





Date*		Event	How to link this event to <i>Move Well Eat Well</i> ?	Resources at: <a href="http://www.movewelleatwell.tas.gov.au">www.movewelleatwell.tas.gov.au</a>	Further information
January	1-31	<b>Welcome celebrations</b>	Start the year with healthy messages. Print, display and share information with families and educators or share recipes with service cooks.	<a href="#">Think before you drink poster</a> <a href="#">Cooking and recipes</a>	 <a href="http://www.heas.health.vic.gov.au/early-childhood-services/recipes">www.heas.health.vic.gov.au/early-childhood-services/recipes</a>
February		Tasmanian Government Schools Term 1 begins: Wednesday 3rd February			
March	7	<b>Clean Up Australia Day</b>	Plan a walk around your service's community to clean up litter and finish with a wrapper free lunch. Share wrapper free lunch ideas for families prior to the day.	<a href="#">Wrapper Free ideas</a> <a href="#">Lunchbox and snack ideas flyers</a>	 <a href="http://www.cleanupaustraliaday.org.au">www.cleanupaustraliaday.org.au</a>
	21	<b>Harmony Day</b>	Try recipes from around the world in class or the canteen. Choose recipes with more 'everyday' foods.	<a href="#">International recipes</a>	 <a href="http://www.harmony.gov.au">www.harmony.gov.au</a>
	27	<b>Earth Hour</b>	Encourage staff and families to have a power-free and non-screen night. Send home some information to give families some ideas.	<a href="#">Screen free tips*</a>	 <a href="http://www.earthhour.org">www.earthhour.org</a>
April	1	<b>Easter celebrations</b>	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.	<a href="#">Easter ideas</a>	 <a href="http://www.easypeasyandfun.com/easter-crafts-for-kids">www.easypeasyandfun.com/easter-crafts-for-kids</a>
	14-25	<b>Nature Play Week</b>	Encourage families to explore and play outside with some links in your service's newsletter or some resources in the foyer.	<a href="#">Nature Play resources</a>	 <a href="http://www.natureplayweek.org.au">www.natureplayweek.org.au</a>
		Tasmanian Government School Holidays: Saturday 10 April – Sunday 25 April			
May	9	<b>Mother's Day</b>	Set up a Mother's Day craft area and assist children to create their own gifts.	<a href="#">Mother's Day Activity Ideas</a>	 <a href="http://www.redtedart.com/mothers-day-crafts">www.redtedart.com/mothers-day-crafts</a>
	14	<b>National Walk Safely to School Day</b>	Encourage families to walk part way to your service. Plan some road safety discussions and communication in the lead up to the day.	<a href="#">Road safety activities</a>	 <a href="http://www.walk.com.au/WSTSD">www.walk.com.au/WSTSD</a>
	27	<b>Australia's Biggest Morning Tea</b>	Think about 'everyday' food options for morning tea and assist families with ideas if food is being brought from home.	<a href="#">Morning tea Ideas</a>	 <a href="http://www.biggestmorningtea.com.au">www.biggestmorningtea.com.au</a>
June	1-30	<b>Rainy Day Fun</b>	Get creative with ways your service can enjoy indoor active play when outside is too wet.	<a href="#">Rainy day activities</a>	 <a href="http://www.qld.gov.au/active-alphabet-guide-for-parents.pdf">www.qld.gov.au/active-alphabet-guide-for-parents.pdf</a>
July	4-11 TBC	<b>NAIDOC Week</b>	Host an event at your service to celebrate the culture and achievements of Aboriginal and Torres Strait Islander peoples.	<a href="#">Tasmanian bush food recipes</a>	 <a href="http://www.naidoc.org.au">www.naidoc.org.au</a>
			Tasmanian Government School Holidays: Saturday 3 July – Sunday 19 July		

