

Healthy Schools Calendar

January 2019

Bell Let's Talk Day

Mental health awareness and acceptance is highlighted this month by the [Bell Let's Talk](#) movement. Their goal is to “help keep the conversation going all year long and make every day a day it is okay to talk about mental health”. Schools have an amazing opportunity to create mentally healthy environments where students feel safe, confident and cared for. A place where they can express themselves freely-all year long. Learn more about the “[5 ways to help](#)” and find creative ways to share them with your students, staff and parents for a comprehensive approach to mental health throughout the year.



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

- [Can We Talk?](#)
- [Kids Have Stress Too](#)
- [Schools that Strengthen Resilience](#)

Funding Opportunity Deadlines

Alberta Native Plant Council Small Grant

This grant provides up to \$1000 for small scale native plant projects. Applications are accepted year-round.

School Tech Grant

This grant equips schools with the right technology to keep students inspired, motivated and empowered as they learn and grow. Applications accepted spring and fall.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOW AVAILABLE - January'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>		<p>1</p> <p>New Year's Day</p>	2	3	4	5
	6	7	8	9	10	11
13	14	15	16	17	18	19
20	21	22	<p>23</p> <p>Weedless Wednesday</p>	24	25	26
	National Non-Smoking Week					
27	28	29	30	<p>31</p> <p>Bell Let's Talk Day</p>		
Shaping the Future Conference						