

Healthy Schools Calendar

March 2019

International Day of Happiness

Researchers studying happiness are coming up with some interesting findings. Happier people are more energetic, have stronger immune systems, are physically healthier, and are more resilient in difficult times. They are more sociable, cooperative, charitable, and self-confident. Let [International Day of Happiness](#), March 20, inspire you to incorporate happiness activities into school life. Here are some examples:

- Improve health, happiness and literacy by writing gratitude letters
- Perform random acts of kindness
- Connect service projects to the International Day of Happiness theme, *Share Happiness*
- Boost happiness with a dose of nature by moving lessons outdoors
- Rally a group of Happiness Ambassadors whose mission is to create smiles



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

- [Sample Healthy School Action Plan: Student Leadership in an Elementary School](#)
- [Service Learning in Practice](#)
- [The Heart of the Matter: Character and Citizenship Education in Alberta Schools](#)

Funding Opportunities

Learning Garden	This grant provides funding for school gardens.
School Garden	This grant provides funding for school gardens.
MEC Community Grants	This grant supports initiatives that reduce barriers to outdoor activity, increase the community of outdoor enthusiasts, and teach responsible outdoor recreation practices.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOW AVAILABLE - March issues of Healthy Children and Healthy Teens newsletter for parents (aussi disponible en Français).</p> <p>For resources to support building healthy school communities visit www.ahs.ca/csh</p>					<p>1 Learning Garden & School Garden Grant Applications Due</p>	2
				<p>Teachers' Convention: GETCA</p>		
3	4	5	6	7	<p>8 International Women's Day</p>	9
				<p>Teachers' Conventions: MPTCA, CEATCA</p>		
10	11	12	13	14	15	16
				<p>Teachers' Conventions: CATCA</p>		
<p>Canadian Agricultural Safety Week</p>						
17 St. Patrick's Day	18	19 MEC Community Grant Application Due	20 International Day of Happiness	21	22 World Water Day	23
24	25	26	27	28	29	30
31						