This very special edition of the newsletter is focusing on upcoming events for your schools as well as grants that are available to your schools to assist with your physical activity, nutrition and wellness goals. Please take the time to apply for some of these grants and participate in the events listed below.

### Upcoming Grant Opportunities

Here are some grants that are available to you as well as the local contact person who can assist you with the application. I suggest you reach out to the local contact before submitting the application.

**Every Kid Healthy Grants**

Schools must increase physical activity opportunities to 30 minutes per day at school, advance the school nutrition environment through access to healthy foods (optional if nutrition component included), provide information to students/parents on the importance of physical activity and healthy eating, and work towards healthy schools certification through the USDA’s HealthierUS Schools Challenge or the Alliance for a Healthier Generation’s Healthy Schools Program. For more information, please reach out to Nichalaus Sims at nsims@actionforhealthykids.org or 205-821-9917

[Learn more here](#)

**School Alternative Breakfast Grants**

$1,750 per school to increase the daily participation of the school breakfast program by 25%, and must provide information to students/parents on nutrition and caloric content of foods available. For more information, please reach out to Nichalaus Sims at nsims@actionforhealthykids.org or 205-821-9917

[Apply for grant here](#)

**Fuel up to Play 60**

Looking for funding opportunities to improve the healthy eating and physical activity opportunities in your school? Up to $4,000 per year is available to qualified K-12 schools enrolled in Fuel Up to Play 60 to kick start healthy changes. For more information or ideas, please reach out to Jana Miller at jmiller@sedairy.org or 205-410-6988.

[Find grant information here](#)

### Upcoming Events for Schools in Alabama

Do you need a creative way to kick off your schools wellness goals? Do you want to get your staff and students moving and need assistance? Do you need ideas of ways to involve the community with your healthy schools goals? If so, here are three events that can help you get things going in your community.
National Walk Day
April 1, 2015

These days, we’re spending more time at work and sitting in front of a screen than ever before. We’re becoming less active, which can increase our risk of heart disease, stroke and other diseases. Take the first step to a healthier life by taking part in the American Heart Association’s National Walking Day on the first Wednesday in April. On this day, Americans are encouraged to lace up their sneakers and take 30 minutes out of their day to get up and walk. We provide a complete toolkit of materials and how-to information for workplaces, schools, individuals and community organizations. The 2015 Toolkit will be published in February.

Register Now

Every Kid Healthy Week
April 19-25, 2015

Can you do something every day this week to help children be active and learn about nutrition? What about hosting a family fitness night or taste testing. It's all about your community and promoting a healthier environment. For questions related to this event or flyer information, please email Nichalaus Sims at nsims@actionforhealthykids.org.

Learn more here

Alabama Walk at School Day
April 29, 2015

Blue Cross celebrates National Walk@Lunch day because walking is one of the simplest and most effective forms of exercise. National Walk@Lunch Day is designed to encourage people of all ages, backgrounds and lifestyles to make walking a healthy habit for life. In order to encourage school-aged students to start walking, Blue Cross is unveiling Alabama Walk@School Day. This pilot program is designed to complement National Walk@Lunch Day but has been created specifically with school-aged children in mind. We are very excited to invite you to partner with us for our first ever Alabama Walk@School Day! If you have questions, please contact Heidi Ramey by phone at (205) 220-6881 or email hramey@bcbsal.org.

Click the link for more information and once the link pulls up, click on the school flyer link to the right for more information

Alabama Walk at School Day

Resources for Alabama

Inclusive Out-of-School Time
The purpose of this article is to promote inclusion of youth with disabilities in after-school, expanded learning, and out-of-school time programs.

Find article here

Creating Inclusive Walking Clubs
Not everyone walks in the same manner. Some individuals walk upright; others walk with a limp or other gait abnormality; many use an assistive device to aid in walking, such as a wheelchair, cane, or walker.

Find ways here

Governor’s Commission on Physical Fitness & Sports
They have a ton of resources to assist schools with physical activity and getting children moving. They can even assist you with activities and ideas for you to get every child participating in your class regardless of ability level.

Learn more here

Healthy Eating, Active Living
HEAL promotes Healthy Eating Active Living® through a physical education curriculum for elementary school-age children.

Learn more here
NBA All-Star Ties Health to Court Performance

Anything Is Possible When You Take Care of Your Body!

Atlanta Hawks All-Star Al Horford’s story of becoming healthier began on the basketball court. He shared his story - and what drives him to maintain his health - on a recent visit to Langston Hughes High School in Fairburn, GA.

It wasn’t until college that Al realized the importance of getting enough sleep, eating the right foods, and staying active so that he could balance the academic and physical demands of competing at the collegiate level.

Al's message to students was clear: Anything is possible when you take care of your body!

If you would like to receive our national Healthy Schools Program monthly newsletter, sign up here.

I love providing you with information that will help you to continue making major strides toward a healthier school. But if you would prefer to not receive these emails, Just let me know Thanks!