

Calendar 2025

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

Website: movewelleatwell.tas.gov.au

Email: movewelleatwell@health.tas.gov.au

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

| Month | Day | Event | How to link this event to <i>Move Well Eat Well</i> | Further information |
|----------|----------|------------------------------------|--|--|
| February | 6 | 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. | School Food Matters Recipe Ideas |
| March | 2 | 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. | Clean Up Australia Day Website |
| | 17 to 23 | Harmony Week | Try recipes from around the world in class or the canteen. Choose recipes with more 'everyday' foods. | Harmony Week Website |
| | 21 | 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. | National Ride2School Day Website |
| | 22 | 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 school during Easter. Get children involved in some Easter craft or have an egg and spoon race. | The Best Ideas for Kids Website Easter Crafts |
| | 2 to 13 | Nature Play Week | Encourage families to explore and play outside with some links in your schools' newsletter or some resources in the foyer | Kids In Nature Website |
| May | 5 to 11 | Screen Free Week | Encourage students and 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 | Make National Walk Safely to School Day your term 2 <i>Stride and Ride</i> event. | Walk Safely To School Day Website |
| 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. | Heart Foundation - Jump Rope for Heart website |
| July | 6 to 13 | NAIDOC Week | Host an event your school to celebrate the culture and achievements of Aboriginal and Torres Strait Islander peoples. | NAIDOC Week 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 | Plastic Free July Website |

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|-----------|-------------|---|---|---|
| August | 4 to 10 | Keep Australia Beautiful Week | Organise a community walk to collect litter. Promote the benefits of walking and riding to families through newsletter inserts. | Keep Australia Beautiful Week Website |
| | 4 to 10 TBC | 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? | Dental Health 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 | 1 to 30 | Footy Colours Day | Hold a footy colours day this month with some active games at recess or lunch. Your school may like to choose a charity to donate to as part of the event. | Australian Sports Commission Website Fun and Active Games |
| | 3 | National Health and Physical Education Day | Get your school involved in this day by providing plenty of fun, movement-based activities. | National Health and Physical Education Day website |
| | 1 to 7 | Body Image and Eating Disorder Awareness Week | If you don't already have body image content in your curriculum, now is a great time to include it to raise awareness and promote body kindness. | Butterfly Foundation Website |
| October | 4 to 12 | Mental Health Week | Look at ways your school can increase awareness and education about mental health and wellbeing for students and staff. | Mental Health Council of Tasmania Website |
| | 13 to 19 | National Nutrition Week | Plan some cooking experiences with students and share between classes. | Nutrition Australia Website |
| | 20 to 26 | 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 | National Water Week website |
| | 31 | World Teacher's Day | Celebrate the dedication and hard work of teachers with a morning tea or activities and games organised by students. | World Teachers Day Website |
| | 31 | Halloween | Try out some spooky food recipes using the 5 food groups for class or canteen cooking. | The Best Ideas for Kids Website Halloween Craft |
| November | 6 | Outdoor Classroom Day | Take the learning outside the classroom 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 school around recycling, reusing, worm farming or composting. | National Recycling Week Website |
| 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. | International Day of People with Disability Website |
| | 18 | Students finish/ End of year celebrations | Celebrate with a festive season event or a school disco with plenty of 'everyday' food options. | School Food Matters Website Recipe Ideas |

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

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

This is a Healthy Tasmania Initiative