



**September 2011**

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 2011**

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 Month**

**November 2011**

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 2011**

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 2012**

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 2012**

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			

**Family in motion Day**

**March 2012**

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 2012**

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 2012**

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 2012**

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**



**in motion - Saskatoon Health Region**

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## Notable Dates and Events

- ★ September 13 (Urban)/ September 20 (Rural) - Champions Gear Up Meeting - short meeting to share resources, ideas and get pumped up for a great *in motion* school year.
- ★ September 17 - Sports Day in Canada <http://sportsday.cbc.ca/>
- ★ September 28 - Terry Fox National School Run [www.terryfoxrun.org](http://www.terryfoxrun.org)
- ★ September 30 - **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 5- Leaders *in motion* Symposium - Building *in motion* school teams.
- ★ October - International Walk to School Month [www.iwalktoschool.org](http://www.iwalktoschool.org)
- ★ November - Diabetes Awareness Month [www.diabetes.ca](http://www.diabetes.ca)
- ★ November 20 - National Child Day— <http://www.phac-aspc.gc.ca/ncd-jne/index-eng.php>
- ★ January - *in motion* **Count it Up Challenge** [www.in-motion.ca](http://www.in-motion.ca)
- ★ February 20 - **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](http://www.heartandstroke.ca)
- ★ March - Nutrition Month - [www.dietitians.ca](http://www.dietitians.ca)
- ★ April 16-20 - *in motion* Do MORE...Watch LESS Challenge - Classroom resource available.
- ★ May 10 - Move For Health Day - World Health Organization - [www.who.int/moveforhealth/about/](http://www.who.int/moveforhealth/about/)
- ★ June - Commuter Challenge - First week of June [www.commuterchallenge.ca/](http://www.commuterchallenge.ca/)
- ★ June 10 - Saskatoon Star Phoenix Bridge City Boogie - 2K, 5K, 10 K

## 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](http://www.in-motion.ca)

School resources [www.in-motion.ca/resources](http://www.in-motion.ca/resources)

