

WOW! There are so many reasons to celebrate! October is...

Emotional Wellness Month

Make emotional wellness a priority for your students, families and staff this month. Use our free social and emotional learning resources to support emotional wellness at your school.

Here are some key resources:

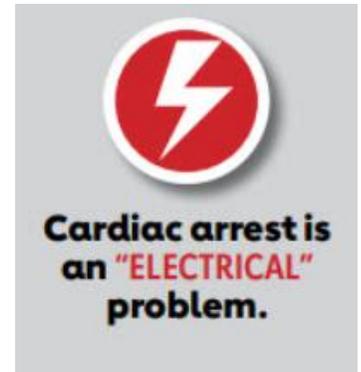
- ♥ [15 Ways to BE WELL](#)
- ♥ [Care for Your Heart and Brain](#)
- ♥ [Speak Up and Stand Up](#)
- ♥ [Mindfulness Video: Emotions](#)
- ♥ [Tips to Lower Stress](#)



National Sudden Cardiac Arrest Awareness Month

Cardiac arrest and heart attack are not the same. Share these informational resources with your families and staff. Provide additional information on heart attack prevention and stroke warning signs too.

- ♥ [Cardiac Arrest vs a Heart Attack](#)
- ♥ [8 Steps to Prevent Heart Disease & Stroke](#) (World Stroke Day is 10/29)
- ♥ [Common Heart Attack Warning Signs](#)
- ♥ [Stroke \(FAST\) Signs](#)
- ♥ [Hands Only CPR](#)



Eat Better, Eat Together Month

Make mealtime, "together time" for better mental and physical health. When families dine together, both the kids and the adults are more likely to eat fruits and vegetables. Family meals can also help defuse conflicts with kids, ease their stress and depression, improve their grades and boost parents' mental well-being, too.

Here are some key resources:

- ♥ [Eat Smart Month resources](#) (in case you missed it last month)
- ♥ [Family Meals](#)
- ♥ [Clean Eating](#)
- ♥ [Sip Smarter](#)



National Principal's Month

Celebrate your Principal (or yourself if you are a Principal) this month! You are a leader in your community and set a great example for your students.

Here are some resources to share with your Principal or with students to showcase leadership skills:

Educator Leadership Series:

- ♥ [Learning Series Webinars; Register here](#) once and you will receive a calendar notice for each learning webinar
- ♥ Upcoming: **Nutrition** is on 10/6 at 3:30PM EST
- ♥ [Meet Lee!](#) Who is all about leadership. Lee helps people come together to accomplish goals and solve problems (just like our Principals!). And Lee is a very good listener.
- ♥ [Disagreements – Conflict Resolution](#)





Apply for our Teaching Gardens Grant!

The 2021 Teaching Gardens Grant application period is now open online until Friday, October 29. Schools and community organizations are invited to [apply for a grant](#) to start a new garden or enhance an existing garden to meet the evolving needs of families and communities.

Additional October Resources

- ♥ October Newsletter and Healthy Recipe [English](#) [Spanish](#)
- ♥ Parent Newsletter: Healthy Eating [English](#) [Spanish](#)
- ♥ [Tobacco Free Toolkit](#)
- ♥ [Life's Simple 7](#)



OPEN PE Resources – a partner of the American Heart Association

(free registration required to receive free resources)

- ♥ [Dance with Words](#) (Grades K-5)
- ♥ [Ice, Water and Steam](#) (Personal & Social Responsibility) (Grades 3-5)
- ♥ [Team Walk and Talk](#) (Middle & High School)
- ♥ **October 4-8 – Family PE Week: Resources to get [families active together!](#)**



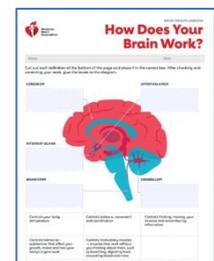
Important October Dates

- ♥ **October is:**
 - Eat Better, Eat Together Month
 - Emotional Wellness Month
 - Health Literacy Month
 - International Walk to School Month
 - National Apple Month
 - National Bullying Prevention Month
 - National Go on a Field Trip Month
 - National I'm Just Me Because Month
 - National Principal's Month
 - National Sudden Cardiac Arrest Awareness Month
 - Positive Attitude Month
- ♥ October 1 – World Smile Day
- ♥ October 4 – National Child Health Day
- ♥ October 5 – National Do Something Nice Day
- ♥ October 6 – National Walk to School Day
- ♥ October 13 – National Stop Bullying Day
- ♥ October 20 – National Youth Confidence Day
- ♥ October 23 – National Make a Difference Day
- ♥ October 29 – World Stroke Day



If you haven't jumped on board yet with Kids Heart Challenge or American Heart Challenge, join thousands of schools just like yours today!

- ♥ We are excited to share our **Kids Heart Challenge Road Trip Across America** theme this year! Your students will learn about the 50 states, Puerto Rico, Guam and the state capitals while supporting your teachers and families with whole-child supporting resources!
 - [Here's a quick preview](#)
- ♥ Our **American Heart Challenge program, Glow with Heart**, for middle and high school students will focus on making students feel good, socially and emotionally, while also making a difference in their communities! Focused resources on vaping, hands only CPR and the importance of sleep
 - Here's a [quick hands only CPR activity sheet](#) which you can share with your classroom teachers now!
- ♥ **New resources this year include:**
 - Virtual "field trips" of the heart, brain and lungs with corresponding lesson plans
 - Mindfulness videos including "calming walls" (2 min-long scenery videos with accompanying relaxing music), yoga and stretching and 9 mindful breathing exercises.
 - STEM lesson plans and STEM career-pathing interviews
 - "Energizer" videos from our NFL partners through our NFL Play60 partnership.
 - [Click here to watch a quick breathing video with KHC Explorer, Sky](#), which you can share with your classroom teachers now



Is Your School Registered for Kids Heart Challenge or American Heart Challenge?

- ♥ **If not**, sign up today or receive more information by contacting your local Youth Market Director. [Here is what your peers are saying about our program.](#)
- ♥ **If yes**, contact your local Youth Market Director today to schedule a "Welcome Back" meeting so we can share all of the new resources with you! [Here's what's new!](#) with KHC and [here's what's new](#) with AHC!

