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| **Move Well Eat Well Early Childhood Banner** | Calendar 2024  Making the links between events and health  [**www.movewelleatwell.tas.gov.au**](http://www.movewelleatwell.tas.gov.au) | **Website:** [movewelleatwell.tas.gov.au](https://www.movewelleatwell.tas.gov.au/early_childhood_services)  **Email:** [movewelleatwellEC@health.tas.gov.au](mailto:movewelleatwellEC@health.tas.gov.au)  **Facebook:** [movewelleatwellearlychildhood](https://www.facebook.com/MWEWEC/) |

| **Month** | **Days** | **Event** | **How to link this event to *Move Well Eat Well*?** | **Resources at:** | **Further information** |
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| **February** | **1 to 28** | **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](https://www.movewelleatwell.tas.gov.au/__data/assets/image/0006/404367/newsletter_insert_Rainbow_poster_20200529.jpg)  [Cooking and Recipes](http://movewelleatwell.tas.gov.au/early_childhood_services/limit_sometimes_foods/cooking_and_recipes) | [Healthy Eating Advisory Service Early Childhood Recipes](https://heas.health.vic.gov.au/early-childhood-services/recipes) |
| **March** | **3** | **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](http://www.movewelleatwell.tas.gov.au/families/limit_sometimes_foods/tips_for_a_rubbish-free_lunch)  [Lunchbox and Snack Idea Flyers\*](http://www.movewelleatwell.tas.gov.au/early_childhood_services/limit_sometimes_foods/lunchbox_flyers) | [Clean Up Australia Day Website](https://www.cleanup.org.au/) |
| **18 to 24** | **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](http://www.movewelleatwell.tas.gov.au/early_childhood_services/limit_sometimes_foods/cooking_and_recipes/international_recipes) | [Harmony Week Website](https://www.harmony.gov.au/) |
| **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. | [Swap Screens for Active Play](https://www.movewelleatwell.tas.gov.au/__data/assets/image/0004/352885/TOSTP_Swap_screens_20170714.jpg) & [Green Time vs Screen Time Family Challenge](https://www.movewelleatwell.tas.gov.au/__data/assets/pdf_file/0008/489527/green_time_v_screen_time.pdf) | Earth Hour [Website](http://www.earthhour.org/) |
| **29** | **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](http://movewelleatwell.tas.gov.au/early_childhood_services/limit_sometimes_foods/easter_tips_and_ideas) | [The Best Ideas for Kids Website Easter Craft](https://www.thebestideasforkids.com/seasons/easter/) |
| **April** | **8 to 18** | **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](https://movewelleatwell.tas.gov.au/early_childhood_services/move,_play_and_go/nature_play) | [Kids in Nature Website](https://www.kidsinnaturenetwork.org.au/) |
| **May** | **1 to 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://www.movewelleatwell.tas.gov.au/__data/assets/image/0003/352884/TOSTP_Family_screen_time_20180626.jpg) | [Screen Free Week Website](https://screenfree.org/) |
| **10** | **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. | [Walking and Riding Activities](https://movewelleatwell.tas.gov.au/early_childhood_services/stride_and_ride/walking_and_riding_activities) | Walk Safely To [School](http://www.walk.com.au/WSTSD/) Day Website |
| **12** | **Mother’s Day** | Set up a Mother’s Day craft area and assist children to create their own gifts. | [Mother’s Day Activity Ideas](https://www.movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/mothers_and_fathers_day_activity_ideas) | [The Best Ideas for Kids Website Mother’s Day Craft](https://www.thebestideasforkids.com/mothers-day-crafts-for-kids/) |
| **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. | [Morning Tea Ideas](http://movewelleatwell.tas.gov.au/early_childhood_services/limit_sometimes_foods/morning_tea_ideas) | [Australia’s](http://www.biggestmorningtea.com.au/) Biggest Morning Tea Website |
| **27 to 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](https://movewelleatwell.tas.gov.au/early_childhood_services/health_promoting_service/cultural_respect_resource) | [National Reconciliation Week Website](https://www.reconciliation.org.au/our-work/national-reconciliation-week/) |
| **June** | **1 to 30** | **Rainy Day Fun** | Get creative with ways your service can enjoy indoor active play when it’s too wet outside. | [Indoor Active Play Ideas](https://movewelleatwell.tas.gov.au/early_childhood_services/move,_play_and_go/indoor_active_play_ideas) | [Raising Children Website](http://www.raisingchildren.net.au/physical%20activity%20for%20young%20children) |
| **July** | **1 to 7** | **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](https://movewelleatwell.tas.gov.au/families/limit_sometimes_foods/tasmanian_bush_foods_recipes) | NAIDOC [Week](http://www.naidoc.org.au/) Website |
| **1 to 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. | [Lunchbox and Snack Ideas Flyers\*](https://movewelleatwell.tas.gov.au/early_childhood_services/limit_sometimes_foods/lunchbox_snack_idea_flyers) | [Plastic Free July Website](https://www.plasticfreejuly.org/) |

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| Month | Date | Event | How to link this event to *Move Well Eat Well*? | Resources at: | Further information |
