



Introduction to APPLE-a-Day

What is it?

APPLE-a-Day is an exciting NEW APPLE Schools' annual event, designed to celebrate and empower healthy choices in our school communities. This year, the event will take place on **February 12, 2025**, with a goal of celebrating APPLE-a-Day each year on the second Wednesday of February.

Inspired by the saying "An apple a day keeps the doctor away," APPLE-a-Day highlights how **small, consistent healthy choices create big impacts**, celebrating individual health journeys while promoting support for making "*the healthy choice the easy choice*."

Why Participate?

APPLE-a-Day is a chance to amplify your success stories and show the world how APPLE Schools creates lasting change. By participating, you're not just celebrating health - **YOU are sharing how APPLE Schools have empowered YOU to make a difference** in your own life and the lives of others!

APPLE-a-Day is an opportunity to showcase the transformative impact of APPLE Schools, including:

- **Better Health for Students:** Lifelong habits like eating well, staying active, and caring for mental health start here.
- **Building Confidence:** Students learn to make smart health decisions, inspiring peers and families.
- **Community Connections:** APPLE Schools bring students, families, and staff together to support wellness.
- **Equal Access to Health:** By making healthy options easy and accessible, every child has the chance to thrive.

How to Participate

It's simple! Here's ***just a few examples*** of how schools, partners, and participants can join in APPLE-a-Day:

1. **Choose One Healthy Action:**
 - Drink water instead of sugary drinks.
 - Take a mindfulness moment - breathing, reading, meditation, etc
 - Go for a quick walk, or participate in a fun movement break



- Try a new fruit or vegetable.
- **Make it your own** - there are limitless possibilities on what you could do!
- 2. **Share Your Healthy Choice:**
 - Post a photo or video of your healthy action on social media.
 - Use the hashtag **#OneHealthyChoice** to join the conversation. Suggested messages to include:
 - i. **"I choose healthy"**
 - ii. **"APPLE Schools gives me the choice to prioritize MY health"**
 - iii. **"APPLE Schools gives me the choice to LEAD my own health journey"**
 - Include the APPLE hand sign (form a circle with your hands to resemble an apple - similar to the "make a heart" gesture but more of a circle).



- **Tag APPLE Schools** on Instagram (@APPLESchools), Facebook (@APPLESchools.ca), or X (@APPLESchools).
 - i. **These steps are important so we can share the movement with many audiences!**
- **Non-Social Media Submissions:**
 - i. Schools and families without social media can email photos and descriptions of their healthy actions to info@appleschools.ca.
- Graphic template available - see Templates at end of document

All submissions that use the hashtag **#OneHealthyChoice** and tag **APPLE Schools** on **FEBRUARY 12th** on social media will be entered to WIN a healthy snack break for your classroom!

- 3. **Get creative, think of a way to tie the activity to your health and wellness curriculum! Here are some fun ideas :**
 - Schools: Organize a group activity, such as a healthy snack picnic or a wellness break.
 - Partners: Showcase your team making healthy choices in support of APPLE Schools.
 - Families: Share how you're incorporating healthy habits at home.
- 4. **Engage With Others:**
 - Like, comment, and share posts with the hashtag **#OneHealthyChoice** to spread the message.



Next Steps for Schools & Partners

1. Plan activities for February 12, 2025.
2. Participate in the APPLE-a-Day event with your community.
3. On the day of, share your healthy choices, use the provided messaging to promote the day, and encourage others to do the same!

We'd love to know if your school community is joining in the fun! Let us know you're planning to participate by connecting with your School Health Mentor - we're here to support you every step of the way.

Whether it's as simple as a sip of water or as big as a group wellness event, every choice matters. Let's make the first-ever APPLE-a-Day a resounding success!

If you have questions, need ideas, or want to share your plans, don't hesitate to reach out. Together, we're celebrating healthier futures - one choice at a time.

Canva Templates for Social Media

Templates are available to create branded graphics if you'd like to add some flair to your posts! Remember to tag us and use the hashtag #OneHealthyChoice

With an Image:

[Facebook/X Template](#)

[Instagram Post](#)

[Instagram Story](#)

Text Only ("My #OneHealthyChoice is..")

[Facebook/X](#)

[Instagram Post](#)

[Instagram Story](#)