

Healthy Schools Calendar

November 2018

World Kindness Day

Build a safe and caring school culture with a focus on kindness this year. Kick start your kindness movement by celebrating [World Kindness Day](#) on November 13. Encourage students to perform acts of kindness for others and discuss ways to be kind in the school, at home, and in the community. Continue to build momentum in your classroom by reading [books about kindness](#), teaching a [kindness lesson plan](#), or creating a [kindness inquiry project](#). Then spread the love to the whole school by setting up a thank you note station, recognizing kindness on a bulletin board or the school announcements, or starting a kindness club. Check out these [5 simple classroom activities to celebrate world kindness day](#) to get started.



Need support? Every school jurisdiction in Alberta has an assigned Alberta Health Services staff member to support [Comprehensive School Health](#).

To find out who the contact is for your jurisdiction email: healthychildrenandyouth@ahs.ca

Resources to Support Healthy School Communities

- [How to Start a Kindness Club](#)
- [Sample Healthy School Action Plan: Positive Mental Health in a High School](#)
- [Puzzle Activity: A Team Building Activity](#)

Funding Opportunity Deadlines

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| School Equipment Grant | This grant may be used to purchase the equipment needed to prepare food and adhere to safe food handling requirements. Applications are accepted year-round. |
| MusiCounts | The MusiCounts Band Aid program provides musical instruments to schools whose music programs are in need of instruments to ensure their sustained growth. Grant applications accepted in the fall, check website for updates. |
| Community Investment Grant | This fund offers financial and volunteer support to promote STEM (science, technology, engineering and math), advance energy literacy and conservation or build capacity or leadership for Indigenous people. This fund also supports community development projects where Imperial Oil has an operating interest. Applications are accepted year-round. |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>NOW AVAILABLE - November's issues of Healthy Children and Healthy Teens newsletter for parents (aussi disponible en Français). For resources to support building healthy school communities visit www.ahs.ca/csh</p> | | | | 1 | 2 | 3 |
| 4 Daylight Saving Time Ends | 5 | 6 | 7 | 8 | 9 | 10 |
| Media Literacy Week | | | | | | |
| 11 Remembrance Day | 12 | 13 World Kindness Day | 14 | 15 | 16 International Day for Tolerance | 17 |
| 18 | 19 | 20 National Child Day | 21 | 22 | 23 | 24 |
| 25 International Day for the Elimination of Violence Against Women | 26 | 27 | 28 | 29 | 30 | |