

News for School Communities



February 2014

Physical Activity Calendars

FEBRUARY

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

Thought of the Day

Want to help get kids excited about gardening?

BECOME A **FOOD CORPS** Volunteer!

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



FUNDING OPPORTUNITIES

* General Mills, through the **Champions for Healthy Kids program**, will award 50 grants of \$20,000 each to nonprofit organizations working to improve nutrition and physical fitness behaviors for youth.

APPLICATIONS DUE: March 14, 2014

* **Sierra Health Foundation** is offering grants up to \$15,000 to support projects and programs that improve health and quality of life for people throughout 26 Northern California Counties, including Shasta County.

APPLICATIONS DUE: March 3, 2014

* **Together Counts**, with support from the Healthy Weight Commitment Foundation, Discovery Education and National PTA, schools and communities across the nation have the opportunity to apply for a number of grants and other prizes to help them implement a health initiative at their school. The winning preschool will be awarded \$20,000 and ten runners-up will each receive \$2,500. Early childhood education centers and schools with a Pre-K program are eligible to apply.

APPLICATIONS DUE: February 28, 2014

* Cycle Kids promotes healthy lifestyle choices by introducing 4th and 5th graders to the joy of bicycling and educating them about bike safety and nutrition through the **Fit Kids Are Happy Kids Grant**.

APPLICATIONS DUE: March 3, 2014

Easy, Healthy Valentines to Give

- [Valentine tags with healthy treats](#)
- [Printable notes, tags, stickers](#)
- [Kid Valentine cards](#)
- [Valentine party treat ideas](#)



RESOURCES

- **Give students a break!** [Brain Breaks](#) are quick and easy, teacher created, 2 to 3 minute breaks that combine movement and academic concepts.
- **FREE** recipes for [homes, Child Care Centers, and Schools](#). Team Nutrition offers these great cookbooks for download or print.
- **Are you [America's Most Playful Family](#)?** KaBOOM is looking for families to share photos and stories of how your family plays together. 1000's of prizes! Grand prize is a trip for four to Walt Disney World Resort or Disneyland Resort! ***Enter by March 16, 2014.***