



Proud to be an APPLE School!

As an APPLE School, we are committed to making the healthy choice the easy choice for our students by creating and sustaining supportive physical and social environments that foster lifelong health, wellness, and learning.

What is an APPLE School?

APPLE Schools promotes physical activity, nutrition, and mental wellness in schools through a Comprehensive School Health approach. This approach combines health promotion, education, and a positive school environment to support overall well-being in our school.

APPLE Schools has been recognized as a top 100 global education innovation by [HundrED](#), and listed on the National Cancer Institute's Research-tested Intervention Programs [website](#) for its innovative, evidence-based approach. Currently, the project helps support over 33,000 Canadian students to be healthier every year.



APPLE Schools is 100% funded by donations. School communities are not required to make any financial commitments to be an APPLE school.



What an APPLE School does NOT do:

APPLE Schools does not have its own nutrition policy, set food rules, or control what is served or sold in schools. The focus is on empowering students and families to make informed decisions about their health and well-being.

Instead, they promote healthy choices and encourage schools to adopt a balanced approach to nutrition that aligns with the guidelines set out by provincial curriculum, and district, provincial and national food guidelines.



How it Works:

An APPLE School is a school that's all about supporting students' health and well-being! These schools have either a **School Health Facilitator (SHF)** with dedicated time towards implementing changes, or one or more **School Health Champions (SHC)** who volunteer their time to drive initiatives to ensure the school remains a healthy place. These roles are guided and supported by an APPLE School Health Mentor, and the schools receive funds to help achieve the goals set in their healthy school action plan.

Some of the activities supported by the SHF or SHC may include, but not limited to:

- **Taste tests** where everyone gets to sample healthy foods
- **Wellness challenges** that encourages everyone to reach new goals
- **Movement breaks** that bring fun energy to any classroom
- **Healthy celebrations** that showcase the importance of connection, culture, and wellness
- **Special physical activity classes, clubs, and events** to promote movement and active living
- **Daily Physical Activity and Mental Well-Being Bins** for classrooms

Benefits of APPLE Schools

Research has proven that students in APPLE Schools exhibit better nutrition habits, increased physical activity, and experience enhanced mental well-being compared to other students who do not attend an APPLE School.



Improvements in quality of life, leadership abilities, productivity and learning outcomes.



↑ 10%

More fruits and vegetables eaten.



Fewer mental health visits to the doctor during adolescence than peers who did not attend an APPLE school in their childhood.



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

You can also sign up for the APPLE Schools parent newsletter that offers many ideas and resources to continue what our students are learning at home!

