

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
February	8	Students commence	Start the school year with healthy messages. Print, display and share information with families and teaching staff or share recipes with canteen staff.	<a href="#">Classroom Fruit and Veg breaks</a> & <a href="#">‘Water Only Zone’ signs for classrooms*</a>	<a href="http://www.schoolfoodmatters.org.au/school-canteen/recipe-ideas">www.schoolfoodmatters.org.au/school-canteen/recipe-ideas</a>
March	3	Clean Up Australia Day	Plan a walk in your school community to clean up rubbish and finish with a wrapper free lunch. Share wrapper free lunch ideas for families prior to the day.	<a href="#">Packing a Wrapper Free Lunch newsletter insert</a> & <a href="#">Waste-Free Lunch Toolkit</a>	<a href="http://www.cleanup.org.au">www.cleanup.org.au</a>
	18-24	Harmony Week	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>
	22	National Ride2School Day	Participate in National Ride2School Day with a plan to gather some ideas on making regular riding or walking to and from school easier for students.	<a href="#">Stride and Ride ideas</a>	<a href="http://www.bicyclenetwork.com.au/rides-and-events/ride2school">www.bicyclenetwork.com.au/rides-and-events/ride2school</a>
	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.	<a href="#">Swap Screens for Active Play newsletter insert</a>	<a href="http://www.earthhour.org.au">www.earthhour.org.au</a>
	29	Easter celebrations	Think about some ways to limit chocolate eggs at school during Easter. Get classes involved in some Easter craft or have a class egg and spoon race.	<a href="#">Easter ideas</a>	<a href="http://www.thebestideasforkids.com/easter-crafts">www.thebestideasforkids.com/easter-crafts</a>
April	8-18	Nature Play Week	Encourage families to explore and play outside these holidays with some links in your school’s newsletter.	<a href="#">Nature Play resources</a>	<a href="http://www.kidsinnaturenetwork.org.au">www.kidsinnaturenetwork.org.au</a>
	Tasmanian Government School Holidays: Saturday 13 April – Sunday 28 April				
May	1-7	Screen Free Week	Encourage students and families to digitally disconnect and find alternative entertainment opportunities to explore, play and discover.	<a href="#">Screen Time for Families newsletter insert</a>	<a href="https://screenfree.org">https://screenfree.org</a>
	12	Mother’s Day	Host a morning tea for mums or host a Mother’s Day ‘make and take’ craft area for students to create their own gifts.	<a href="#">Mother’s Day activity ideas</a> <a href="#">Morning tea ideas</a>	<a href="http://www.thebestideasforkids.com/mothers-day-crafts-for-kids">www.thebestideasforkids.com/mothers-day-crafts-for-kids</a>
	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.	<a href="#">Morning Tea ideas</a>	<a href="http://www.biggestmorningtea.com.au">www.biggestmorningtea.com.au</a>
	10	National Walk Safely to School Day	Make National Walk Safely to School Day your term 2 <i>Stride and Ride</i> event.	<a href="#">Annual walking and riding events</a>	<a href="http://www.walk.com.au/WSTSD">www.walk.com.au/WSTSD</a>
	27-3	National Reconciliation Week	Look at ways your school can foster knowledge and pride in Aboriginal and Torres Strait Islander histories and cultures and contribute to reconciliation.	<a href="#">Cultural Respect resource</a>	<a href="http://www.reconciliation.org.au/our-work/national-reconciliation-week">www.reconciliation.org.au/our-work/national-reconciliation-week</a>
June	1-30	Jump Rope for Heart	Get involved this winter to keep students active – or any time of year! Look at other suggested activity programs that can happen at any time of the year.	<a href="#">Other programs or resources</a>	<a href="http://www.heartfoundation.org.au/jump-rope-for-heart">www.heartfoundation.org.au/jump-rope-for-heart</a>

