

Healthy Schools Calendar

December 2019

National Safe Driving Week

Teachers are experts at making the most of every opportunity: a simple walk outdoors becomes a study of the environment, a chance to exercise large muscle groups, and a vibrant discussion about littering and recycling. Imagine the potential when those same “maximizing skills” are applied to a wellness event! Take [National Safe Driving Week](#) for example, a campaign that focuses on impaired and distracted driving. To extend the benefit of this week beyond December 7th, make the event part of something bigger. Perhaps it’s time for your school to start a safety committee. Maybe Safe Driving Week inspires your school to challenge all teen drivers in your school to collect signatures on the [Checkpoints Parent/Teen Driving Agreement](#). Whatever health goals your school is striving toward, challenge yourself to think of creative ways that National Safe Driving Week (and other health promotion events) can help you get there.

Need support? Health promotion facilitators from Alberta Health Services are available to support every school authority in the province with [Comprehensive School Health](#).

To find out who the contact is for your school authority email: schoolhealthandwellness@ahs.ca



Resources to Support Healthy School Communities

- [Checkpoints Parent/Teen Driving Agreement](#)
- [Safe Roads Alberta](#)
- [Alberta Health Services - Injury Prevention and Safety Website](#)

Funding Opportunities

Girls in Motion Grant	Girls in Motion is a “girl-friendly” program that provides high-quality recreational, sport/physical activity programs specifically for girls ages 10-14 in Alberta. Communities are encouraged to apply for a grant to address the needs of girls who are less active and those who are unable to access activity programs due to limitations of income, location, culture, family or perceived ability.
Alberta Music Education Grant	This grant helps promote, deliver or participate in music education, workshops, festivals and programs.

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Girls in Motion Grant Application Due	2	3 International Day of Persons with Disabilities	4	5	6	7
National Safe Driving Week						
8	9	10	11	12	13	14
15 Alberta Music Education Grant Application Due	16	17	18	19	20	21 First Day of Winter
22	23	24	25 Christmas Day	26 Boxing Day	27	28
29	30	31	NOW AVAILABLE - December'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			