

# Healthy Schools Calendar

## March 2020

### Nutrition Month

Thousands of candles can be lit from a single candle. Many wonderful things can ignite from the spark of a single wellness event. **Nutrition Month** is a national campaign that celebrates healthy eating. Maybe a Nutrition Month field trip to a nearby farm leads to a farm-to-cafeteria venture or a healthy fundraising opportunity. Perhaps a classroom assignment inspires a policy about healthier school parties or a shift toward more nutritious foods being served during staff events. Whatever health goals your school is striving toward, challenge yourself to think of creative ways that Nutrition Month (and other health promotion events) can help you get there.



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

- [School Breakfast Program Toolkit](#)
- [Healthy Eating in Schools: Policy Recommendations](#)
- [Canada's Food Guide Poster](#)

### Funding Opportunities

<a href="#">School Tech Grants</a>	This grant exists to equip Canadian students with the right technology to keep them inspired, motivated and empowered as they learn and grow. Grant applications accepted in the spring and fall, check website for updates.
<a href="#">Learning Garden</a>	Check out this grant if you would like to create or expand a school learning garden.
<a href="#">Anti-Racism Community Grant Program</a>	This program provides funding for anti-racism projects that raise awareness and understanding of racism and its impact on Albertans. Types of projects may include training and education, resource development, or capacity-building activities.

## March 2020

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