



Alberta Project Promoting
active Living & healthy Eating



What is APPLE Schools

- Research intervention
- 1 full time facilitator in each school (14 schools currently)
- Comprehensive School Model
- Changing school environment
- “Making the healthy choice the easy choice”



Non Instructional Hours Programming for Healthy Schools

Why focus on non instructional hours?

- Large portion of day
- Perfect time to reach kids
- Activity decreases during those hours
- Great tie into home and community



Outline

- Introduction
- Before School
- Recess (am and pm)
- Lunch hour
- Afterschool hours
- Community Time
- Tying it all Together
- What's the Buzz?
- Wrap up & Questions



Before School

- **Activity Clubs**

- *Fitness Club, Boot camp, Running Club, Skipping Club, Dance Club, Indoor Walking Club, Pedometer Challenges, Cup Stacking Club, Yoga Club, Cheer Club, Staff Workout Programs*

- **Non-Activity Clubs**

- *Gardening Club, Health Concession Preparation*



Before School

Breakfast Programs

- Different types of breakfast programs:
 - Snack Shack – Food purchased by students
 - Hot Breakfast – Prepared daily by volunteers
 - Cold Breakfast – Cereal & Toast available at school
 - Exam Week Breakfast – Continental breakfast for all students
- Funding opportunities:
 - Breakfast for Learning & Alberta Milk
 - Breakfast Clubs of Canada
 - Nutrition Grants
 - Corporate Sponsorship
 - Parent Council
 - Community Foundations & Lions Club



Recess – AM & PM

- PALs/Positive Playgrounds
- Student Leadership Opportunities
- DPA Bins
- Activity Clubs
- Taste Testing
- Intramurals – Drop in, organized, girls only
- Pedometer Challenges
- Health Concessions
- Active Indoor Recess Activities



LUNCH HOUR

- Inclusive Intramurals
- Fun Female Fitness
- Lunch Room Competitions
- Student Leadership
- Taste Testing



After School

- **Recreation Clubs**

- *Running clubs, sport clubs*

- **Cheer Clubs**

- **Staff Wellness**

- *Pedometer challenges, rainbow lunch, activity challenges, goal setting*

- **Cooking Clubs**

- **Family Nights**

- *Games nights, movie nights, cooking nights, family dances, information sessions and wellness fairs*

- **Whole School Challenges**

- *Walk around the world challenges, family physical activities challenges, rainbow lunch*



Recreation Clubs

- Activity and cooperation based
- Multi-Sport opportunities



Cheer Clubs

- Promotes female participation
- Great for school spirit



Staff Wellness

- Improves health and wellbeing
- Empowers staff to be active and role model healthy active living



Cooking Clubs

- Teach life skills and importance of healthy eating
- Food security



Family Nights

- Fun for the whole family
 - *Games nights, family cooking nights, movie nights, family dances*
- Increases fitness levels
- Family orientated



Whole School Challenges

- Help students, staff, and families set goals
- Boost health awareness
- Rainbow lunch, pedometer challenges, family activity challenges, Turn TV off campaigns



Community Connections

- Green Shack Program
- Community Gardens
- Spring Break and Summer camps
- Community Kitchens
- Community Festivals
- Stone Soup



Partnerships

- Success of these programs and sustainability
- Community assets
- Non-traditional partnerships
- Spill over effect into community



TYING IT ALL TOGETHER

- Non-Instructional Time is:



SCHOOL



REACHING THE HOME



BUILDING COMMUNITY



COMPREHENSIVE SCHOOL HEALTH PHOTO COLLAGE



WHAT'S THE BUZZ!

We want to hear all the great things that are going on around the room!



Questions



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