

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.

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.

Practise the FMS striking a stationary ball. Check out the [Bats and Balls](#) game.



FEBRUARY



1-15

Lunar / Chinese 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.



14

Valentine's Day

A day of love and all things red.

Have the children brainstorm red fruit and veggies. Once completed, have a red platter taste testing session with the children.



MARCH

Clean up Australia Day

4



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 image](#) to families on social media/email/newsletter.

17

St Patrick's Day



The day commemorates Saint Patrick and the arrival of Christianity in Ireland as well as celebrating the heritage and culture of the Irish.

Serve green fresh foods on your menu today. Green fruit skewers, green grape caterpillars, pea soup, green veg dippers, green smoothies.

World Oral Health Day

20



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

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

25

National Ride to School Day

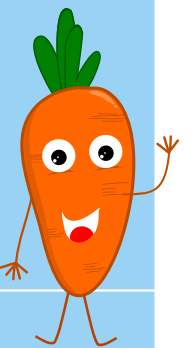
Encourage families to walk or ride to preschool this week, or include some bike skills in their outdoor play.

You can [register your service](#) 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 service.



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.

Play the food relay game on page 54 of the [Munch & Move resource](#).

6-16 Nature Play Week

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



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

15-18

Good Friday and Easter

Make sure to include some healthy alternatives to celebrate Easter. e.g. hop little bunnies song and dance, scavenger hunt – see who can collect the most Easter bunnies from the yard, play the [mini moves game](#) down the rabbit hole.



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.

MAY

Compost Awareness Week

1-7

Compost Week improves awareness of the importance of compost and to promote compost use, knowledge and understanding.

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



Childcare Provider Appreciation Day



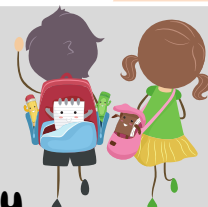
A day to recognise teachers and educators of young children.

Mother's Day

8

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. If possible, provide a safe space to store bikes, scooters and prams.

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 & National Day of Healing

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

26

27-3 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 campaigning for recognition of native title and traditional land rights for Aboriginal and Torres Strait Islanders.



World Environment Day

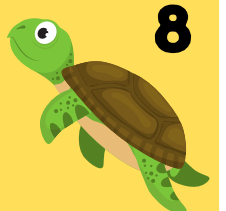
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World Environment Day encourages worldwide awareness and action for the protection of our environment. [Share this image](#) to encourage families to pack a waste-free lunch.

World Oceans Day

8

World Oceans Day celebrates and honours the ocean and how we can and will protect our shared ocean.



2022 CALENDAR FOR EARLY CHILDHOOD

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 peoples.

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



Plastic Bag Free Day

3

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

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

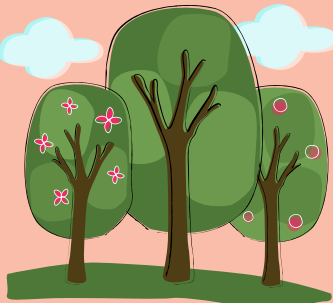


School Tree Day

29

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

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



AUGUST

World Breastfeeding Week

1-7

World Breastfeeding Week aims to raise awareness and protect, promote and support breastfeeding.



How do you support mothers at your service to continue breastfeeding? Check out these [free breastfeeding policy templates, posters and support plans](#).



Dental Health Week

1-7

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.

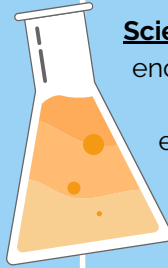


National Aboriginal and Torres Strait Islander Children's Day

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](#).



Science Week

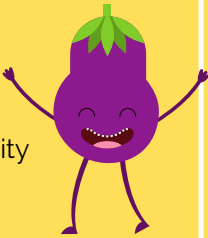
13-21

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

SEPTEMBER

Spring has sprung!

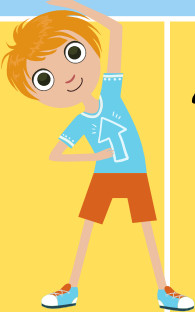
Does your veggie garden need some TLC? The new season is a great opportunity to plant some new herbs and veggies.



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

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

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.

Early Childhood Educators' Day

Early Childhood Educators' Day recognises and celebrates the great work YOU do in early learning services and your wonderful contribution to the wellbeing and healthy development of the young children in your care.

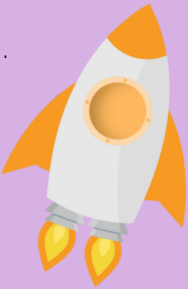


OCTOBER

13-21

World Space Week

World Space Week is an international celebration of science and technology, and their contribution to the betterment of the human condition.



Play Solar System relay. Have children stand in a circle. Assign a planet to each child. When the planet is called, children must run a complete orbit around the sun (circle).

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.



Children's Week

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

What talents do children at your centre have? Is it singing, running, drawing, cooking or dancing? With the help of peers and educators, have children identify their talent and write on a piece of paper so it can be shared with parents.

25

World Teacher's Day

Recognising and appreciating 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!



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



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



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](#).



Christmas time

The end of the year is a great time to reflect on what your service has done.

At your Christmas party show the families what [Fundamental Movement Skills](#) the children have learnt with a game. You could even get the parents and carers to participate too.



Graduations



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

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

Contact us

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