

A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

This month, students are taking part in a campaign called What is a Healthy School? Here is a summary of the learnings.

What is a Healthy School Community?

Healthy school communities promote wellness and strive to create environments that foster lifelong health and overall well-being. The approach used to create active, healthy school communities is an internationally recognized framework called **Comprehensive School Health**.

Healthy kids learn better and achieve more

Children with nutritious diets and recommended physical activity levels show better academic results. Healthy habits learned early in life often translate to a lifetime of healthy living.¹



Pillars of a healthy school community

The three pillars of an APPLE School focus on positive social behaviour, physical activity, and healthy eating. All three are infused into day-to-day life at school through various initiatives.

The World Health Organization identified these three pillars as qualities of the most effective school-based health promotion programs for changing behaviour.

What is APPLE Schools?

Our school works with APPLE Schools to build a healthy community. The organization strives to inspire and empower school communities to be leaders in their journey to health by recommending and supporting evidence-based, sustainable changes. Go to appleschools.ca to learn more.

¹<http://www.jcsh-cces.ca/index.php/about/comprehensive-school-health>



For more information about APPLE Schools, visit www.appleschools.ca

