

News for School Communities



September 2014

Physical Activity Calendars

[SEPTEMBER](#)

Click a photo, then "Calendar".

*** Please note that the current calendars will be available to members only starting in September. Past calendars will be accessible to the public.*



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



FUNDING OPPORTUNITIES

* [FUEL UP to Play 60](#) is offering a variety of grants to improve healthy eating and physical activity to qualifying K-12 schools!

APPLICATIONS DUE: November 5, 2014

* [US Soccer](#) is offering grants to support soccer programs and field-building initiatives nationwide. Grants are provided to support all aspects of the game - from assisting programs with operational costs to creating Safe Places to Play.

APPLICATIONS DUE: September 24, 2014

* [Lowe's](#) Toolbox for Education grants are available for technology upgrades, tools for STEM programs, facility renovations and safety improvements. Grant requests can range from \$2,000 to \$100,000.

APPLICATIONS DUE: October 15, 2014

GET ACTIVE on September 13, 2014

* [Mud Run](#) - Registration starts at 8am and the run starts at 9am at Anderson River Park.

* The American Foundation for Suicide Prevention will hold a community-wide [Out of Darkness Walk](#) from 8 a.m.-12 p.m. Saturday, September 13 at the Sundial Bridge.

Saturday,

OCTOBER 4, 2014 9 am - 1 pm

Come enjoy this FREE annual event with lots of resources, food demos, activities, and fun!
For more information go to www.healthyshasta.org.



Wednesday
OCTOBER 8, 2014
Check with your student's school about [participating!](#)

RESOURCES

- Start planning your fall/winter garden with [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.