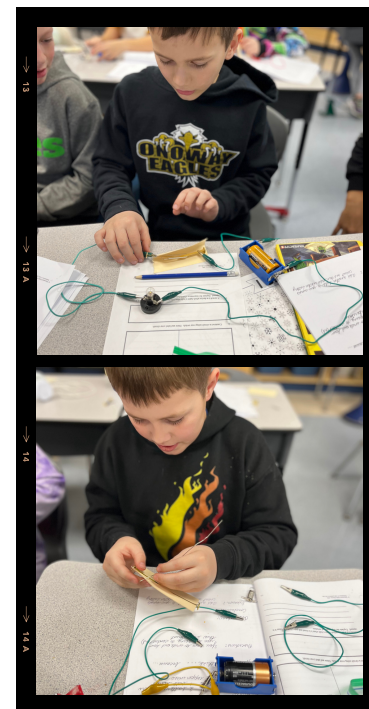


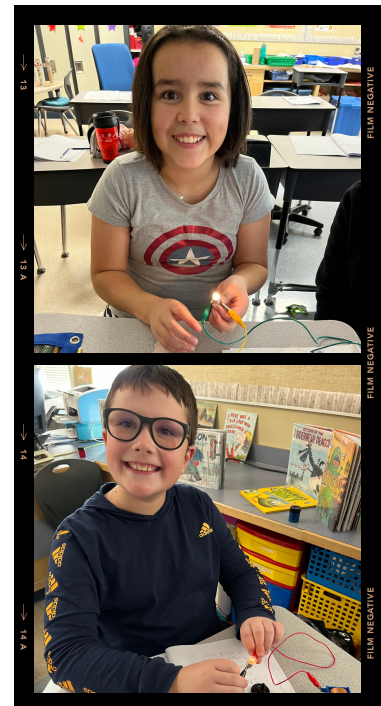
JANUARY 23-27



Grades 4-6 enjoyed some skating this week!



5F- adding a battery to their series circuits to determine the effect on the brightness of the bulb.



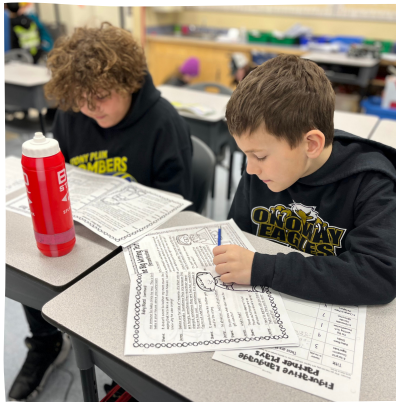
A friendly reminder, at school, and on the bus we are scent sensitive.

We are asking for no perfumes or strong smelling items.

Thank you!



We have some exciting things coming up!
Including 12 days of fitness! Get ready!
More information coming soon.



NEXT WEEK!

<p>Girls basketball practice after school</p> <p>Juice Bar: Gr. 4-7 and K1 & K3</p> <p>Monday January 23</p>	<p>7D Skating</p> <p>Juice Bar: Gr. 1-3 and K2</p> <p>Tuesday January 24</p>	<p>7L Skating Grade 1 Skating</p> <p>Boys basketball practice after school</p> <p>Juice Bar: Gr. 4-7 and K1 & K3</p> <p>Wednesday January 25</p>	<p>Lego Robotics Club</p> <p>Juice Bar: Gr. 1-3 and K2</p> <p>Thursday January 26</p>	<p>RED AND WHITE DAY</p> <p>7B Skating Grade 1 Skating</p> <p>Chicken Nugget's hot lunch</p> <p>Assembly at 11:00am</p> <p>No JUICE BAR</p> <p>Friday January 27</p>
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Dear Parents/Guardians,

For many years, we have attended **APPLE Schools** professional development opportunities and knowledge-exchange events; and because of our commitment, we are now an official **APPLE ally school community!** APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with schools across British Columbia, northern Alberta, Manitoba, and Northwest Territories. It improves thousands of students lives annually by supporting healthy eating, physical activity, and mental health habits.

We are an APPLE ally school

What does an APPLE ally school look like? We empower students to make healthy choices and we work with them to create positive experiences. All healthy initiatives reflect our school's specific needs. Initiatives can include:

- Monthly campaigns
- Wellness challenges
- Movement breaks
- Non-food rewards
- Mental health education
- Healthy classroom celebrations
- Health-focused student leadership opportunities

Research shows that children in APPLE schools demonstrate:



↓ 40%

Decrease in chance of obesity.



Improvements in
quality of life,
leadership abilities
productivity and
learning outcomes.



↑ 10%

More fruits and vegetables eaten.



Fewer mental health visits to
the doctor during adolescence
than peers who did not attend an
APPLE school in their childhood.



APPLE Schools does not dictate policy. Each province/territory and school district has its own guidelines and policies that support wellness. APPLE Schools staff work with our school using these existing guidelines and policies to support healthy school environments.

Get Involved

Want to support your child's wellness at home?

- Help establish a regular bedtime routine
- Pack lunch together, and always include a water bottle
- Ensure a healthy balance between screen time and activity time
- Make time for outdoor activities

Learn more about APPLE Schools at appleschools.ca

