



September 2009

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Fall...in motion

October 2009

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Walk to School Week

November 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

National Child Day

December 2009

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Winter Active

January 2010

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Count it up Challenge

February 2010

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Family in motion Day

March 2010

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Nutrition Month

April 2010

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Do MORE...Watch LESS

May 2010

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Move For Health Day

June 2010

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Bridge City Boogie



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Notable Dates and Events

- ★ September 15 (tentative) - Champions Gear Up Meeting - short meeting to share resources, ideas and get pumped up for a great *in motion* school year. Watch for more details on location.
- ★ September 13 - Terry Fox National School Run www.terryfoxrun.org
- ★ October 2 - **FALL ... in motion** Ginormous Record Setting Walk. At your own school or join us at River Landing for a walk on the Meewasin Trails. Register your school for participation incentives.
- ★ October - **FALL ... in motion** Get Moving Challenge with great prizes.
- ★ October 5-9 - International Walk to School Week www.iwalktoschool.org
- ★ October 7 - International Walk to School Day www.iwalktoschool.org
- ★ November - Diabetes Awareness Month www.diabetes.ca
- ★ November 20 - National Child Day—United Nations www.childday.gc.ca
- ★ December - Winter Active - www.winteractive.org
- ★ January - **in motion Count it Up Challenge** www.in-motion.ca
- ★ February 15 - **Family in motion Day** - Encourage students to create a holiday tradition of being physically active with their families.
- ★ February - Heart and Stroke Month. www.heartandstroke.ca
- ★ March - Nutrition Month - www.dietitians.ca
- ★ April 19-25 **in motion** Do MORE...Watch LESS Challenge - Classroom resource available.
- ★ May - Leaders **in motion** Symposium - Date: TBA - Building **in motion** school teams.
- ★ May 10 - Move For Health Day - World Health Organization - www.who.int/moveforhealth/about/
- ★ June - Commuter Challenge - first week of June www.commuterchallenge.ca/
- ★ June - Saskatoon Star Phoenix Bridge City Boogie - 2K, 5K, 10 K Date: TBA

Family Fit Tips - Distribution

- ◆ October
- ◆ January
- ◆ April
- * Information and ideas for families to stay active together. Tips that can be inserted into school newsletters.

in motion School Newsletters

- ◆ September
- ◆ January
- ◆ May
- * Newsletters provide information on events, success stories and links to resources.

in motion in-services for teachers

- ◆ **in motion** provides in-services for teachers 2-3 times per year
- * Dates and topics to be determined. Watch for newsletters or e-mails or call **in motion** for details.

www.in-motion.ca

School resources www.in-motion.ca/resources

