

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.

October 2018

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		