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| Move Well Eat Well Primary School Logo | 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](http://www.movewelleatwell.tas.gov.au)  **Email:** [movewelleatwell@health.tas.gov.au](mailto:movewelleatwell@health.tas.gov.au)  **Facebook:** [movewelleatwellprimaryschool](https://www.facebook.com/movewelleatwellprimaryschool/) |
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| **Month** | **Days** | **Event** | **How to link this event to *Move Well Eat Well*?** | **Resources at:** | **Further information** |
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| **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. | [‘Water only’ zone signs\* &](http://www.movewelleatwell.tas.gov.au/__data/assets/pdf_file/0017/181322/3_per_page_water_only_zone_sign_A3_portrait.pdf)  [Classroom fruit and veg breaks](http://movewelleatwell.tas.gov.au/primary_schools/plant_fruit_and_veg_in_your_lunchbox/how_to_get_fruit_and_veg_breaks_organised) | [School Food Matters Recipe Ideas](https://www.schoolfoodmatters.org.au/school-food-service/canteen-accreditation-requirements/recipe-ideas/) |
| **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. | [Packing a wrapper-free lunch newsletter insert](https://www.movewelleatwell.tas.gov.au/__data/assets/image/0004/352867/LSF_rubbish-free_20180618.jpg) &  [Waste-Free Lunch Toolkit](https://www.wasteauthority.wa.gov.au/images/resources/wss/Waste-free_lunch_toolkit.pdf) | [Clean Up Australia Day Website](https://www.cleanup.org.au/) |
| **18 to 24** | **Harmony Week** | Try recipes from around the world in class or the canteen. Choose recipes with more ‘everyday’ foods. | [International recipes](http://movewelleatwell.tas.gov.au/primary_schools/plant_fruit_and_veg_in_your_lunchbox/cooking_and_recipes/international_recipes) | [Harmony Week Website](https://www.harmony.gov.au/) |
| **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. | [Stride and Ride ideas](http://movewelleatwell.tas.gov.au/primary_schools/stride_and_ride) | [Bicycle Network Ride2School Day](http://www.bicyclenetwork.com.au/rides-and-events/ride2school/) |
| **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 newsletter insert](https://www.movewelleatwell.tas.gov.au/__data/assets/image/0004/352885/TOSTP_Swap_screens_20170714.jpg) | [Earth Hour Website](http://www.earthhour.org/) |
| **29** | **Easter celebrations** | Think about some ideas to limit chocolate eggs at your school during Easter. Get children involved in some Easter craft or have an egg and spoon race. | [Easter ideas](http://movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/easter_ideas) | [The Best Ideas for Kids Website Easter Crafts](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 schools’ newsletter or some resources in the foyer | [Nature Play resources](http://movewelleatwell.tas.gov.au/families/move,_play_and_go/nature_play) | [Kids In Nature Website](https://www.kidsinnaturenetwork.org.au/) |
| **May** | **1 to 7** | **Screen Free Week** | Encourage students and 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) |
| **12** | **Mother’s Day** | Hold a Mother’s Day ‘make and take’ craft area for students to create their own gifts in the classroom or communal area. | [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 Ideas](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](https://www.movewelleatwell.tas.gov.au/families/limit_sometimes_foods/bring_a_healthy_plate) | [Australia’s](http://www.biggestmorningtea.com.au/) Biggest Morning Tea Website |
| **10** | **National Walk Safely to School Day** | Make National Walk Safely to School Day your term 2 *Stride and Ride* event. | [Annual walking and riding events](http://movewelleatwell.tas.gov.au/primary_schools/stride_and_ride/annual_walking_and_riding_events) | Walk Safely To [School](http://www.walk.com.au/WSTSD/) Day Website |
| **27 to 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. | [Cultural respect resource](https://movewelleatwell.tas.gov.au/primary_schools/health_promoting_school/cultural_respect_resource) | [National Reconciliation Week Website](https://www.reconciliation.org.au/our-work/national-reconciliation-week/) |
| **June** | **1 to 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. | [Other programs or resources](http://movewelleatwell.tas.gov.au/primary_schools/move,_play_and_go/mpg_ps_weblinks) | [Heart Foundation Website](http://www.heartfoundation.org.au/jump-rope-for-heart) |

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| **Move Well Eat Well Primary School Logo** | **Calendar 2022**  **Making the links between events and health**  [**www.movewelleatwell.tas.gov.au**](http://www.movewelleatwell.tas.gov.au) |  |

