

A BITE OF HEALTH



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

Eat, Move, and Play Through the Holidays

This month, students are learning how to stay healthy during the holidays through a campaign called Eat, Move, and Play Through the Holidays. Here is a summary of the learnings and how you can support your child's health.

'Tis the Season to be Healthy and Mindful

During the holidays, baked goods are just a hand's reach away and gatherings focus around food. Maintaining a healthy routine can be challenging during this time. Here are some quick tips to promote a healthy holiday season for your family:

- **Store treats until snack or meal time.** If left out in an accessible area, your family is more likely to nibble throughout the day instead of scheduled meals times.
- **Plan fun winter activities.** Make the best of the snow while you can. Build a snowman, have a snowball fight, or go tobogganing as a family.



How Will You Eat, Move and Play Through the Holidays?

This month, students' goal is to get 60 minutes of physical activity, replace a less healthy food or drink with something healthier, and spend at least 1 hour less in front of a screen every day for five days.¹

Help you child reach his/her goals, or even better, join in the challenge yourself!

1 PHYSICAL ACTIVITY >> Colour in one bar for every 10 minutes of activity you do	 My favourite activity <input type="text"/>	2 HEALTHY EATING >> Choose healthy foods and drinks often. See other side for more information	Today I ate/drank <input type="text"/> <i>(something healthy)</i> instead of <input type="text"/> <i>(something unhealthy)</i>	3 SCREEN TIME ALTERNATIVES >> Reduce your screen time by at least one hour. See other side for ideas on what to do instead	I reduced my screen time by 1 hour today What I did instead: <input type="text"/>
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Reference:

¹ <http://www.everactive.org/>