


























Date*	Event	How could your school link this event to <i>Move Well Eat Well</i> ?	What's at www.movewelleatwell.tas.gov.au ?	Further information
February	8	Students commence Welcome days/Family nights	Celebrate the start of the term with tasty food or a BBQ. Encourage 'everyday' food in lunchboxes.	Party, BBQ ideas, Lunchbox ideas What's in your lunchbox?  www.gofor2and5.com.au
March	3	Schools Clean Up Australia Day	Plan a school walk around the local community to clean up litter.	Ideas for walking and riding  www.cleanupaustraliaday.org.au
	6-12	Step-a-thon	Register, count your steps for a week, and raise money for children's health research.	Annual walking and riding events  www.stepathon.com.au
	17	National Ride2School Day	Make National Ride2School Day your first term <i>Stride and Ride</i> event.	Annual walking and riding events  www.bicyclenetwork.com.au
	21	Harmony Day	Try foods from different cultures in class or the canteen. Choose recipes with more 'everyday' foods. Learn dance moves from around the world.	International recipes  www.harmony.gov.au
	25	Earth Hour	Encourage staff and school families to have a power-free and non-screen night.	Turn Off, Switch to Play  www.earthhour.org
April	12-23	Nature Play Week	Encourage families to explore and play outside these holidays.	Nature play seasons activities  www.natureplayweek.org.au
	12	Final day for students Easter holidays/celebrations	Communicate with families about Easter eggs at school. Have a class vs class egg and spoon race or plan some activities around egg decorating.	Easter tips, Party & BBQ ideas  www.gofor2and5.com.au
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.	Morning tea ideas  www.gofor2and5.com.au
	19	National Walk Safely to School Day	Make National Walk Safely to School Day your term 2 <i>Stride and Ride</i> event.	Annual walking and riding events  www.walk.com.au
	25	Australia's Biggest Morning Tea	Think about 'everyday' food options for morning tea.	Morning tea ideas  www.biggestmorningtea.com.au
June	1-30	Jump Rope for Heart	Get involved this winter – or any time of year!	Extra resources for Move, Play and Go  www.heartfoundation.org.au
July	2-9	NAIDOC Week	Prepare some snacks using the colours of the Aboriginal flag. Choose recipes with more 'everyday' foods.	Indigenous food recipes  www.naidoc.org.au
	Tasmanian Government School Holidays: Monday 10 July – Friday 21 July			

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August	<i>see website</i>	40 Hour Famine	Encourage students to go without screen time (TV, DVDs, electronic games, smart phones, computers and tablets) as a fundraiser.	Parent information about screen time Swap screens for play (newsletter insert)	 www.40hourfamine.com.au
	18-25	Book Week	Showcase some books about healthy eating or active play.	Books that nourish (booklist)	 www.cbca.org.au
	21	RSPCA Cupcake Day	Have class groups cook fruit or vegetable muffins.	Cupcake and muffin recipes	 www.rspcacupcakeday.com.au
	21-27	Keep Australia Beautiful Week	Organise a community walk to collect litter.	Ideas for walking and riding	 www.kab.org.au
September	1-30	Fruit & Veg Month	Freshen up your fruit and veggie break. What about aiming to eat a rainbow this month?	Packing a fruit & veg break (newsletter insert) Eat a rainbow (poster)	 www.gofor2and5.com.au
	3	Father's Day	Host a BBQ for dads. Run some 'dads and kids' team games.	BBQ ideas Active games	 www.gofor2and5.com.au
	30	AFL Grand Final/Footy Colours Day	Hold a fruity footy breakfast or a footy colours day with some active games.	What's for breakfast? Cooperative games	 www.afl.com.au
Tasmanian Government School Holidays: Monday 2 October – Friday 13 October					
October	1-31	National Nude Food Day	Hold a wrapper-free challenge. Use your newsletter to promote rubbish-free lunches.	Pack a rubbish-free lunch (newsletter insert)	 www.nudefoodday.com.au
	11	Ride to Work Day	Encourage staff & students to ride to work/school on this day.	Ideas for walking and riding	 www.bicyclenetwork.com.au
	15-21	National Nutrition Week	Encourage families to 'eat a rainbow' of fruit and veg.	Eat a rainbow (newsletter insert)	 www.nutritionaustralia.org
November	13-19	National Recycling Week	Investigate what happens to PET water bottles when they are recycled. Try composting: recycle food scraps and feed the garden.	Gardening, sustainability and nude food	 www.recyclingweek.planetark.org
December	21	Students finish End of year celebrations	Celebrate with festive food made from 'everyday' foods or hold a disco. Play some active games.	Christmas party BBQ ideas Active games Disco or dance catering ideas	 www.gofor2and5.com.au

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