

News for School Communities



Physical Activity Calendars

NOVEMBER

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

Thought of the Day

"The greatest wealth is Health"
~ Unknown



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

* **FISKARS** [Project Orange Thumb](#) offers a chance to bring their community gardening initiative to your area. Your organization could receive \$5,000 in cash and garden tools to help you reach your goals of community change. Your group could even be the recipient of a complete garden makeover, in which the Project Orange Thumb team comes to your neighborhood and turns unused space into a beautiful community garden in just one day! Grant recipients will be announced March 31, 2014.

APPLICATIONS DUE: December 31, 2013

* **Laura Bush Foundation** offers grants for school libraries. Schools must meet five qualifications in

order to apply, including having 80% of the school eligible for free or reduced price lunch.
APPLICATIONS DUE: December 2, 2013

[Congratulations to local Shasta County Schools](#)

The Healthy Students Initiative, as part of Healthy Shasta, awarded nine local school districts funding to make enhancements to their school meals and/or cafeteria during the 2013-14 school year. Learn which schools received funding and what they are planning to do with it.

RESOURCES

- **Produce for Kids** provides great information and snack and meal [recipes](#) to share with your family.
- [More physical activity in school?](#) Improve academic performance, behavior, and social cohesion by getting your students moving. We know that kids are designed to move and that active students do better in school.
- Check out the great tools and resources created by another K-5 elementary school to get [more movement into the classrooms](#) and school day. Students who are more physically fit perform better in academics. Even short movement breaks make a big difference.