

# 2024 ACTIVITIES CALENDAR FOR PRIMARY SCHOOLS

## TERM ONE

JANUARY

### Australia Day

Australia Day acknowledges and celebrates the contribution that every Australian makes to our contemporary and dynamic nation. Engage in a classic family activity like backyard cricket. Keep it simple and safe and have children make their own bats with rolled up paper or use pool noodles.



### 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 15-28

The Australian Open is an annual tennis tournament. Encourage modified versions of playground tennis or handball during PE.

### Watch out for Mosquitos

Summer is here! Protect yourself and students against mozzie bites.

Find out more about keeping your school free from Arboviruses (mosquito related infections).



FEB

### Premier's sporting challenge

February is the time to register your school for the NSW Premier's Sporting Challenge.

### 4-10 Healthy Lunchbox Week



Occurs in week 2 to help get kids and families set up for a healthy year of lunchboxes.

### 10-25 Lunar / Chinese New Year



Celebrate and learn about Chinese New Year with 2024 being the year of the Dragon. Engage in some cooking experiences with the children to help celebrate this event.

MARCH

### Clean up 1 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 via social media/ email/ newsletter.

### World Sleep Day

World Sleep Day promotes the importance of sleep for health and wellbeing as well as aiming to reduce sleep problems and disorders.

Share this image to communicate the importance of sleep for both children and adults.



### 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

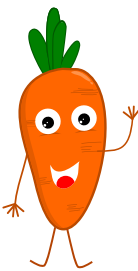
World Oral Health Day is about the importance of good oral hygiene in maintaining health.

Use the food and sugar cards to discuss how the amount of sugar in our foods affects our teeth.



### 4 - 29 Veggie Month

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



### Close the Gap Day 21

Close the Gap Day calls on people to take action towards Indigenous health equality.

Have children discuss what it means for their family to be healthy.

### Harmony Week

Harmony week celebrates the integration of migrants into our community.

Ask families to share a recipe or a plate of food from their culture. Explore sport and movement that kids growing up in different cultures may participate in.

21

### 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.

22



### Easter 29

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.



### 21 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.

## TERM TWO

APRIL

### World Health Day 7

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

### 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.

N.B. Date for 2024 yet to be confirmed

### Earth Day

Involve children in sustainability activities such as recycling and composting and gardening.

22

### Anzac Day

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

25

### Heart Week 29

Incorporate skipping into the school day as a way to improve heart health. Register for Jump Rope for Heart.



### Respiratory viruses

Autumn sees an increase in respiratory viruses like Flu. It is highly recommended to get a Flu vaccination.



MAY

### Compost Awareness Week

Compost Week improves awareness of the importance of compost and promotes compost use, knowledge and understanding. Hold learning activities with children around what goes in each bin.

5-11

### Walk Safely to School Day

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



10

### Mother's Day

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

12

### Families Week

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



13-19

### 15-21 Salt Awareness Week

Encourage families to make swaps to reduce their daily salt intake.



### Sorry Day & National Day of Healing

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

26

### 27 May -3 June Reconciliation Week

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

JUNE

### Mabo Day 3

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.

### World Environment Day 5

World Environment Day encourages worldwide awareness and action for the protection of our environment. Share this resource to encourage families to pack a waste-free lunch.



### World Wellbeing Week 24-30

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



# 2024 ACTIVITIES CALENDAR FOR PRIMARY SCHOOLS

## TERM THREE

JULY

### Plastic 3 Bag Free Day

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

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



### NAIDOC Week 7-14

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

Celebrate Aboriginal and Torres Strait Islander culture this week – engage with your local community and invite them to your service. Play a traditional Indigenous game from the [Yulunga resource](#).



### School Tree Day 26

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

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

### Active8 your Workplace

**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.

N.B. 2024 dates yet to be confirmed.



### 2024 Summer Olympics 26/7-11/8

The 2024 Summer Olympics will be held in Paris, France.

Hold your mini olympics including fundamental movement skills and invite families.



AUGUST

### National Aboriginal and Torres Strait Islander Children's Day 4

**Children's Day** is a time 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 5-9

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



### Dental 7-13 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.



### 10-18 Science Week

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

### 17-23 Children's Book Week

**Book Week** is a time to celebrate Australian children's literature through book parades and displays. The 2024 theme is 'Reading is Magic!' Read the story [Jack's Funtastic Day](#). Have children explore the different things you can do in nature without technology.



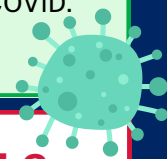
### Paralympics 28/8 - 8/9

The 2024 Summer Paralympics will be held in Paris, France. [This resource](#) from the UK has some great activities to celebrate this event.



### The flu is about

The cold weather brings an increase in respiratory viruses like Flu and COVID. Help [stop the spread at school](#).



SEPTEMBER

### 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.

### Spring has sprung!

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

To see what is best to plant in September, check out this [when to plant vegetable guide](#).



### Father's Day 1

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

### National Health & Physical Education Day 4

**National HPE Day** highlights the importance of physical activity, not just at school, but in everyday life. Share some [active play ideas](#) with families to do at home.



### R U Ok? Day 14

**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. Can you take the challenge and [eat a rainbow](#) at your service this week? Focus on a different colour each day with taste testing, cooking and art activities. N.B. Date for 2024 yet to be confirmed.



### National Water Week

**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. N.B. 2024 dates yet to be confirmed.



### Children's Week

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

What talents do children at your service have? Is it singing, running, drawing, cooking or dancing? With the help of peers and educators, have children identify their talent. Write on a piece of paper so it can be shared with parents. N.B. Date for 2024 yet to be confirmed.

### 25 World Teacher's Day

A day to recognise and appreciate teachers and the important role they play in shaping the next generation. Have you ever asked a child why they like coming to preschool? It's often you!

NOV

### Remembrance Day

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. 11

### National Recycling Week 10-16

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



### Managing gastro

**Gastroenteritis** is highly infectious and outbreaks are very common and can be difficult to control at school. Find out how to you can help.



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 cooking experience around summer fruit and vegetables. Check out [what is in season](#).



### Graduations & 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  
Illawarra Shoalhaven Local Health District

For more information, click below to:  
[Email us](#) or [visit our website](#)



Live Life Well @ School

