














# Calendar of Events 2017

Date*		Event	How could your service link this event to <i>Move Well Eat Well?</i>	What's on <a href="http://www.movewelleatwell.tas.gov.au">www.movewelleatwell.tas.gov.au</a>	Further information
January	All month	Welcome	Welcome new and old children and their families back to your service with a celebration or BBQ. Play some active games.	<a href="#">Party, Celebration Ideas &amp; Active games Newsletter Insert</a>	 <a href="http://www.eatforhealth.gov.au/eating-well/healthy-recipes">www.eatforhealth.gov.au/eating-well/healthy-recipes</a> <a href="http://www.gofor2and5.com.au/">www.gofor2and5.com.au/</a>
	All Month	Start of a New Year	Encourage 'everyday' food in lunchboxes.	<a href="#">What's in your Lunchbox?' poster</a> <a href="#">'Lunchbox snack ideas' poster</a> & <a href="#">Lunchbox inserts</a>	 <a href="http://www.snacwa.com.au">www.snacwa.com.au</a> , <a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a> <a href="http://www.gofor2and5.com.au">www.gofor2and5.com.au</a>
February <b>Tasmanian Government Schools Term 1 Begins: Wednesday 8 February</b>					
March	17	National Ride2School Day	Promote active transport to families as a way to get to & from your service or have a bike & scooter day, incorporating road safety ideas.	<a href="#">Stride and Ride</a>	 <a href="http://www.bicyclenetwork.com.au">www.bicyclenetwork.com.au</a>
	21	Harmony Day	Talk about foods from different cultures and involve children in a cooking activity – choose recipes with more 'everyday' foods.	<a href="#">International Recipes</a>	 <a href="http://www.harmony.gov.au">www.harmony.gov.au</a>
	25	Earth Hour	Encourage staff and families to have a power free and non-screen night.	<a href="#">Turn Off, Switch to Play</a>	 <a href="http://www.earthhour.org">www.earthhour.org</a>
April	12-23	Nature Play Week	Encourage children and their families to explore and play outside.	<a href="#">Nature Play Seasons Activities</a>	 <a href="http://www.natureplayweek.org.au">www.natureplayweek.org.au</a>
	14-18	Easter Holidays/celebrations	Talk to parents in advance about Easter eggs at your service. Have an egg and spoon race or plan some activities around egg decorating.	<a href="#">Easter tips</a>	 <a href="http://www.gofor2and5.com.au">www.gofor2and5.com.au</a> , <a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a>
Tasmanian Government School Holidays: Friday 14 April – Friday 28 April					
May	14	Mother's Day	Hold a Mother's Day morning tea or have a non-food gift stall.	<a href="#">Morning Tea ideas</a>	 <a href="http://www.gofor2and5.com.au">www.gofor2and5.com.au</a> , <a href="http://www.snacwa.com.au">www.snacwa.com.au</a>
	19	National Walk Safely to School Day	Encourage families to walk to and from your service either part-way or the whole way. Or organise a walk in your service's local community, incorporating road safety education.	<a href="#">Walking and Riding Activities</a>	 <a href="http://www.walk.com.au/WSTSD/">www.walk.com.au/WSTSD/</a>
	25	Australia's Biggest Morning Tea	Think about some healthy 'everyday' options for morning tea at your service. You could also provide some healthy recipe ideas to families.	<a href="#">Morning tea ideas</a>	 <a href="http://www.biggestmorningtea.com.au">www.biggestmorningtea.com.au</a>
June	All month	Rainy day fun!	Get creative with ways children at your service can enjoy active play indoors when it's just too wet outside.	<a href="#">Indoor Active Play Ideas</a>	 <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>
	30	SIDS and Kids Red Nose Day	Organise a fun day-time disco at your service to fundraise for Red Nose Day. A great way to get children huffing and puffing!	<a href="#">Move, Play and Go</a>	 <a href="http://www.rednoseday.com.au/register_child">www.rednoseday.com.au/register_child</a>
July	2-9	NAIDOC Week	Host a morning tea or BBQ at your service to celebrate the culture and achievements of Aboriginal and Torres Strait Islander peoples. Ask along local indigenous members of your community.	<a href="#">Morning Tea Ideas</a> , <a href="#">BBQ Ideas</a>	 <a href="http://www.naidoc.org.au">www.naidoc.org.au</a>
	Tasmanian Government School Holidays: Monday 10 July – Friday 21 July				

\* As each organisation may change event details please refer directly to the event website for up to date information

Facebook: [www.facebook.com/MWEWEC](http://www.facebook.com/MWEWEC) Website: [www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au) For your login, email: [movewelleatwellec@dhhs.tas.gov.au](mailto:movewelleatwellec@dhhs.tas.gov.au)

