**Please be aware of these upcoming important dates aligned to supporting students and fostering safe schools.**

* May is **Asthma and Food Allergy Awareness Month**. This is time to educate patients, family, friends, co-workers and others about these diseases and to help dispel the myths around them.

For additional information and resources visit:

* + [Asthma and Allergy Foundation of America](https://www.aafa.org/)
  + [Centers for Disease Control and Prevention - Asthma](https://www.cdc.gov/asthma/world_asthma_day.htm)
  + [Centers for Disease Control and Prevention - Health Schools/Food Allergies](https://www.cdc.gov/healthyschools/foodallergies/index.htm)
  + [FoodSafety.gov - Allergy Awareness](https://www.foodsafety.gov/blog/food-allergy-awareness-and-action)
  + [KidsWithFoodAllergies.org - Food Allergy Awareness Week/Month](https://www.kidswithfoodallergies.org/food-allergy-awareness-week-month.aspx)
  + [Food Allergy & Anaphylaxis Connection Team - Food Allergy Awareness Week/Month](https://www.foodallergyawareness.org/education/food-allergy-awareness-initiatives/food-allergy-awareness-week-month/)
  + [Food Allergy Research and Education - Food Allergy Awareness Week](https://www.foodallergy.org/take-action/food-allergy-awareness-week)
* Saturday, May 9th is **Children’s Mental Health Awareness Day.** This is a time to raise awareness about the importance of children’s mental health and show that positive mental health is essential to a child’s healthy development. This year, it focuses on addressing racial and ethnic health disparities.

For additional information and resources visit:

* [Mental Health America](https://www.mhanational.org/)
* [National Alliance on Mental Illness - Awareness Events](https://www.nami.org/Get-Involved/Awareness-events)
* [National Institute on Mental Health - Child and Adolescent Mental Health](https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml)
* [Substance Abuse and Mental Health Services Administration - Children's Mental Health Awareness Day](https://www.samhsa.gov/childrens-awareness-day)
* [Substance Abuse and Mental Health Services Administration - National Helpline](https://www.samhsa.gov/find-help/national-helpline)
* [Youth.gov - Youth Mental Health](https://youth.gov/youth-topics/youth-mental-health)
* Sunday, May 10th through Saturday, May 16th is **Food Allergy Awareness Week** is a time dedicated to raising the awareness of food allergies and anaphylaxis.

For additional information and resources visit:

* + [Asthma and Allergy Foundation of America](https://www.aafa.org/)
  + [Centers for Disease Control and Prevention - Health Schools/Food Allergies](https://www.cdc.gov/healthyschools/foodallergies/index.htm)
  + [FoodSafety.gov - Allergy Awareness](https://www.foodsafety.gov/blog/food-allergy-awareness-and-action)
  + [KidsWithFoodAllergies.org - Food Allergy Awareness Week/Month](https://www.kidswithfoodallergies.org/food-allergy-awareness-week-month.aspx)
  + [Food Allergy & Anaphylaxis Connection Team - Food Allergy Awareness Week/Month](https://www.foodallergyawareness.org/education/food-allergy-awareness-initiatives/food-allergy-awareness-week-month/)
  + [Food Allergy Research and Education - Food Allergy Awareness Week](https://www.foodallergy.org/take-action/food-allergy-awareness-week)
* May is **Mental Health Awareness Month**. This is a time to raise awareness about mental health, to fight stigmas, provide support, educate the public and advocate for policies that support people with mental illness and their families.

For additional information and resources visit:

* [Mental Health America - Mental Health Month](https://www.mhanational.org/mental-health-month)
* [National Alliance on Mental Illness - Mental Health Month](https://www.nami.org/mentalhealthmonth)
* [National Institute on Mental Health - Child and Adolescent Mental Health](https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml)
* [Substance Abuse and Mental Health Services Administration - National Helpline](https://www.samhsa.gov/find-help/national-helpline)
* [Youth.gov - Youth Mental Health](https://youth.gov/youth-topics/youth-mental-health)
* Sunday, May 17th through Saturday, May 23rd is **National Emergency Medical Services (EMS) Week**. This is a time to recognize the contributions of EMS practitioners in safeguarding the health, safety and wellbeing of their communities.

For additional information and resources visit:

* [American Colleges of Emergency Physicians - EMS Week](https://www.acep.org/administration/ems-resources/emsweek/)
* [EMSStong.org](http://www.emsstrong.org/)
* [National Association of Emergency Medical Technicians - National EMS Week](https://www.naemt.org/initiatives/ems-week)
* Wednesday, May 6th is **National Nurses Day**. This is a specific day intended to raise awareness of the important role nurses play in society. It also marks the beginning of **National Nurses** Week.

For additional information and resources visit:

* [American Association of Nurse Anesthetists - National Nurses Week](https://www.aana.com/membership/national-nurses-week)
* [American Nurses Association](https://www.nursingworld.org/)
* [National Association of School Nurses](https://www.nasn.org/home)
* Wednesday, May 6th through Tuesday, May 10th is **National Nurses Week**. This is a time to raise awareness of the important role nurses play in society.

