, physical activity, and mental health habits.

### WHAT AN APPLE SCHOOL LOOKS LIKE

The APPLE Schools organization works with each APPLE school to transform its community through an approach called comprehensive school health (CSH). CSH empowers school communities to lead boldly, choose wisely, and embrace health at every turn.

**CSH requires schools to apply four components for successful health promotion:**

**1. Teaching and Learning:** Each APPLE school should expand health education beyond the classroom, applying a health lens to all aspects of teaching and learning for staff, students, parents, and community members.

*How will you model healthy behaviours for students to encourage lifelong habits?*

**2. Social and Physical Environment:** People entering an APPLE school should see healthy visual displays, positive social interactions, and healthy messages being championed by all staff.

*When you first walked into your school, what health messages did you notice?*

**3. Policy:** Three levels of policies or guidelines exist to promote health in APPLE schools: province-wide, district-wide, and school-specific. They help to apply a health lens to school initiatives. Staff are encouraged to familiarize themselves with all three levels.

*Have you read your school 's policies and guidelines?*

**4. Partnerships and Services:** APPLE schools do not work in isolation from the broader community -- they strive to establish partnerships with community services and businesses to increase healthy opportunities. I.e., partnering with a grocery store that donates fresh fruit to the school.

*Do you have community connections that can support your school?*

## EVERY APPLE SCHOOL HAS A SCHOOL HEALTH CHAMPION

The school health champion (SHC) is a school staff member who volunteers as the liaison between APPLE Schools and your school community. This person supports your school staff in building and maintaining a healthy culture by initiating discussions and facilitating the school action plan implementation. APPLE Schools supports SHCs through shared resources, PD events, in-person meetings, and much more.

## EVERY APPLE SCHOOL HAS A UNIQUE ACTION PLAN

The action plan is your school's roadmap to wellness that ensures all activities are viewed through a health lens. Your school staff creates the action plan with support from the SHC and an APPLE Schools mentor. It is customized for your unique school community, outlining goals and activities to improve students' physical activity, healthy eating, and mental health habits. It is revised, implemented, and assessed by your school community annually. Be sure to get a copy from your SHC.

## GET TO KNOW YOUR APPLE SCHOOL COMMUNITY

Here are some questions you can ask to get familiar with your school's health culture:

- How do we ensure that students/staff are learning about healthy living? Are healthy messages visually displayed in the school? What are the expectations for staff in being role models?
- Who is involved in building our healthy school culture? Do all staff take an active role in leading and implementing activities?
- How do school policies and guidelines (i.e., nutrition, safe and caring schools, wellness) impact the food and beverages served to students and staff? How do they apply to classroom parties, holiday celebrations, and student rewards?
- How does your school support positive mental health? What leadership opportunities are available to students in your school? How do we create a positive work environment for all staff?
- How do we ensure that all students are getting their 30 minutes of daily physical activity (DPA)? Do we have DPA bins in our classrooms for additional movement breaks?

## ALWAYS CELEBRATE THE GOOD TIMES

APPLE schools celebrate success every step of the way! Take the time to celebrate with staff, students, parents, and community members to recognize the incredible work your school does to build a healthy, happy community.

Learn more about APPLE Schools at [appleschools.ca](https://appleschools.ca)

