

Healthy Schools Calendar

November 2019

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](#), 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? 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

- [The Everyday Mental Health Classroom Resource](#)
- [How to Start a Kindness Club](#)
- [Sample Action Plan: Positive Mental Health in a High School](#)

Funding Opportunities

Honouring Life	Honouring Life is a suicide prevention program developed to support First Nations and Métis communities by building capacity in mental wellness, resiliency and healthy lifestyle promotion. Applications are accepted year-round.
Alberta Native Plant Council	This fund provides grants of up to \$1000 for small scale native plant projects. Applications are accepted year-round.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOW AVAILABLE - November's 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>					1	2
3 Daylight Saving Time Ends	4	5	6	7	8	9
10	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