For additional information and resources visit:

* [American Association of Nurse Anesthetists - National Nurses Week](https://www.aana.com/membership/national-nurses-week)
* [American Nurses Association](https://www.nursingworld.org/)
* [National Association of School Nurses](https://www.nasn.org/home)
* May is **National Physical Fitness & Sports Month**. This is a time to promote healthy lifestyles among all Americans and improve our quality of life..

For additional information and resources visit:

* [Action for Healthy Kids - National Physical Fitness & Sports Month](https://nsba-my.sharepoint.com/personal/alustig_nsba_org/Documents/Desktop/Center%20Content/Monthly%20Resources/Action%20for%20Healthy%20Kids%20-%20National%20Physical%20Fitness%20&%20Sports%20Month)
* [Department of Health and Human Services - National Physical Fitness & Sports Month](https://www.hhs.gov/fitness/be-active/npfsm/index.html)
* [Presidential Youth Fitness Program](https://www.pyfp.org/)
* [Shape.org - Society of Health and Physical Educators](https://www.shapeamerica.org/)
* Sunday, May 10th through Saturday, May 16th is **National Prevention Week (Substance Abuse)**.  This is a time for communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health, and to recognize the important work that has been done in communities throughout the year to inspire action and prevent substance use and mental disorders.

For additional information and resources visit:

* [Center on Addiction](https://www.centeronaddiction.org/)
* [Drug Enforcement Administration - Prevention Week](https://www.getsmartaboutdrugs.gov/get-involved/national-prevention-week)
* [National Institute on Drug Abuse](https://www.drugabuse.gov/)
* [Partnership for Drug Free Kids](https://drugfree.org/)
* [Substance Abuse and Mental Health Services Administration - Prevention Week](https://www.samhsa.gov/prevention-week)
* [Youth.gov - Prevention](https://youth.gov/youth-topics/substance-abuse/evidence-based-programs-youth-substance-abuse-prevention-and-treatment)
* Tuesday, May 5th is **National Teacher Day**. This is a time to show appreciation to those who have taught us.

For additional information and resources visit:

* [National Educators Association - National Teacher Day](http://www.nea.org/grants/teacherday.html)
* [National Today - National Teacher Day](https://nationaltoday.com/national-teachers-day/)
* [Parent Teacher Association - Teacher Appreciation Week](https://www.pta.org/home/events/PTA-Teacher-Appreciation-Week)
* Wednesday, May 17th is **National Trauma Survivors Day**. This is a time to draw inspiration from, and provide support to, survivors of traumatic injuries and their caregivers, opening the road to their recovery from trauma.

For additional information and resources visit:

* [Attachment & Trauma Network](https://www.attachmenttraumanetwork.org/)
* [Centers for Disease Control and Prevention - Helping Patients Cope with A Traumatic Event](https://www.cdc.gov/masstrauma/factsheets/professionals/coping_professional.pdf)
* [National School Boards Association - Adverse Childhood Experiences](https://www.nsba.org/-/media/NSBA/File/nsba-adverse-childhood-experiences-march-2019.pdf)
* [Society of Trauma Nurses](https://www.traumanurses.org/)
* [Substance Abuse and Mental Health Services Administration - Trauma](https://www.integration.samhsa.gov/clinical-practice/trauma)
* [Trauma Survivors Network](https://www.traumasurvivorsnetwork.org/pages/home)
* [Youth.gov - Trauma-Informed Care](https://youth.gov/youth-topics/youth-mental-health/trauma)
* Monday, May 4th through Friday, May 8th is **Teacher Appreciation Week**. This is a time designated as a special time to honor the men and women who lend their passion and skills to educating our children.

For additional information and resources visit:

* [National Educators Association - National Teacher Day](http://www.nea.org/grants/teacherday.html)
* [Parent Teacher Association - Teacher Appreciation Week](https://www.pta.org/home/events/PTA-Teacher-Appreciation-Week)
* May is **Trauma Awareness Month**. This is a time for us to dedicate our time and resources to increasing education and prevention activities around trauma awareness and support.

For additional information and resources visit:

* [Attachment & Trauma Network](https://www.attachmenttraumanetwork.org/)
* [Centers for Disease Control and Prevention - Helping Patients Cope with A Traumatic Event](https://www.cdc.gov/masstrauma/factsheets/professionals/coping_professional.pdf)
* [National School Boards Association - Adverse Childhood Experiences](https://www.nsba.org/-/media/NSBA/File/nsba-adverse-childhood-experiences-march-2019.pdf)
* [Society of Trauma Nurses](https://www.traumanurses.org/)
* [Substance Abuse and Mental Health Services Administration - Trauma](https://www.integration.samhsa.gov/clinical-practice/trauma)
* [Trauma Survivors Network](https://www.traumasurvivorsnetwork.org/pages/home)
* [Youth.gov - Trauma-Informed Care](https://youth.gov/youth-topics/youth-mental-health/trauma)