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August	1-7	<b>Dental Health Week</b>	Promote dental care at your service and talk about good choices for our teeth. Arrange a visit from Oral Health Services Tasmania.	<a href="#">Kids are sweet enough</a> , <a href="#">Lunchbox snack ideas</a>	<a href="http://www.ada.org.au">www.ada.org.au</a> , <a href="http://www.dhhs.tas.gov.au">www.dhhs.tas.gov.au</a>
	1-7	<b>World Breastfeeding Week</b>	Show your support and encouragement for breastfeeding mothers whose children attend your service.	<a href="#">Breastfeeding and returning to work</a> , & <a href="#">Breastfeeding MWEW Starter Pack</a>	<a href="http://www.worldbreastfeedingweek.org">www.worldbreastfeedingweek.org</a>
	18-25	<b>Book Week</b>	Showcase some books about healthy eating or physical activity/active play.	<a href="#">Books that nourish</a> (booklist)	<a href="http://www.cbca.org.au">www.cbca.org.au</a>
September	3	<b>Father's Day</b>	Host a BBQ for dads. Run some 'dads and kids' team games.	<a href="#">Healthy BBQ Ideas</a>	<a href="http://www.gofor2and5.com.au">www.gofor2and5.com.au</a> , <a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a>
	6	<b>National Health &amp; Physical Education Day</b>	Get children and staff at your service moving with some fun outdoor active games.	<a href="#">Active Play Newsletter Insert</a> , & <a href="#">DIY Play Equipment and Games</a>	<a href="http://www.hpeday.com.au">www.hpeday.com.au</a>
	30	<b>AFL Grand Final/Footy Colours day</b>	Hold a healthy footy morning tea or a footy colours day with some active games.	<a href="#">Morning Tea Ideas</a>	<a href="http://www.afl.com.au">www.afl.com.au</a>
<b>Tasmanian Government School Holidays: Monday 2 October – Friday 13 October</b>					
October	15-21	<b>National Water Week</b>	Promote water as a healthy choice to families and children. Learn about why water is important for our health and our environment.	<a href="#">Benefits of drinking water</a> Newsletter Insert & <a href="#">Tap Into Water Everyday</a> criterion Information	<a href="http://www.taswater.com.au">www.taswater.com.au</a> <a href="http://www.awa.asn.au">www.awa.asn.au</a>
	21-29	<b>Children's Week</b>	Celebrate the talents, skills and abilities of children at your service with games and activities. Or plan a cooking activity, using 'everyday' recipes.	<a href="#">DIY Play Equipment and Games</a> , <a href="#">Date and Apple pikelet recipe</a>	<a href="http://www.health.gov.au">www.health.gov.au</a> <a href="http://www.childrensweek.org.au">www.childrensweek.org.au</a>
	24	<b>National Kidsafe Day</b>	Plan some fun activities to educate children about road safety. Invite a police officer to your service to talk about road safety with the children.	<a href="#">Road Safety Newsletter Insert</a> & <a href="#">Road Safety Activities</a>	<a href="http://www.kidsafeday.com.au">www.kidsafeday.com.au</a>
	15-21	<b>National Nutrition Week</b>	Encourage families to 'eat a rainbow' of fruit and veg.	<a href="#">Eat a Rainbow Newsletter Insert</a>	<a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a>
	All month	<b>National Nude Food Month</b>	If you are a lunchbox service, use your newsletter to promote rubbish-free lunches or morning/afternoon teas, or make a display of wrapper-free ideas.	<a href="#">Tips for a Rubbish-Free Lunch</a> & <a href="#">Pack a rubbish-free lunch newsletter insert</a>	<a href="http://www.nudefoodday.com.au">www.nudefoodday.com.au</a>
November	All Month	<b>Spring Gardening</b>	Get your service's garden ready for summer and start planting some easy and tasty crops that can be used in healthy cooking experiences.	<a href="#">How Does Your Garden Grow? Grow It to Eat It</a> , & <a href="#">Gardening With Children</a>	<a href="#">Peter Cundall's Planting Guide</a> <a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a>
December	All Month	<b>End of year celebrations</b>	Celebrate with better Christmas party food, a disco or a BBQ. Play some active games.	<a href="#">Festive Food Ideas</a> , <a href="#">BBQ ideas</a> & <a href="#">DIY Play Equipment and Games</a>	<a href="http://www.gofor2and5.com.au">www.gofor2and5.com.au</a> , <a href="http://www.eatforhealth.gov.au">www.eatforhealth.gov.au</a>

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This is a Healthy Tasmania Initiative