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| **July** | **1 to 7** | **NAIDOC Week** | Host an event your school 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 school working towards sustainability and hold a wrapper-free month. Use your newsletter to promote package or wrapper-free lunches. | [Lunchbox and Snack Ideas Flyers\*](https://www.movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/lunchbox_snack_idea_flyers) & [Waste-Free Lunch Toolkit](https://www.wasteauthority.wa.gov.au/images/resources/wss/Waste-free_lunch_toolkit.pdf) | [Plastic Free July Website](http://www.plasticfreejuly.org/) |
| **August** | **5 to 11** | **Keep Australia Beautiful Week** | Organise a community walk to collect litter. 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](http://www.kab.org.au/keep-australia-beautiful-week/) Beautiful Week Website |
| **5 to 11** | **Dental Health Week** | 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? | [Tap into water resources](https://www.movewelleatwell.tas.gov.au/primary_schools/tap_into_water_everyday)  [Oral health resources](https://www.health.tas.gov.au/health-topics/dental-health/learn-about-dental-health/dental-health-children) | [Dental Health Week Website](https://www.teeth.org.au/teeth/dental-health-week) |
| **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 Council of Australia Website](https://www.cbca.org.au/cbca-book-week) |
| **September** | **1 to 30** | **Footy Colours Day** | Hold a footy colours day this month with some active games at recess or lunch. | [Group challenges](http://movewelleatwell.tas.gov.au/primary_schools/move,_play_and_go/individual_and_group_challenges) | [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://www.movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/mothers_and_fathers_day_activity_ideas) | [The Best Ideas for Kids Website Father’s Day Craft Ideas](http://www.thebestideasforkids.com/25-handmade-fathers-day-gifts-from-kids/) |
| **4** | **National Health and Physical Education Day** | Get your school involved in this day by providing plenty of fun, movement-based activities. | [Movement activities](http://movewelleatwell.tas.gov.au/primary_schools/move,_play_and_go/daily_pe_activity_ideas)  [Classroom energisers](http://movewelleatwell.tas.gov.au/primary_schools/turn_off,_switch_to_play/energisers) | [National Health and Physical Education Day website](https://www.achper.org.au/ACHPERNational/ACHPERNational/HPE-Day/National-HPE-Day.aspx?hkey=35c839c7-5404-49ef-86c3-6d6bc00d43a7) |
| **October** | **5 to 13 TBC** | **Mental Health Week** | Look at ways your school can increase awareness and education about mental health and wellbeing for students and staff. | [Staff and student mental health and wellbeing resources](http://www.movewelleatwell.tas.gov.au/primary_schools/health_promoting_school) | [Mental Health Council of Tasmania Website](https://mhct.org/mentalhealthweek/) |
| **21 to 27** | **National Water Week** | Look at ways to raise awareness in your school community about current and future water issues and learn about the importance of water for health | [Discussing water with your class](https://www.movewelleatwell.tas.gov.au/primary_schools/tap_into_water_everyday/discussing_water_with_your_class) | [National Water Week website](https://www.awa.asn.au/AWA_MBRR/About_AWA/National_Water_Week.aspx) |
| **31** | **Halloween** | Consider ‘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 the learning outside the classroom and share ideas with families about being active. | [Games that integrate literacy and numeracy](http://movewelleatwell.tas.gov.au/primary_schools/move,_play_and_go/integrating_literacy_and_numeracy)  [Outdoor Play and Learning](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 school around recycling, reusing, worm farming or composting. | [Create a Sustainable School Canteen](https://www.movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/create_a_sustainable_school_canteen) | [National Recycling Week Website](http://recyclingweek.planetark.org/) |
| **December** | **3** | **International Day of People with Disability** | Get students to work in small groups to modify a favourite sport or activity so it is accessible for people with disability. | [Accessibility and inclusivity in physical activity](https://movewelleatwell.tas.gov.au/primary_schools/move,_play_and_go/Resources_for_accessibility_and_inclusivity_in_physical_activity) | [International Day of People with Disability Website](https://www.idpwd.com.au/) |
| **19** | **Students finish/**  **End of year celebrations** | Celebrate with a festive season event or a school disco with plenty of ‘everyday’ food options. | [Festive Christmas food](http://movewelleatwell.tas.gov.au/families/limit_sometimes_foods/healthy_christmas_snacks)  [Disco catering ideas](http://movewelleatwell.tas.gov.au/primary_schools/limit_sometimes_foods/disco_or_dance_catering_ideas) | [School Food Matters Website Recipe Ideas](https://www.schoolfoodmatters.org.au/school-food-service/canteen-accreditation-requirements/recipe-ideas/) |