
















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: Wednesday 8 February				
March	5	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.	Wrapper Free ideas Lunchbox and snack ideas flyers*	 www.cleanup.org.au
	9	Australia Reads	Join in an Australian Reading Hour event or read a book by an Australian author.	Health on the Shelf	 https://australiareads.org.au
	20-26	Harmony Week	Try recipes from around the world as a cooking activity. Ask families at your service if they have any favourite recipes to share.	International recipes	 www.harmony.gov.au
	25	Earth Hour	Encourage staff and families to have a power-free and non-screen night. Send home some information to give families some ideas.	Screen free tips*	 www.earthhour.org.au
April	9	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 ideas	 www.thebestideasforkids.com/easter-crafts
	17-30	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.natureplayweek.org.au
Tasmanian Government School Holidays: Friday 7 April – Tuesday 25 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
	14	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
	25	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
	19	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.	Road safety 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 <i>*coming soon</i>	 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 outside.	Rainy day activities	 www.qld.gov.au/active-alphabet-guide-for-parents.pdf
July	2-9	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.	Packing a rubbish-free lunch	 www.plasticfreejuly.org

Calendar 2023

Making the links between events and health

Your service's login details to the

['Early Childhood Services'](#) section of the website:

Username: _____

Password: _____

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Tasmanian Government School Holidays: Saturday 8 July – Monday 24 July				
August	1-7	World Breastfeeding Week	Show your support and encouragement for your service's breastfeeding mums.	Breastfeeding information  www.worldbreastfeedingweek.org
	7-13	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
	7-13	Keep Australia Beautiful Week	Organise a community walk to collect rubbish as a <i>Stride and Ride</i> event. Promote the benefits of walking and riding to families through newsletter inserts.	Walking and riding newsletter insert  www.kab.org.au
	19-25	Book Week	This year's theme is <i>Read, Grow, Inspire</i> Showcase some books about healthy eating or active play.	Health on the Shelf  www.cbca.org.au
	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
	3	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 30 September – Sunday 15 October				
October	7-15	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
	16-23	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
	21-29	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	2	Outdoor Classroom Day	Take learning and play experiences outdoors and share ideas with families about being active.	Be active as a family flyer*  www.outdoorclassroomday.com.au
	6-12	National Recycling Week	Try putting a system in place at your service around recycling, reusing, worm farming or composting.	Wrapper free foods at your service  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_bbg_inspiration

Dates were confirmed at time of printing. 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.