



Making Life Better for Alberta Children & Communities

APPLE Schools is an innovative, school-focused health promotion project that improves the lives of school-aged kids by changing their healthy eating, physical activity, and mental health habits.

- Targets children at a critical stage of development when life-long habits are formed. These habits **increase likelihood of academic success and lower the chances of chronic disease.**
- Addresses mental health issues by teaching coping strategies and **creating safe and supportive school environments.**
- Increases physical activity levels by **addressing inequities in school communities**, offering access to various opportunities for less active students, particularly girls.
- **Develops students' leadership abilities** and improves their nutrition habits.
- **Empowers vulnerable school communities** in developing their own sustainable, school-specific plans designed to make health and learning fun and engaging.
- **Costs less than 10 cents per student, per day.**

Achieving Measurable Results

Since 2007, APPLE Schools:

- Increased students' vegetable and fruit intake by **10%**, and decreased overall caloric intake by 237 calories per day.
- Increased students' physical activity by **35%**.
- Decreased obesity by **14%**.
- Improved the quality of life, leadership abilities, productivity, and learning outcomes of students.



Reaching More Underserved Children in Alberta

GOAL 1

Expand to 10 new vulnerable schools by Sept. 2018

GOAL 2

Continue expanding to 10 new schools every three years

GOAL 3

Support 31,000 students annually starting 2028

APPLE Schools Are Places Where Children Want to Be



Students take part in winter walk activities to stay active in the winter time and connect to their environment.



Students pick fresh greens from their school garden, which they use for healthy snacks.

“Our students who turned up their noses at vegetables in September are now devouring fresh veggies we grow in our tower garden, affectionately called the Green Monster. They are also making wiser food choices as they become more informed.”

CAL JOHNSON, PRINCIPAL AT CONKLIN COMMUNITY SCHOOL

“I feel the garden is happy and the vegetables make my tummy smile!”

KINDERGARTEN STUDENT IN EDMONTON'S ST. KATERI, COMMENTING ON THE CLASSROOM'S INDOOR GARDEN

“Exam time stresses me out. It was fun to work with my friends to find ways to help deal with this stress.”

GRADE 7 STUDENT AT HOLY TRINITY CATHOLIC SCHOOL, FORT McMURRAY, COMMENTING ON THE STUDENT-LED ADDRESS YOUR STRESS CAMPAIGN.



North Star Elementary School students in Cold Lake demonstrate mindfulness exercises at a school board meeting.

“APPLE Schools gave me the time and resources to seek grants and funding so students can participate in excursions outside of the community. Our area has limited sports. Travelling is difficult and expensive but we've created proposals so students can try new things. They are becoming more confident through exposure to new sports and activities.”

SCHOOL HEALTH FACILITATOR IN JANVIER, AB

YOUR IMPACT

Donations will ensure a lifelong impact on thousands of vulnerable children, as APPLE Schools is a sustainable project. This support can open the door to opportunities they do not have, and offer them the chance to thrive as healthy, confident, educated individuals.

If you would like to see more stories that showcase what an APPLE school looks like, please visit our website at www.appleschools.ca and click on the SCHOOLS tab, or contact magdalena.pawlowski@appleschools.ca.