



Leaves of Change

APPLE Schools Community Newsletter

Another Amazing Year of Partnership in the Books!

Hello,

I hope this message finds you well and filled with pride knowing the incredible impact you've made possible for thousands of children across Canada.

This past year has been one of incredible growth and transformation for APPLE Schools. As we expanded our reach to new schools, we were reminded time and again of the profound impact that comes from community, collaboration, and collective action with our donors, stakeholders, schools, and of course, the students we support.

One of the exciting highlights from the past year was APPLE Schools being recognized from [HundrED](#) for our ability to expand and scale. This recognition further affirmed the effectiveness of our programs and initiatives in promoting health and wellness among school communities, and we were proud to share and celebrate this accomplishment with our schools.

As we look to the next year with optimism and determination, I am reminded of the words of Margaret Mead: "*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.*" Together, we are that small group—united in our commitment to creating a brighter, healthier future for generations to come.

As we celebrate our shared achievements from the past year, I want to express my deepest gratitude for your ongoing partnership and belief in our mission.

With heartfelt appreciation,

Jenn Flynn

Executive Director, APPLE Schools



Students from Conklin School (Conklin, AB), Onoway School (Onoway, AB), Vincent Massey School (Medicine Hat, AB) and Douglas Harkness School (Calgary, AB), sent their appreciation for our donors in some very colourful and creative ways!

Your Impact

This past year has been nothing short of remarkable, and we at APPLE Schools are delighted to share with you the impact your support has had on the lives of children in our communities.

Student Reach

Your continued support has been instrumental in driving our success and enabling us to reach new heights. APPLE Schools now supports more than 33,000 students in over 100 school communities - which means this year we were able to support over 3,000 NEW students. **Because of your commitment, these 3,000 students** are now moving more, making healthier choices, and feeling empowered to lead healthier lives.

Regional and Provincial Expansions

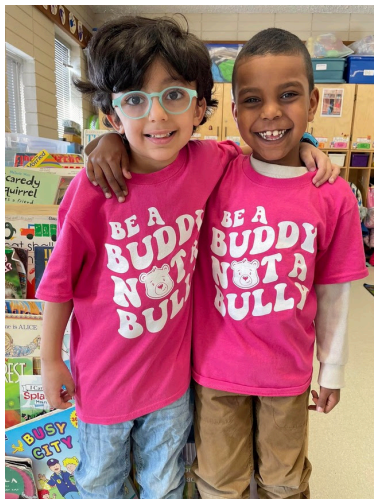
This year, we expanded our reach to new regions and provinces, including southern Alberta (Calgary and Medicine Hat) and Ontario. That's right - starting this fall, APPLE

Schools will be in six new schools in Oshawa and Whitby, part of the Durham District School Board in the Greater Toronto Area. We've also bolstered our presence in Fort McMurray and Edmonton, ensuring that more children have access to the resources and support they need to thrive.

Scalability Achievement

We are thrilled to announce that we have surpassed our "Scalerator" goal ahead of schedule! Our aspiration to reach 100 schools by 2026 is now a reality a few years early, thanks to the dedication and commitment of each of our partners and stakeholders.

APPLE in Action - Stories from our Schools



At a recent APPLE Schools support meeting, **Richard Secord School** in **Edmonton** shared inspiring results from a recent survey: their students feel respected and heard. This is a notable achievement for a school that faced significant student conflict last year. By focusing on creating a positive social environment, they introduced weekly classroom meetings where students could voice their opinions and concerns.

These meetings helped foster a sense of respect and value among students and staff. The positive feedback energized the school community, and they eagerly participated in Pink Shirt Day this year to demonstrate their commitment to kindness, acceptance, and inclusivity.

"As an administrator, 'being an APPLE School' means providing opportunities for our students, staff and families to learn and grow in their knowledge around mental health, physical activity and healthy eating. Each year, we try to offer new experiences and opportunities for our school community to build capacity and help students learn and grow in fun, healthy ways."

- Pam Gray, Assistant Principal, Hillview School (Edmonton, AB)

This spring, the **Fort McMurray Public School Division** (FMPSD) hosted its second annual **Dene Hand Games** tournament, co-led by the APPLE School Health Mentor and the Health Champion from **Westwood Community High School**.

This event celebrates Dene culture and introduces students to a new form of physical activity. Nearly every school in FMPSD participated, along with others from the region including some **Fort McMurray** Catholic schools, **Anzac, Fort McKay, Janvier, and Fort Chipewyan**. Each school had a Dene hand games coach supported by the APPLE Schools Health Mentor. This event was a fantastic example of how comprehensive school health can be infused into the cultural contexts of a region.



Please note, photos are for internal use only

Get Involved

APPLE Schools is proud to be a charity of choice for the [Inter Pipeline Fort McMurray Run for a Reason Marathon](#) on September 22!

As a participating charity partner, we will be onsite at the event to cheer on all the participants! Please consider supporting us by [donating online](#), [sponsoring an APPLE Schools runner](#), or if you'll be in the area, registering to run!

Spread the Word

Another way to get involved is to help us maximize our impact by spreading the word. Please consider sharing the [APPLE School's page](#) within your networks.

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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