

# Healthy Schools Calendar

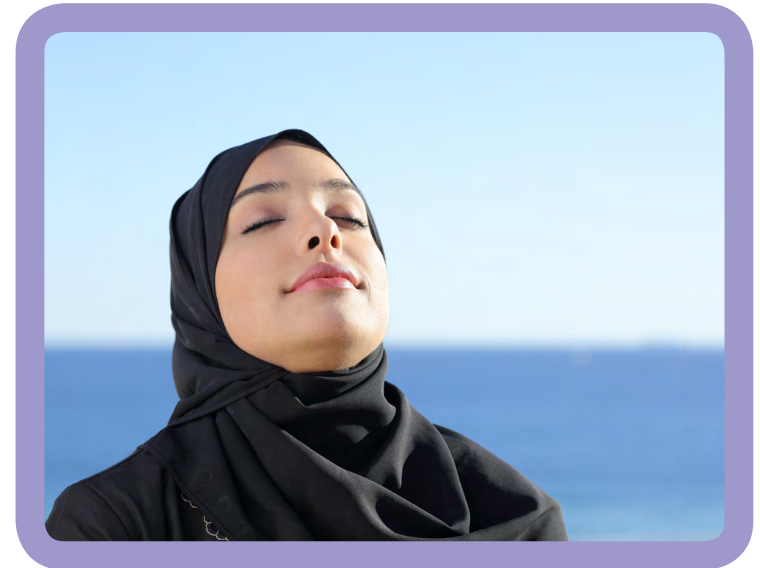
## January 2020

### Weedless Wednesday

**Weedless Wednesday**, January 22, is part of National Non-Smoking Week. The idea behind Weedless Wednesday is to promote a “one day at a time” approach to quitting smoking. Broader campaign goals are to promote the right of individuals to breathe air unpolluted by tobacco smoke, and to assist in the attainment of a smoke-free society. Because being smoke-free is important all year, not just one day, consider ways that non-smoking messages can be incorporated into various classes such as art, health, or English literature. Do staff and students who smoke know how to get help to stop? Do members of your school have a shared vision for tobacco prevention? Have your smoking policies been evaluated and updated recently; are the policies being communicated effectively? Help promote a smoke-free life for students and staff on Weedless Wednesday and every day!

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

- [The Academy for Tobacco Prevention and Shadows of the Academy](#)
- [AlbertaQuits](#)

### Funding Opportunities

#### Environmental Actions Program

Available to schools across Alberta, this fund supports students who are demonstrating environmental leadership. Projects must be student-led and make a measurable impact on energy use or the natural environment. Examples include compost and recycling programs, community gardens and installation of solar panels. Applications are accepted year-round.

#### Breakfast Club of Canada

Breakfast Club of Canada believes that children and youth are entitled to a healthy breakfast every morning before school. Whether it involves establishing a new breakfast program or strengthening an existing one, this fund provides schools with the necessary funds, kitchen equipment, training, tools and food donations. Applications are accepted year-round.

# January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NOW AVAILABLE - January's issues of <a href="#">Healthy Children</a> and <a href="#">Healthy Teens</a> newsletter for parents (aussi disponible en Français).</b>  <b>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> New Year's Day</p>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<p><b>22</b> Weedless Wednesday</p>	<b>23</b>	<b>24</b>	<b>25</b>
<b>National Non-Smoking Week</b>						
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<p><b>31</b> Bell Let's Talk Day</p>	
				<b>Shaping the Future Conference</b>		