

JANUARY

## Australia Day

**Australia Day** acknowledges and celebrates the contribution that every Australian makes to our contemporary and dynamic nation.

Play an activity like backyard cricket. Keep it simple and have children make their own bats with rolled up paper or use pool noodles.

26 JAN



## Yabun

**Yabun festival** is a gathering and recognition of Aboriginal and Torres Strait Islander cultures in Australia. The event honours the survival of the world's oldest living culture.

Play a traditional Indigenous game from the [Yulunga resource](#).

## Australian Open

17-30

**The Australian Open** is an annual tennis tournament held in Melbourne.

Encourage modified versions of playground tennis or handball during PE.



FEBRUARY

## Premiers Sporting Challenge

February is the time to register your school for the **NSW Premiers Sporting Challenge** including the Race Around Australia.

## 1-15 Lunar New Year



Celebrate and learn about **Chinese New Year** with 2022 being the year of the tiger. Engage in some cooking experiences with the children.

## Healthy Lunchbox Week

**Healthy Lunchbox Week** occurs at the start of Term 1 to help get kids and families set up for a healthy year of lunchboxes.



## Valentine's Day 14

A day of love and all things red. Have the children brainstorm red fruit and veggies. Have a red platter taste testing session with the children.

MARCH

## Clean up 4 Australia Day



**Clean Up Australia** inspires and empowers communities to clean up, fix up and conserve our environment.

Encourage families to pack a waste free lunchbox today by [sharing this poster](#) to families on social media/email/newsletter.

17

## St Patrick's Day



The day commemorates the Irish heritage and culture.

Encourage children to bring fresh green fruit or vegetables for Crunch & Sip. Encourage the canteen to serve fresh green 'everyday' foods and drinks.

## 20 World Oral Health Day



**World Oral Health Day** is about the importance of good oral hygiene in maintaining health.

Use the [food and sugar cards](#) to discuss the amount of sugar in our foods and how this affects our teeth.

25

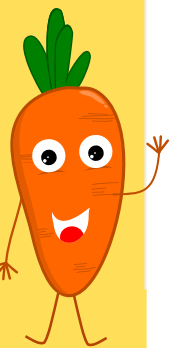
## National Ride to School Day

Encourage families to walk or ride to school this week, or include some bike skills in their outdoor play.

You can [register](#) your school to be a part of the day.

## 28 - 1 APRIL Veggie Week

**Veggie Week** is a time to explore and celebrate all things vegetables with the children at your school.



## 31 Big Veggie Crunch

Join thousands of children across NSW for **The Big Veggie Crunch**. Have children eat their veggie morning tea at 10am to be part of the celebration.



APRIL

## World Health Day 7

Complete a healthy learning experience with children on how to keep our bodies and minds healthy.

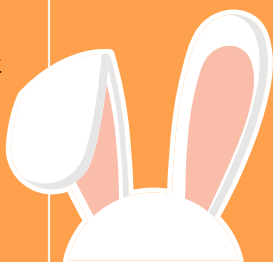


## 6-16 Nature Play Week

**Nature Play Week** promotes getting kids into nature and creating a sense of wonder.

Encourage the children at your school to reconnect with nature outdoors. Ask what environments they explore at home.

## Good Friday and Easter 15-18



Make sure to include some healthy alternatives in your school's Easter fundraising events.

Put the fun into fundraising and check out the [Healthy Fundraising Guide](#).



## 22 Earth Day

Engage children in [sustainability activities](#) such as recycling and composting, gardening and read books about looking after the world in which we live.

## 25 Anzac Day

**Anzac Day** is a national day of remembrance of all Australians and New Zealanders who served our country.



## TERM TWO

MAY

## Compost 1-7 Awareness Week

**Compost Week** improves awareness of the importance of compost and promotes compost use, knowledge and understanding.

Complete learning activities with children around what goes in each bin.



8

## Mother's Day

Many Australians celebrate Mother's Day by showing their appreciation for the achievements and efforts of mothers and mother figures.

20

## Walk Safely to School Day



**WSTSD** encourages children and families to commute safely to school, promoting road safety, health, public transport and environment. Encourage your families to walk to or from school this week. Provide a safe space to store bikes and scooters.

15-21

## Family Week

**National Families Week** celebrates the vital role that families play in society with the focus being stronger families, stronger communities.

## Sorry Day 26 & National Day of Healing

**A day** to acknowledge and recognise members of the Stolen Generation and give people the chance to share the steps towards healing.

## 27-3 Reconciliation Week

**Reconciliation Week** is a time to learn about our shared history, culture, and achievements, and to explore how each of us can contribute to reconciliation.

JUNE

## Mabo Day

**A day** to commemorate the courageous efforts of Eddie Mabo in his campaign for recognition of native title and traditional land rights for Aboriginal and Torres Strait Islanders.

