

News for School Communities



Physical Activity Calendars

DECEMBER

Click [NASPE's "Teacher Toolbox"](#) to enter and then ["Calendar"](#) to find them.

Thought of the Day

Wishing you
Healthy
Holidays!



The Healthy Students Initiative would like to share grant opportunities, local events, and resources you can use in your school or home.



FUNDING OPPORTUNITIES

* **Together Counts** presents the [Find Your Balance Challenge](#) that rewards student teams for taking steps toward achieving Engery Balance in their own school communities. The challenge is open to elementary school grades K-5. Grand prize grant \$30,000, second place grant \$10,000, and third place grant \$5,000.
APPLICATIONS DUE: January 31, 2014

* **GOOD SPORTS** wants to help lay the foundation for healthy, active lifestyles by providing athletic equipment, footwear, and apparel to disadvantaged young people nationwide.
APPLICATIONS DUE: Ongoing

* **The Safeway Foundation** supports numerous youth development organizations as well as a broad range of after-school and physical education programs. Local grants are reviewed bi-annually. Grants between \$2,500 and \$10,000.
APPLICATIONS DUE: Ongoing

School Meals: Challenges and Opportunities [WEBINAR](#)

Wednesday, December 4, 2013 11:00am-12:00pm



Learn about national school meal programs, the Healthy Hunger-Free Kids Act of 2010, and how parents can best collaborate with nutrition services to create healthier school food environments.

RESOURCES

- **Need to do some HOLIDAY shopping?** Discover [Common Sense Media's](#) Holiday Gift Guide with 100+ holiday gift ideas hand-selected to inspire, educate, and entertain kids of all ages and stages.
- **Need some fun physical activities for kids to do over Winter Break?** [Mommy Poppins](#) shares 25 fun, easy, indoor activities to get your kids moving.
- **Produce for Kids** provides great information, snack and meal [recipes](#) to share with your family.
- **Dash your way to fitness** - join the 2013 [Mercy Christmas Dash!](#)
- **Does your family like to solve riddles?** Join the monthly hunt for the ["Go Outside and Play"](#) and get to know some of Shasta Counties great trails and parks.