



Date*		Event	How to link this event to <i>Move Well Eat Well</i> ?	Resources at: www.movewelleatwell.tas.gov.au	Further information
January	1-31	Welcome celebrations	Start the year with healthy messages. Print, display and share information with families and educators or share recipes with service cooks.	Eat a rainbow poster Cooking and recipes	heas.health.vic.gov.au/early-childhood-services/recipes
February	Tasmanian Government Schools Term 1 begins: Thursday 8 February				
March	3	Clean Up Australia Day	Plan a walk around your service's community to clean up rubbish and finish with a wrapper free lunch. Share wrapper free lunch ideas for families prior to the day.	Packing a Wrapper Free Lunch newsletter Insert & Lunchbox & Snack Ideas flyers*	www.cleanup.org.au
	18-24	Harmony Week	Try recipes from around the world as a cooking activity. Ask families if they have any favourite recipes to share.	International recipes	www.harmony.gov.au
	23	Earth Hour	Encourage staff and families to have a power-free and non-screen night. Send home some information to give families some ideas.	Swap Screens for Active Play newsletter insert & Green Time vs Screen Time Family Challenge	www.earthhour.org.au
	29	Easter celebrations	Think about some ideas to limit chocolate eggs at your service during Easter. Get children involved in some Easter craft or have an egg and spoon race.	Easter Tips and Ideas	www.thebestideasforkids.com/easter-crafts
April	8-18	Nature Play Week	Encourage families to explore and play outside with some links in your service's newsletter or some resources in the foyer.	Nature Play resources	www.kidsinnaturenetwork.org.au
	Tasmanian Government School Holidays: Saturday 13 April – Sunday 28 April				
May	1-7	Screen Free Week	Encourage families to digitally disconnect and find alternative entertainment opportunities to explore, play and discover.	Screen time for families newsletter insert	https://screenfree.org
	12	Mother's Day	Set up a Mother's Day craft area and assist children to create their own gifts.	Mother's Day Activity Ideas	www.thebestideasforkids.com/mothers-day-crafts-for-kids
	23	Australia's Biggest Morning Tea	Think about 'everyday' food options for morning tea and assist families with ideas if food is being brought from home.	Morning tea Ideas	www.biggestmorningtea.com.au
	10	National Walk Safely to School Day	Encourage families to walk part way to your service. Plan some road safety discussions and communication in the lead up to the day.	Walking and Riding Activities	www.walk.com.au/WSTSD
	27-3	National Reconciliation Week	Look at ways your service can foster knowledge and pride in Aboriginal and Torres Strait Islander histories and cultures and contribute to reconciliation.	Cultural Respect resource	www.reconciliation.org.au/our-work/national-reconciliation-week
June	1-30	Rainy Day Fun	Get creative with ways your service can enjoy indoor active play when it's wet out.	Indoor Active Play Ideas	www.raisingchildren.net.au/physical-activity-for-young-children
July	1-7	NAIDOC Week	Host an event at your service to celebrate the culture and achievements of Aboriginal and Torres Strait Islander peoples.	Tasmanian bush food recipes	www.naidoc.org.au
	1-31	Plastic Free July	Get your service involved in working towards sustainability and look at ways to reduce packaging. Promote package or wrapper-free ideas to families.	Lunchbox & Snack Ideas Flyers*	www.plasticfreejuly.org

Calendar 2024

Making the links between events and health

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Tasmanian Government School Holidays: Saturday 6 July – Sunday 21 July				
August	1-7	World Breastfeeding Week	Show your support and encouragement for your service's breastfeeding mums.	Infant Feeding Information www.waba.org.my/wbw/
	5-11	Dental Health Week	Promote dental care at your service and talk about good choices for our teeth.	Tap into water resources Oral Health resources www.teeth.org.au/teeth/dental-health-week
	5-11	Keep Australia Beautiful Week	Organise a community walk to collect rubbish as a <i>Stride and Ride</i> event and promote the benefits of walking and riding to families through newsletter inserts.	Walking and riding newsletter insert www.kab.org.au
	17-23	Book Week	This year's theme is <i>Reading is Magic</i> . Showcase some books about healthy eating or active play.	Health on the Shelf www.cbca.org.au/cbca-book-week
	1-31	RSPCA Cupcake Day	Have room groups cook fruit or vegetable muffins.	Cupcake and muffin recipes www.rspcacupcakeday.com.au
September	1-30	Footy Colours Day	Hold a footy colours day this month with some fun active games.	Movement activities for Preschoolers www.footycoloursday.com.au
	1	Father's Day	Host an 'everyday' foods Father's Day Breakfast for dads or some craft activities for children to make their own gifts.	Father's Day Breakfast Father's Day activity ideas www.thebestideasforkids.com/25-handmade-fathers-day-gifts
Tasmanian Government School Holidays: Saturday 28 September – Sunday 13 October				
October	5-13 TBC	Mental Health Week	Look at ways your service can increase awareness and education about mental health and wellbeing for children, families, and staff.	Staff and children's mental health and wellbeing resources www.mhct.org/mentalhealthweek
	21-27	National Water Week	Promote water as the main drink at your service and learn about the importance of water for health and our environment.	Tap into Water resources www.awa.asn.au
	21-27	Children's Week	Celebrate the talents and abilities of children with active games.	Ideas for more move, play and go www.childrensweek.org.au
	31	Halloween	Choose 'everyday' food recipes for cooking activities or do some spooky craft activities.	Halloween recipes www.thebestideasforkids.com/halloween-craft
November	7	Outdoor Classroom Day	Take learning and play experiences outdoors and share ideas with families about outside play and learning.	Be Active as a Family flyer What is Outdoor Play and Learning? Resource www.outdoorclassroomday.com.au
	11-17	National Recycling Week	Try putting a system in place at your service around recycling, reusing, worm farming or composting. If you're a lunchbox service, share ideas about wrapper-free lunches.	Pack a Wrapper-Free Lunch newsletter insert www.recyclingweek.planetark.org
December	3	International Day of People with Disability	Break down barriers and celebrate the contributions and achievements of people with disability.	Accessibility and inclusivity for play and physical activity www.idpwd.com.au
	1-24	End of year celebrations	Celebrate with some festive food ideas and some fun active games	Festive Food ideas doh.health.tas.gov.au/healthykids/blog/summer-bbq-inspiration

Dates were confirmed at time of publishing. Please check our website and Facebook page for updates.

*If your service would like to request hard copies of these resources, please contact *Move Well Eat Well*.

This is a Healthy Tasmania initiative.

