

# A Bite of Health



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

## New Year, New You

This month, students are learning how to set health-related goals through a campaign called New Year, New You. Here is a summary of the learnings and how you can support your child's health.

### Goal setting for the new year

This time of year, many people will make New Year's resolutions that revolve around health and wellness. One of the simplest steps you can take to improving your health is to set goals. But, do you know *how* to set goals to increase your chances of success?



### Be successful with SMART Goals

**S** – smart

**M** – measurable

**A** – attainable

**R** – realistic

**T** – time-based

Set some healthy goals with your family this year. By setting goals as a family, you can stay positive, keep each other accountable, and encourage each other to reach the goals.

Goals could revolve around healthy eating, physical activity, or increasing family time together. Make sure that your child has a chance to provide input.

### Don't forget about your mental health

Developing a positive outlook on life in the present will be helpful for your future mental well-being. The way you think about yourself now and how you contribute to your surroundings, will shape how you feel later. After all, achieving or maintaining

mental well-being is more than the absence of mental illness symptoms, it's about making the most of life, building a sense of belonging, and making use of available resources to help face challenges.<sup>1</sup>

Reference

<sup>1</sup> <http://www.health.alberta.ca/>



For more information about APPLE Schools, visit  
[www.appleschools.ca](http://www.appleschools.ca)

