

Healthy Schools Calendar

October 2019

International Walk to School Day

Taking part in wellness events can contribute greatly to school spirit. Imagine the extra payoff you would see if a single wellness event was the *beginning* of something bigger. Take [International Walk to School Day](#) for example, a global campaign that celebrates active transportation. Since active travel to school reduces traffic congestion, you may want to involve your school's safety committee. Maybe it can be an opportunity to engage with families and the wider community? Walking to school is also a great way to socialize and build friendships, so perhaps a Wednesday Walk and Roll group might be a fun offshoot. Challenge yourself to think of creative ways that **International Walk to School Day** (and other health promotion events) can help you reach your health goals.



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

- [Tool for Decision-makers to Promote Physical Activity](#)
- [Don't Walk in the Hallway Video](#)

Funding Opportunities

Take the Lead Grant

This grant helps Alberta girls become experienced leaders in sport and recreation. Grant monies can be used for training, course fees, certification, clinics, equipment, travel, lodging and meals.

Fun Team Alberta

This grant is available to schools that are interested in hosting: a soccer tournament, family try-athlon or recreational hockey tournament. Funding is also available for schools looking to purchase or rent sports equipment such as nets, balls and pinnies. Applications are accepted year-round.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOW AVAILABLE - October issues of Healthy Children and Healthy Teens newsletter for parents (aussi disponible en Français).		1	2 International Walk to School Day	3	4	5 World Teachers' Day
	International Walk to School Week					
6	7	8	9	10 World Mental Health Day	11	12
Mental Illness Awareness Week * National Family Week * Media Literacy Week						
13	14 Thanksgiving Day	15	16 World Food Day	17	18	19
National School Safety Week						
20	21	22 Mix It Up at Lunch Day	23	24	25	26
National Teen Driver Safety Week						
27	28	29	30	31 Halloween Take the Lead Grant Application Due	For resources to support building healthy school communities visit www.ahs.ca/csh	