



News for School Communities

Summer 2014

Physical Activity Calendars

SUMMER

Click a photo to get the "Calendar".



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



FUNDING OPPORTUNITIES

* [The Home Depot Foundation](#) is offering Community Impact Grants, up to \$5,000 to non-profit organizations and public service agencies who are using the power of volunteers to improve the physical health of their community. **APPLICATIONS DUE: August 15, 2014**

* [Captain Planet Foundation](#) is offering grants of \$500-\$2,500 for hands-on environmental stewardship opportunities for youth and communities to participate in community service. **APPLICATIONS DUE: September 30, 2014**

* [Good Sports](#) wants to help lay the foundation for healthy, active lifestyles by providing athletic equipment, footwear, and apparel to disadvantaged youth nationwide. **APPLICATIONS DUE: Ongoing**

Redding is the second sunniest city in America according to The Weather Channel. In other words, there's hardly a day that isn't a great day to go outside and play! So put down that remote, put on your tennis shoes and head outside!

Shasta County has an abundance of outdoor recreation options available with an impressive network of walking, biking, hiking trails, and a wide variety of parks and playgrounds. Whether you go to a park, hike a trail, or play in your own backyard, you'll feel great when you go outside and play! Visit healthyshasta.org.





SPLISH! SPLASH!

Summer in Redding, California is hot! Check out some **COOL**, inexpensive, easy things for you and your kids to do to stay **COOL**. Click here: [Fun Ideas!](#)

RESOURCES

- Check out [Let's Move! Gardening Guide](#) for tips on planting your own garden. 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.