

Healthy Schools Calendar

October 2018

World Mental Health Day

World Mental Health Day is on October 10th every year and can be an opportunity to begin discussions in your school community about mental health. The theme for this year's mental health day is *Young People and Mental Health in a Changing World*. Talk with students about what is needed to grow up healthy, happy and resilient in our rapidly changing world. How can your school community support these needs? What supports are already in place in your school community for students? Students and staff can work together, using the [JCSH Positive Mental Health Toolkit](#), to measure and improve positive mental health practices in their school over time.



Need support? Every school jurisdiction in Alberta has an assigned Alberta Health Services staff member to support [Comprehensive School Health](#).

To find out who the contact is for your jurisdiction email: healthychildrenandyouth@ahs.ca

Resources to Support Healthy School Communities

- [Junior High Mental Health Kit](#)
- [Talking About Mental Illness: Teacher's Resource](#)
- [Teen Mentoring Toolkit](#)
- [Mix It Up: Teaching Tolerance](#)

Funding Opportunity Deadlines

Community ChooseWell Seed Grants

ChooseWell offers grants up to \$2,000 for projects that will enhance or promote healthy eating and/or active living.

Recreation and Physical Activity Grant Program

Small and large grants are available to support physical activity and recreation. Grant applications accepted in the fall, check website for updates.

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