

## Parents Want Healthy Schools

Parents overwhelmingly support schools limiting the availability of unhealthy foods and providing daily physical activity for their children. Of the 3758 parents of grade five students surveyed in 2008 from 148 schools in Alberta, 93.7% agree or strongly agree with limiting the availability of unhealthy foods in school. Similarly, 80.1% of parents believe the school should discourage students from bringing unhealthy foods to schools. Further to this, parents overwhelmingly support (98%) the province's Daily Physical Activity policy.<sup>1</sup>

## Parents Love Healthy Schools

"...I was concerned when he started Kindergarten he would see his peers eating candy and eventually get into it. I was very excited to find out that Lee Ridge School had a nutrition policy that promoted healthy eating. 4 years later he still doesn't eat candy or any sugar products. And he is very aware of what healthy choices he has from everything taught in class and on the school bulletin boards, including how to read labels. He even promotes this factual information to his family and friends. He proudly calls himself a Healthetarian." - Sandra Weeks and James Phillips, Lee Ridge School Parents

"The benefits I've seen for my children and my family are my children have been very healthy and have had very few absences from school. I think that is due to eating healthy foods and all the exercise that the school is promoting for them. One of the surprises I have seen, is my children really know how to read labels. When we go to the grocery store they know what to look for. We can't just buy juice from concentrate, we have to buy the 100% fruit or vegetable juice. APPLE Schools tries to make it as fun as they can for the children" – Ledawn Caume, Blessed Kateri Catholic School Parent



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*"It was amazing to me that they would on their own choose healthy foods over other foods."* **Carley Bateman**

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*"The daily focus on a healthy lifestyle gives all kids a chance to make healthy choices"* **Homesteader School Parent**

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## What is APPLE Schools

APPLE Schools is a privately funded, innovative school-focused health promotion initiative that improves the lives of more than 15,000 students in 51 schools across Northern Alberta. APPLE Schools supports school communities through the development of healthy habits and changes to school environments in order to improve healthy eating, active living, and positive social behaviours for a lifetime.

<sup>1</sup> Spitters, H., Schwartz, M., & Veugelers, P. J. (2009). Parent and student support for policies that promote healthy eating and active living. *Physical and Health Education Journal*, 75(2), 30-34.