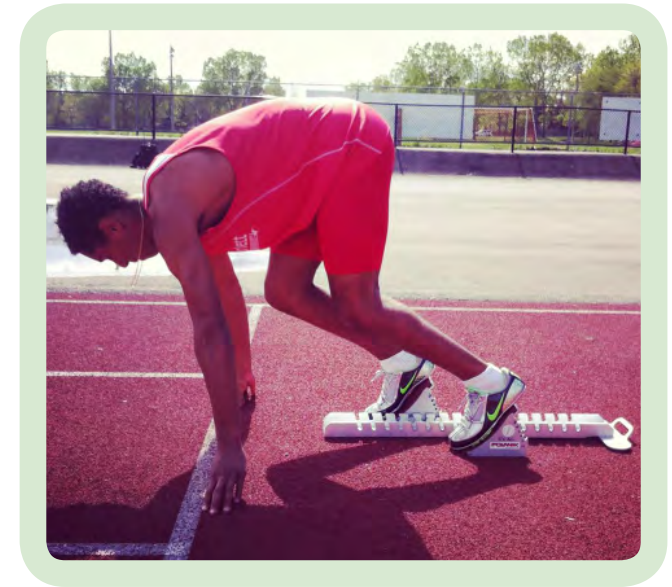


Healthy Schools Calendar

June 2019

National Health and Fitness Day

Let's make Canada the fittest nation on earth! The [National Health and Fitness Day](#) Act became law in December 2014, making the first Saturday in June a day for Canadians to get active. Use this day to start a movement, literally, within your school community and beyond! Consider getting students to send this sample [letter](#) to local stakeholders and use this day to increase partnerships and community connectedness. Add some healthy competition, empowering students to create a challenge and have fun playing!



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

- [Active Living Rubric](#)
- [Fitness Dice Activity](#)
- [Ever Active Schools Music Playlists](#)
- [Sugar Shocker Education Kit for Children and Youth](#)

Funding Opportunities

[President's Choice School Nutrition Equipment Grant](#)

This grant supports publically-funded schools' efforts to provide higher quality nutrition for students. Grants must be used to purchase the equipment necessary for food preparation and/or safe food handing. Applications are accepted year-round. In order to receive this grant, schools must be a current [PCCC School Nutrition Grant](#) recipient.

[Youth Environmental Engagement Grant](#)

This grant supports Alberta's young people (aged 25 and under) in their environmental efforts. Micro-grants of up to \$500 are awarded to youth-led and youth-targeted environmental projects and initiatives. Eligible projects include outdoor classrooms, gardens and field trips. Applications are accepted year-round.

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOW AVAILABLE - June 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 National Health and Fitness Day
2	3	4	5	6	7	8 World Oceans Day
Canadian Environment Week * Commuter Challenge						
9	10	11	12	13	14	15
16 Father's Day	17	18	19	20	21 National Indigenous Peoples Day First Day of Summer Longest Day of Play	22
23	24	25	26	27 Canadian Multiculturalism Day	28	29
30						