

Calendar 2025

Making the links between events and health
www.movewelleatwell.tas.gov.au

Website: movewelleatwell.tas.gov.au

Email: movewelleatwellEC@health.tas.gov.au

Facebook: [movewelleatwellearlychildhood](https://www.facebook.com/movewelleatwellearlychildhood)

Month	Days	Event	How to link this event to <i>Move Well Eat Well</i> ?	Further information
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.	Healthy Eating Advisory Service Early Childhood Recipes
March	2	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.	Clean Up Australia Day Website
	17 to 23	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.	Harmony Week Website
	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.	Earth Hour Website
April	18	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.	The Best Ideas for Kids Website Easter Craft
	2 to 13	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 Week Website
May	5 to 11	Screen Free Week	Encourage families to digitally disconnect and find alternative entertainment opportunities to explore, play and discover.	Screen Free Week Website
	16	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.	Walk Safely To School Day Website
June	1 to 30	Rainy Day Fun	Get creative with ways your service can enjoy indoor active play when it's too wet outside.	Raising Children Website
July	6 to 13	NAIDOC Week	Host an event at your service to celebrate the culture and achievements of Aboriginal and Torres Strait Islander peoples.	NAIDOC Week 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.	Plastic Free July Website

Calendar 2025

Making the links between events and health

www.movewelleatwell.tas.gov.au

Month	Date	Event	How to link this event to <i>Move Well Eat Well</i> ?	Further information
August	1 to 7	World Breastfeeding Week	Show your support and encouragement for your service's breastfeeding mums.	World Breastfeeding Week Website
	4 to 10 TBC	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.	Dental Health Week Website
	4 to 10	Keep Australia Beautiful Week	Organise a walk to collect rubbish as a <i>Stride and Ride</i> event. Promote the benefits of walking and riding to families through newsletter inserts.	Keep Australia Beautiful week website
	16 to 23	Book Week	This year's theme is <i>Book an Adventure</i> . Showcase some books about healthy eating or active play.	Children's Book Week Website
September	3	Early Childhood Educators' Day	Celebrate the work of early childhood educators, and the important role they play in supporting children's wellbeing, learning and development. Invite families along to a thank you morning or afternoon tea.	Early Childhood Educators' Day Website
October	4 to 12	Mental Health Week	Look at ways your service can increase awareness and education about mental health and wellbeing for children, families, and staff.	Mental Health Week Website
	20 to 26	National Water Week	Promote water as the main drink at your service and learn about the importance of water for health and our environment.	National Water Week Website
	18 to 26	Children's Week	Celebrate the talents and abilities of children with active games.	Children's Week Website
	31	Halloween	Choose 'everyday' food recipes for class or canteen cooking.	The Best Ideas for Kids Website Halloween Craft
November	6	Outdoor Classroom Day	Take learning and play experiences outdoors and share ideas with families about being active outdoors.	Outdoor Classroom Day Website
	10 to 16	National Recycling Week	Try putting a system in place at your service around recycling, reusing, worm farming or composting.	National Recycling Week Website
December	3	International Day of People with Disability	Break down barriers and celebrate the contributions and achievements of people with disability.	International Day of People with Disability Website
	1 to 24	End of year celebrations	Explore the rituals and traditions important to children and families at your service.	ACECQA Blog - Expectations of Celebrations

Dates were confirmed at time of printing. Please check our website and Facebook page for updates.

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

This is a Healthy Tasmania initiative.