

# Healthy Schools Calendar

## February 2020

### Winter Walk Day

Walking is a fabulous activity because it can be done all year round, it is free, and you don't need special skills to do it. Join other schools, community groups, workplaces and individuals to walk for at least 15 minutes on [Winter Walk Day](#), Wednesday, February 5. Connect the event to curriculum: walk to a historical site, count your steps, practice road safety, take photos, or discuss the physics of body movement. Develop character by picking up litter or shoveling sidewalks along your route. Remember, including family and community is an important part of a Comprehensive School Health approach, so invite others to join your Winter Walk and aim to keep their involvement for the rest of the year!



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](mailto:schoolhealthandwellness@ahs.ca)

### Resources to Support Healthy School Communities

- [Let's Get Moving](#)
- [24 Hour Movement Guidelines - for Children and Youth 5-17 years](#)
- [Let's Warm Up! Junior High Edition](#)

### Funding Opportunities

#### School Nutrition Grant

This grant provides funding to educate and empower communities to deliver school-based student nutrition programs. Grant applications accepted in the spring, check website for updates.

#### Active Learning Centre Grant

This grant is to create effective, rewarding and inspiring active learning environments.

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NOW AVAILABLE - February issues of <a href="#">Healthy Children</a> and <a href="#">Healthy Teens</a> newsletter for parents (aussi disponible en Français). For resources to support building healthy school communities visit <a href="http://www.ahs.ca/csh">www.ahs.ca/csh</a></b></p>						<p><b>1</b> <b>Active Learning Centre Grant Application Due</b></p>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>Winter Walk Day</b>	<b>6</b>		<b>7</b>
				<b>Teachers' Convention: <a href="#">NCTCA</a></b>		<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <b>Valentine's Day</b>	<b>15</b>
				<b>Teachers' Conventions: <a href="#">CCTCA</a>, <a href="#">ESTCA</a></b>		
<b>Sexual and Reproductive Health Awareness Week</b>						
<b>16</b>	<b>17</b> <b>Family Day</b>	<b>18</b>	<b>19</b>	<b>20</b> <b>World Day of Social Justice</b>	<b>21</b>	<b>22</b>
				<b>Teachers' Conventions: <a href="#">PDTCA</a>, <a href="#">SEATCA</a>, <a href="#">SWATCA</a>, <a href="#">CATCA</a></b>		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <b>Pink Shirt Day</b>	<b>27</b>	<b>28</b>	<b>29</b> <b>Leap Day</b>
				<b>Teachers' Conventions: <a href="#">GETCA</a></b>		