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

*This is a Healthy Tasmania initiative.*

## Calendar 2024

Making the links between events and health

Date		Event	How to link this event to <i>Move Well Eat Well</i> ?	Resources at: www.movewelleatwell.tas.gov.au	Further information
July	1-7 TBC	<b>NAIDOC Week</b>	Host an event at your school 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>
	1-31	<b>Plastic Free July</b>	Get your school working towards sustainability and hold a wrapper-free month. Use your newsletter to promote package or wrapper-free lunches.	<a href="#">Lunchbox and Snack Ideas Flyers*</a> & <a href="#">Waste-Free Lunch Toolkit</a>	<a href="http://www.plasticfreejuly.org/">www.plasticfreejuly.org/</a>
	Tasmanian Government School Holidays: Saturday 6 July – Sunday 21 July				
August	5-11	<b>Keep Australia Beautiful Week</b>	Organise a community walk to collect rubbish as a <i>Stride and Ride</i> event and promote the benefits of wrapper-free foods in your community.	<a href="#">Walking and Riding newsletter insert</a>	<a href="http://www.kab.org.au">www.kab.org.au</a>
	5-11	<b>Dental Health Week</b>	Eating everyday foods, drinking water, and limiting sugar can help look after our teeth. How are you helping children at your school to love their teeth this week?	<a href="#">Tap into water resources</a> <a href="#">Oral health resources</a>	<a href="http://www.teeth.org.au/teeth/dental-health-week">www.teeth.org.au/teeth/dental-health-week</a>
	17-23	<b>Book Week</b>	This year's theme is <i>Reading is Magic</i> . Showcase some books about healthy eating or active play.	<a href="#">Health on the Shelf</a>	<a href="http://www.cbca.org.au/cbca-book-week">www.cbca.org.au/cbca-book-week</a>
September	1-30	<b>Footy Colours Day</b>	Hold a footy colours day this month with some active games at recess or lunch.	<a href="#">Group challenges</a>	<a href="http://www.footycoloursday.com.au">www.footycoloursday.com.au</a>
	1	<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/25-handmade-fathers-day-gifts">www.thebestideasforkids.com/25-handmade-fathers-day-gifts</a>
	4	<b>National Health and Physical Education Day</b>	Get your school involved in this day by providing plenty of fun, movement-based activities.	<a href="#">Movement activities</a> <a href="#">Classroom energisers</a>	<a href="http://www.achper.org.au/National HPE Day">www.achper.org.au/National HPE Day</a>
October	Tasmanian Government School Holidays: Saturday 28 September – Sunday 13 October				
	5-13 TBC	<b>Mental Health Week</b>	Look at ways your school can increase awareness and education about mental health and wellbeing for students and staff.	<a href="#">Staff and student mental health and wellbeing resources</a>	<a href="http://www.mhct.org/mentalhealthweek">www.mhct.org/mentalhealthweek</a>
	21-27	<b>National Water Week</b>	Look at ways to raise awareness in your school community about water issues and learn about the importance of water for health.	<a href="#">Discussing water with your class</a>	<a href="http://www.awa.asn.au">www.awa.asn.au</a>
	31	<b>Halloween</b>	Consider 'everyday' food recipes for class or canteen cooking, or some spooky craft activities.	<a href="#">Halloween recipes</a>	<a href="http://www.thebestideasforkids.com/halloween craft">www.thebestideasforkids.com/halloween craft</a>
November	7	<b>Outdoor Classroom Day</b>	Take the learning outside the classroom and share ideas with families about being active.	<a href="#">Games that integrate literacy and numeracy</a> <a href="#">Outdoor Play and Learning</a>	<a href="http://www.outdoorclassroomday.com.au">www.outdoorclassroomday.com.au</a>
	11-17	<b>National Recycling Week</b>	Try putting a system in place at your school around recycling, reusing, worm farming or composting.	<a href="#">Create a Sustainable School Canteen</a>	<a href="http://www.recyclingweek.planetark.org">www.recyclingweek.planetark.org</a>
December	3	<b>International Day of People with Disability</b>	Get students to work in small groups to modify a favourite sport or activity so it is accessible for people with disability.	<a href="#">Accessibility and inclusivity in physical activity</a>	<a href="http://www.idpwd.com.au">www.idpwd.com.au</a>
	19	<b>Students finish/ End of year celebrations</b>	Celebrate with a festive season event or a school disco with plenty of 'everyday' food options.	<a href="#">Festive Christmas food</a> <a href="#">Disco catering ideas</a>	<a href="http://www.schoolfoodmatters.org.au/recipe-ideas">www.schoolfoodmatters.org.au/recipe-ideas</a>