



<p>September</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td></td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table> <p><b>Gear-up for an in motion year</b></p>	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		<p>October</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p><b>Big Crunch</b></p>	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						<p>November</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table> <p><b>National Child Day</b></p>	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				<p>December</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td></td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> <p><b>Snow Fun</b></p>	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
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## Notable Dates and Events

- ★ September – Nutrition Positive Manual
- ★ September - **in motion** and/or Nutrition Positive Champion contact for activity ideas and resources to support your school.
- ★ September 29th - Terry Fox National School Run [www.terryfox.org/SchoolRun/index.html](http://www.terryfox.org/SchoolRun/index.html)
- ★ October is **in motion** Month - **FALL...in motion** - host a Ginormous Dance Assembly.
- ★ October 14 - Big Crunch - [www.chep.org/en/programs/the-big-crunch](http://www.chep.org/en/programs/the-big-crunch)
- ★ October 16 - World Food Day - [www.worldfoodayusa.org/what-is-wfd](http://www.worldfoodayusa.org/what-is-wfd)
- ★ November - Diabetes Awareness Month [www.diabetes.ca/](http://www.diabetes.ca/)
- ★ November 20th - National Child Day [www.phac-aspc.gc.ca/ncd-jne/index-eng.php](http://www.phac-aspc.gc.ca/ncd-jne/index-eng.php)
- ★ February - Winter Walk Day [www.saferoutestoschool.ca/winter-walk-day](http://www.saferoutestoschool.ca/winter-walk-day)
- ★ February 20th - **Family in motion Day** - Encourage students to create a holiday tradition of being physically active with their families.
- ★ March is Nutrition Month - [www.dietitians.ca/](http://www.dietitians.ca/)
- ★ April 22– Earth Day— **in motion** Do MORE...Watch LESS Challenge - Classroom resource available. Go outside and play!
- ★ May 10th - International Bike to School Day [www.walkbiketoschool.org/](http://www.walkbiketoschool.org/)
- ★ June - Sign-up for one of the many fun runs in your community. Find a run that works for your school team here: [www.brainsport.ca/](http://www.brainsport.ca/)
- ★ June 21st—National Aboriginal Day

### Follow in motion



in motion Saskatoon Health Region



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For great tools and school resources please visit our website

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