

# 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.

## Turn off the Tube, Get on the Move

Students are learning about the Canadian Sedentary Behaviour Guidelines for Children and Youth through a campaign called Turn off the Tube, Get on the Move. Here is a summary of the learnings, and how you can support your child's health.

Canada is the first country in the world to have guidelines around limiting the amount of time children and youth should spend staring at a screen. They are called the Canadian Sedentary Behaviour Guidelines for Children and Youth. These guidelines show us how truly important it is for kids to move around every day in a variety of ways.



### Why reduce screen time?

Studies have shown that increased physical activity and reduced sedentary time can lead to increased fitness, improved self-esteem, and higher academic performance.<sup>1</sup>

For elementary-school-aged children, the guidelines recommend reducing screen time to no more than two hours per day.<sup>1</sup> Look at how much screen time your family gets each day. Is there room to reduce it?

### Get your kids to turn off the tube, and get on the move!

- Check your local community centre for fun activity programs
- Invite children on a walk or bike ride after dinner, aiming to establish it as a habit.
- After school, encourage children to visit with friends in person, rather than online
- Eat at the dinner table as a family. Encourage a no-screens-allowed rule (includes phones!)
- Offer your child some active indoor and outdoor chores
- Engage your child in helping to prepare meals
- Encourage your child to be involved in after school activities or sports
- Limit after school television, video games, texting, and other screen time

Reference: <sup>1</sup>[www.csep.ca](http://www.csep.ca)



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

