

APPLE SCHOOLS-----So what does this really mean?

Whispering Hills Primary Schools is apart of the Alberta Project Promoting active Living and healthy Eating in Schools (APPLE Schools). APPLE Schools vision is to have healthy kids in healthy schools and WHPS has been promoting healthy environments for its' students since 2011. Each APPLE school is provided a School Health Facilitator (SHF) trained in healthy eating, physical activity, and positive mental health. The SHF works with students, parents, school staff, and community members to develop a school action plan to meet the specific needs of their school. APPLE Schools uses resources developed by Alberta Health Services, Alberta Health, Alberta Education and other health organizations to promote positive health behaviours for students, staff and families.

APPLE Schools transforms school communities from the bottom-up through an approach called Comprehensive School Health (CSH). CSH is an internationally recognized framework for supporting improvements in students' educational outcomes while addressing school health in a planned and holistic approach. It's not just about what happens in the classroom- rather it encompasses the whole school environment in 4 specific areas; social and physical environment, teaching and learning, healthy school policy, and partnerships and services.

According to the 2012 Real Kids results for our school 16% of grade 3 students are consuming enough vegetables and fruits. WHPS is making 'the healthy choice, the easy choice by making an effort to provide healthy options whenever food is served or sold at the school. The DRAFT WHPS wellness policy helps to define foods that will be served or sold by the school, not food being brought in individual lunches. It also means that your child will be provided with more opportunities to be active, try new physical activities and to promote positive mental health through leadership opportunities and providing a caring environment.

APPLE Schools is funded by the Allan P. Markin Charitable Foundation and has invested \$14 million in vulnerable student populations to prevent chronic diseases related to childhood overweight and obesity. It is estimated this investment will save \$210 million through avoided health care costs, improved academic achievement, enhanced mental wellbeing, and better quality of life.

How to get involved in APPLE Schools:

- Be a voice on the APPLE Core Committee and help to set healthy school goals for the year.
- Get a list of healthy school activities that are planned for the year and choose one to volunteer at.
- See if the school has a healthy breakfast or snack program and ask if they need your help.
- If you're connected within your community, see if your organization or workplace could sponsor a healthy school initiative.