

HEALTHY EATING	ACTIVE LIVING
Offer white milk to all students for cost recover	Host dance parties
Provide two water bottle filling stations	Provide cross country skiing
Allow students to keep water bottles on desks to promote hydration	Partner with Athabasca Landing Pool
Provide healthy snack once per week to students for minimal cost due to the fact that WHPS REAL kids survey results (2014) indicated only 40% of our students are receiving at least 2 servings of vegetables per day – Canada Food Guide indicates 5 servings of fruit and vegetables for children 4-8	Partner with Pat Cheshire, Yoga instructor
Creation of wellness commitment indicating we will provide 80% choose most often and 20% choose sometimes foods	Partner with Athabasca Flips to offer gymnastics
Continuation of Family Lunch Days providing choose most often lunches for a reasonable cost	Organize lunch time Happy Feet Movement Club
Staff model and promote healthy eating	Organize lunch time Art club
Provide apples to students (even though private funder removed funding) Note: 2 cases are ordered each week arriving on Monday, usually gone by Wednesday at the end of the day	Organize lunch time Book club
Offer frozen fruit bars as an alternative to ice cream or popsicles	Partner with Athabasca Oilmen's to promote Curling through Rocks and Rings
Yearend trips provide choose most often foods eg. Wraps, watermelon, etc	Organize Jump Rope for Heart – skipping
Organize Jingle Bells breakfast providing choose most often breakfast FREE for all students on PJ Day	Organize monthly theme walks on Family Lunch Days
Offer monthly FREE taste tests for students to try new foods	Partner with Athabasca Golf Club to offer golf
Offer cooking Club to students after school	Organize Winter Carnival
	Organize yearend Play Day
	Partner with 27-4 Dance Studio to offer Hip Hop Dance
	Provide playground bins for each class with toys
	Teachers provide movement breaks throughout the day using staff video clips modelling activities

APPLE SCHOOLS

APPLE = (Alberta Project Promoting active Living and healthy Eating)

Below is a list of the things we do to promote both healthy eating and active living