3

5



## World Environment Day

**World Environment Day** encourages worldwide awareness and action for the protection of our environment. [Share this poster](#) to encourage families to pack a waste-free lunch.

## World Wellbeing Week

**World Wellbeing Week** promotes all aspects of wellbeing, including social, physical, emotional, financial, career, community and environmental wellbeing.

21-30



# TERM THREE

2022

JULY

## NAIDOC Week

3-10

**NAIDOC Week** recognises the First Nations people and celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander (ATSI) peoples.

Celebrate ATSI culture at your school this week – engage with your local community and invite them to your school. Play a traditional Indigenous game from the [Yulunga resource](#).



## Plastic Bag Free Day

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A global initiative that aims to eliminate the use of plastic bags.

Encourage teachers and families to go plastic free for the day.



## Active8 your workplace

18

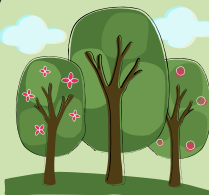
**Activ8 your Workplace** is an initiative which encourages corporate and school staff to take part in the Race Around Australia and other initiatives from the School Sport Unit.

## School Tree Day

29

**Tree Day** is an opportunity for you to do something positive for your community and the environment by connecting with nature.

Register your school to participate and access [free lesson plans](#).



AUGUST



1-7

## Dental Health Week

**Dental Week** reinforces how a healthy and balanced diet from a young age helps you to keep your teeth for life. [Share this image](#) with your families this week.

## National Aboriginal and Torres Strait Islander Children's Day

4

**Children's Day** is a time to for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

Bring Elders, families and their children together for storytelling, cultural activities, sporting events or consider other [ideas](#).



## Education Week

1-5

**Education Week** is an annual celebration of NSW public education and the achievements of our schools, students and education system..



## Science Week

**Science Week** aims to encourage an interest in science and encourage younger people to be fascinated by the world we live in.

## Children's Book Week

20-26

**Book Week** is a time to celebrate Australian children's literature through book parades and displays.

2022 theme is 'Dreaming with eyes open....'

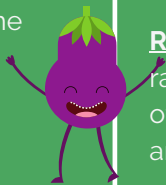


SEPTEMBER

## Spring has sprung!

Does your veggie garden need some TLC? The new season is a great opportunity to plant some new herbs and veggies.

Check out this [when to plant vegetable guide](#).



## Fruit & Veg Month

Fruit & Veg Month is an event for NSW primary schools, held each September.

**Register your school** to access a range of resources including whole of school activities, canteen ideas and classroom lesson plans. ,



## 1 National Health & Physical Education Day

**National HPE Day** highlights the importance of HPE in our curriculum and its influence on the learning and development of children.

## 4 Father's Day

Father's Day, on the first Sunday of September, is a day for people to show their appreciation for fathers and father figures.



## R U OK Day?

**R U OK? Day** encourages you to start a conversation with those in your world who may be struggling with life.

# TERM FOUR

OCTOBER



## National Nutrition Week

**National Nutrition Week** encourages all Australians to embrace a healthy diet and lifestyle, with a focus on vegetables.

Fruit and Veg fall into 5 different colour categories – Red, Purple/Blue, Orange, Green and White/Brown.

## National Water Week 17 - 21

**National Water Week** makes a splash across Australia in October, inspiring individuals, communities and organisations to build awareness around the value of water.

Schools are encouraged to create and take part in Water Week events, activities and educational resources.



22 - 30

## Children's Week

**Children's Week** is a national celebration of children's rights, talents and citizenship.



28

## World Teacher's Day

Recognising teachers and the important role they play in shaping the next generation.

Let's celebrate you; our remarkable teachers and celebrate how much you are appreciated.

NOVEMBER

7-13

## National Recycle Week

**National Recycling Week** brings a focus to the environmental benefits of recycling and aims to provide the tools to minimise waste and manage material resources responsibly at home, work and school.

How well does your school recycle? Check out these [recycling myths](#) to ensure your school is following correct information.



## Remembrance Day

11

Each year on this day Australians observe one minute's silence at 11am, in memory of those who died or suffered in all wars and armed conflicts.



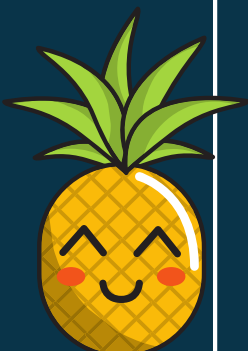
DECEMBER

## Summer is in the air

December can often be filled with festive snacks, meaning lots of added sugars and fats.

You can limit this by doing a healthy learning experience around summer fruit and vegetables.

Check out [what is in season](#).



## Graduations and Christmas

It's Christmas and graduation time! Encourage your families to bring in healthy celebration foods to share at graduation and Christmas parties.

Check out the [Celebrations Cookbook](#) and share this resource with your families for ideas.



## Contact us

### Health Promotion Service

For more information, click below to:

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