

# Healthy Schools Calendar

## May 2020

### National Mental Health Week

As an educator, you probably see the link between mental health and student success every day. Positive mental health is so critical to student achievement that it has become a priority for many Alberta schools.

Whether you are just getting started or are well on the road, [National Mental Health Week](#) provides an opportunity for schools to take the next step in their mental health journey. During the first week of May, events and activities raising awareness about mental health will come and go. However, the best approach to positive mental health is one that is comprehensive and sustained throughout the year. During this year's Mental Health Week, think about how your school can move toward a culture that supports positive mental health. Simple practices like discussing mental health at staff meetings, making personal connections with every student, or proudly displaying student achievements can go a long way in contributing to a thriving school environment. After all, mental health is important every week, not just the first week of May!



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

- [Working Together to Support Mental Health in Alberta Schools](#)
- [Mental Health Literacy for Educators](#)
- [Junior High Mental Health Kit](#)

### Funding Opportunities

#### Above and Beyond Grant

The Above and Beyond Grant provides support to coaches and officials for education and development. Grant applications accepted in May, check website for updates.

# May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NOW AVAILABLE - May 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>					1 <b>Hats On! for Mental Health Day</b>	2
3	4	5	6	7	8	9
<b>National Mental Health Week</b>						
10 <b>Mother's Day</b>	11	12	13	14	15 <b>International Day of Families</b>	16
17	18 <b>Victoria Day</b>	19	20	21 <b>Outdoor Classroom Day</b>	22	23
24	25	26	27	28	29	30
31 <b>World No Tobacco Day</b>						