# Calendar 2021
















Making the links between events and health

Your service's login details to the

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

Username: \_\_\_\_\_

Password: \_\_\_\_\_

Date*	Event	How to link this event to <i>Move Well Eat Well</i> ?	Resources at: <a href="http://www.movewelleatwell.tas.gov.au">www.movewelleatwell.tas.gov.au</a>	Further information	
August	1-7	<b>World Breastfeeding Week</b>	Show your support and encouragement for your service's breastfeeding mums.	<a href="#">Breastfeeding information</a> 	<a href="http://www.worldbreastfeedingweek.org">www.worldbreastfeedingweek.org</a>
	2-8	<b>Dental Health Week</b>	Promote dental care at your service and talk about good choices for our teeth.	<a href="#">Tap into water resources</a> <a href="#">Oral Health resources</a> 	<a href="http://www.ada.org.au/Dental-Health-Week/Home">www.ada.org.au/Dental-Health-Week/Home</a>
	16-22	<b>Keep Australia Beautiful Week</b>	Organise a community walk to collect litter. Promote the benefits of walking and riding to families through newsletter inserts.	<a href="#">Walking and riding newsletter insert</a> 	<a href="http://www.kab.org.au/keep-australia-beautiful-week">www.kab.org.au/keep-australia-beautiful-week</a>
	21-27	<b>Book Week</b>	Showcase some books about healthy eating or active play	<a href="#">Health on the Shelf</a> 	<a href="http://www.cbca.org.au">www.cbca.org.au</a>
	16 TBC	<b>RSPCA Cupcake Day</b>	Have room groups cook fruit or vegetable muffins.	<a href="#">Cupcake and muffin recipes</a> 	<a href="http://www.rspcacupcakeday.com.au">www.rspcacupcakeday.com.au</a>
September	1-30	<b>Footy Colours Day</b>	Hold a footy colours day this month with some fun active games.	<a href="#">Movement activities for Preschoolers</a> 	<a href="http://www.fightcancer.org.au/footy-colours-day">www.fightcancer.org.au/footy-colours-day</a>
	5	<b>Father's Day</b>	Host an 'everyday' foods Father's Day Breakfast for dads or some craft activities for children to make their own gifts.	<a href="#">Father's Day Breakfast</a> <a href="#">Father's Day activity ideas</a> 	<a href="http://www.thebestideasforkids.com/handmade-fathers-day-gifts">www.thebestideasforkids.com/handmade-fathers-day-gifts</a>
<b>Tasmanian Government School Holidays: Saturday 25 September – Sunday 10 October</b>					
October	1-31	<b>Nude Food Month</b>	Hold a wrapper-free challenge. Use your newsletter to promote wrapper-free lunches.	<a href="#">Packing a rubbish-free lunch</a> 	<a href="http://www.nudefoodday.com.au">www.nudefoodday.com.au</a>
	11-17 TBC	<b>National Nutrition Week</b>	Encourage families to visit the 'Families' section of the website for healthy eating ideas. Share these links in your service's next newsletter.	<a href="#">Plant Fruit and Veg</a> <a href="#">Limit Sometimes Foods</a> 	<a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a>
	18-24 TBC	<b>National Water Week</b>	Promote water as the main drink at your service and learn about the importance of water for health and our environment.	<a href="#">Tap into Water resources</a> 	<a href="http://www.awa.asn.au">www.awa.asn.au</a>
	23-29 TBC	<b>Children's Week</b>	Celebrate the talents and abilities of children with active games.	<a href="#">Ideas for more move, play and go</a> 	<a href="http://www.childrensweek.org.au">www.childrensweek.org.au</a>
	31	<b>Halloween</b>	Choose 'everyday' food recipes for cooking activities.	<a href="#">Halloween recipes</a> 	<a href="http://www.kidspot.com.au/things-to-do/collection/halloween-craft">www.kidspot.com.au/things-to-do/collection/halloween-craft</a>
November	4	<b>Outdoor Classroom Day</b>	Take learning and play experiences outdoors and share ideas with families about being active.	<a href="#">Be active as a family flyer*</a> 	<a href="http://www.outdoorclassroomday.com.au">www.outdoorclassroomday.com.au</a>
	8-14	<b>National Recycling Week</b>	Try putting a system in place at your service around recycling, reusing, worm farming or composting.	<a href="#">Worm farming and composting</a> 	<a href="http://www.recyclingweek.planetark.org">www.recyclingweek.planetark.org</a>
December	1-24	<b>End of year celebrations</b>	Celebrate with some festive food ideas or 'everyday' BBQ food ideas.	<a href="#">Festive Food ideas</a> <a href="#">BBQ's and sausage sizzle ideas</a> 	<a href="http://www.dhhs.tas.gov.au/healthykids/blog/summer_bbg_inspiration">www.dhhs.tas.gov.au/healthykids/blog/summer_bbg_inspiration</a>

\*Some dates were still to be confirmed (TBC) at time of printing. Please check our website and Facebook page for updates.

\*if your school would like to request hard copies of these resources please contact *Move Well Eat Well*.