

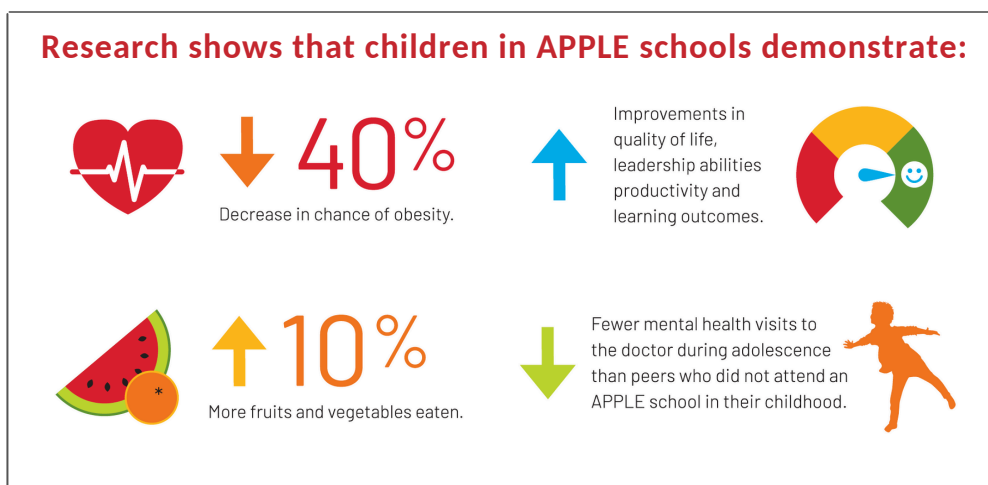
Dear Parents/Guardians,

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.

WE ARE AN APPLE SCHOOL

What does an APPLE School look like? We empower students to make healthy choices and work with them to create positive experiences. All healthy initiatives reflect our school's specific needs. Initiatives can include:

- Monthly campaigns
- Wellness challenges
- Movement breaks
- Non-food rewards
- Mental health education
- Healthy classroom celebrations
- Health-focused student leadership opportunities



APPLE Schools does not dictate policy. Each province/territory and school district has its own guidelines and policies that support wellness. APPLE Schools staff work with our school using these existing guidelines and policies to support healthy school environments.

GET INVOLVED

Want to support your child's wellness at home?

- Help establish a regular bedtime routine
- Pack lunch together, and always include a water bottle
- Ensure a healthy balance between screen time and activity time
- Make time for outdoor activities

Learn more about APPLE Schools at appleschools.ca