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| **August** | **1 to 7** | **World Breastfeeding Week** | Show your support and encouragement for your service’s breastfeeding mums. | [Infant Feeding Information](http://movewelleatwell.tas.gov.au/early_childhood_services/plant_fruit_and_veg_in_your_lunchbox) | [World Breastfeeding Week Website](https://waba.org.my/wbw/) |
| **5 to 11** | **Dental Health Week** | Promote dental care at your service and talk about good choices for our teeth. Arrange a visit from Oral Health Services Tasmania to talk to staff. | [Tap into Water Resources](http://www.movewelleatwell.tas.gov.au/early_childhood_services/tap_into_water_everyday/)  [Oral Health Resources](https://doh.health.tas.gov.au/healthykids/healthy_mouths_healthy_bodies) | [Dental Health Week Website](https://www.teeth.org.au/teeth/dental-health-week) |
| **5 to 11** | **Keep Australia Beautiful Week** | Organise a walk to collect rubbish as a *Stride and Ride* event. Promote the benefits of walking and riding to families through newsletter inserts. | [Walking and Riding Newsletter Insert](http://www.movewelleatwell.tas.gov.au/__data/assets/image/0003/352893/Walking_and_riding_are_good_for_children_20201712.jpg) | [Keep Australia Beautiful week website](https://kab.org.au/) |
| **17 to 23** | **Book Week** | This year’s theme is *Read, Grow, Inspire* Showcase some books about healthy eating or active play. | [Health on the Shelf](https://doh.health.tas.gov.au/healthykids/health_on_the_shelf) | [Children’s Book Week Website](https://cbca.org.au/cbca-book-week) |
| **1 to 31** | **RSPCA Cupcake Day** | Have room groups cook fruit or vegetable muffins. | [Cupcake and muffin recipes](http://movewelleatwell.tas.gov.au/families/limit_sometimes_foods/cupcakes_and_muffins) | [RSPCA Cupcake Day Website](http://www.rspcacupcakeday.com.au/) |
| **September** | **1 to 30** | **Footy Colours Day** | Hold a footy Colours day this month with some fun active games. | [Movement activities for Preschoolers](http://movewelleatwell.tas.gov.au/early_childhood_services/move,_play_and_go/movement_skill_activities_for_preschoolers) | [Footy Colours Day Website](https://www.footycoloursday.com.au/) |
| **1** | **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](http://movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/fundraising,_school_celebrationevent_and_recipe_ideas/fathers_day_breakfasts)  [Father’s Day Activity Ideas](https://movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/mothers_and_fathers_day_activity_ideas) | The [Best](http://www.thebestideasforkids.com/25-handmade-fathers-day-gifts-from-kids/) Ideas for Kids Father’s Day Gifts |
| **October** | **5 to 13** | **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](https://movewelleatwell.tas.gov.au/early_childhood_services/health_promoting_service) | [Mental Health Week Website](http://www.mhct.org/mentalhealthweek) |
| **21 to 27** | **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](http://www.movewelleatwell.tas.gov.au/early_childhood_services/tap_into_water_everyday) | [Australian Water Association Website](https://www.awa.asn.au/AWA_MBRR/About_AWA/National_Water_Week.aspx) |
| **21 to 27** | **Children’s Week** | Celebrate the talents and abilities of children with active games. | [More move. Play and Go Ideas](http://movewelleatwell.tas.gov.au/families/move,_play_and_go) | Children’s [Week](http://www.childrensweek.org.au/) Website |
| **31** | **Halloween** | Choose ‘everyday’ food recipes for class or canteen cooking. | [Halloween Recipes](http://movewelleatwell.tas.gov.au/families/limit_sometimes_foods/halloween_recipes) | [The Best Ideas for Kids Website Halloween Craft](https://www.thebestideasforkids.com/seasons/halloween-holidays/) |
| **November** | **7** | **Outdoor Classroom Day** | Take learning and play experiences outdoors and share ideas with families about being active. | [What is Outdoor Play and Learning? Resource](https://movewelleatwell.tas.gov.au/early_childhood_services/move,_play_and_go/what_is_outdoor_play_and_learning) | Outdoor [Classroom](https://outdoorclassroomday.com.au/) Day Website |
| **11 to 17** | **National Recycling Week** | Try putting a system in place at your service around recycling, reusing, worm farming or composting. | [Pack a Wrapper-Free Lunch newsletter insert](https://movewelleatwell.tas.gov.au/__data/assets/image/0004/352867/LSF_rubbish-free_20180618.jpg) | [National Recycling Week Website](http://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](https://movewelleatwell.tas.gov.au/early_childhood_services/move,_play_and_go/accessibility_and_inclusivity_resources_for_play_and_physical_activity) | [International Day of People with Disability Website](http://www.idpwd.com.au/) |
| **1 to 24** | **End of year celebrations** | Celebrate with some festive food ideas or ‘everyday’ BBQ food ideas. | [Festive Food ideas](http://movewelleatwell.tas.gov.au/families/limit_sometimes_foods/healthy_christmas_snacks) | [Healthy Kids Toolkit Summer BBQ Blog](https://www.dhhs.tas.gov.au/healthykids/blog/summer_bbq_inspiration) |