



# News for School Communities

November 2014

## Physical Activity Calendars

[Click for past calendars](#)

*\*\* Please note that the current calendars are available only to members. Archived calendars are accessible to all, click "Archives."*



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



### FUNDING OPPORTUNITIES

\* [Let's Move Salad Bars to Schools](#) wants to help your school get a salad bar. Must participate in the National School Lunch Program to be eligible.

**APPLICATIONS DUE: Ongoing**

\* [Mission Nutrition: Fruit and Veggie Grants](#) for schools to expose students to a variety of fresh fruits and vegetables. Grants are \$2,500. Must participate in the National School Lunch Program to be eligible.

**APPLICATIONS DUE: November 21, 2014**

\* [USA Track & Field Foundation](#) is offering Youth Club Grants for financial support of youth track and fields clubs.

**APPLICATIONS DUE: December 1, 2014**

\* [Holly Moran Grants](#) are available from the Consumer Wellness Center to support awareness activities about the importance of good nutrition and teaching "nutritional self-reliance." Twelve \$1,000 Grants will awarded.

**APPLICATIONS DUE: November 25, 2014**



## Sharing Opportunity

Join others to share successes and troubleshoot challenges with implementing the SPARK curriculum. SPARK Consultant, Jeff Mushkin, will be available to answer questions.

**Wednesday, December 3, 2014 3-4:30 pm**

**Shasta County Public Health Community Conference Room (CCR)**

# B-I-N-G-O!

Summer has drawn to an end and fall is here! That means cooler weather and the perfect setting for you to Go Outside and Play!



\* Print the [fall bingo card](#) from the [Healthy Shasta website](#) or pickup your card at the Anderson or Redding Parks & Recreation office.

\*Complete and mark five (5) activities across, down, or diagonally.

\*Submit your completed fall bingo card by **November 30th**. You can submit your card at 2660 Breslauer Way or the Anderson or Redding Parks & Recreation office. Winners will be drawn on December 1st.



## LET'S MOVE! ACTIVE SCHOOLS

### What is an Active School?

An active school is a school that incorporates physical activity before, during and after school for at least 60 minutes. To learn more and enroll in Let's Move! Active Schools visit

[letsmoveschools.org](http://letsmoveschools.org).

## RESOURCES

- Check out the [Healthy Schools Program](#) from Alliance for a Healthier Generation with resources to make your school healthier for kids.
- Start planning your fall/winter garden with the [Let's Move! Gardening Guide](#). Get your kids involved! Growing your own fruits and vegetables is a great way to teach kids about where food comes from and incorporate fresh, healthy foods into your favorite family meals.
- Create a [Healthy My Plate](#) with Team Nutrition.