

# 2024 CALENDAR FOR EARLY CHILDHOOD EDUCATION AND CARE

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

15-28

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

Practise the FMS of striking and play the [Bats and Balls](#) game (page 41 of Franky & Friends).



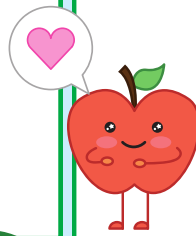
FEB

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.



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

3

**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 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 Saint Patrick and Irish heritage. Serve green fresh foods on your menu. Green fruit skewers, green grape caterpillars, pea soup, green veg dippers and green smoothies.

20



## World Oral Health Day

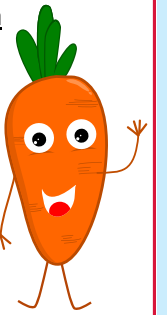
**World Oral Health Day** is about the importance of good oral hygiene in maintaining health.

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

4 - 29

## Veggie Month

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



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.

## 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 preschool this week, or include some bike skills in their outdoor play.

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

22



## Easter

29

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 Down the rabbit hole', the [mini moves game](#).



APRIL

## World Health Day

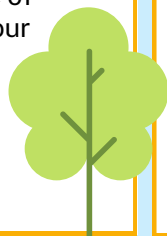
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Complete a healthy learning experience with children on how to keep our bodies and minds healthy. Play the food relay game on page 54 of the [Munch & Move resource](#).

## 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 and organise an excursion outdoors. Ask what environments the children explore at home.

N.B. Date for 2024 yet to be confirmed.



22

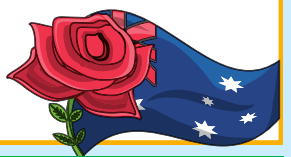
## Earth Day

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

## Anzac Day

25

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



MAY

## Compost Awareness Week

5-11

**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.

## Walk Safely to School Day

10

**WSTSD** encourages children and families to commute safely to school, promoting road safety, health, public transport and the environment. Encourage your families to walk this week. If possible, provide a safe space to store bikes, scooters and prams.



## Mother's Day

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

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## 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

## 27-3 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

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**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

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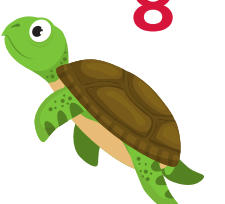
**World Environment Day** encourages worldwide awareness and action for the protection of our environment. [Share this resource](#) to encourage families to pack a waste-free lunch.



## World Ocean Day

8

**World Ocean Day** celebrates and honours the oceans and promotes what we can do to keep them safe.



# 2024 CALENDAR FOR EARLY CHILDHOOD EDUCATION AND CARE

JULY

## 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.



## 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.



## 2024 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

## 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.



## 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.



## Children's Book Week 17-23

**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.



## Dental Health Week 7-13

**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.



## Science Week 10-18

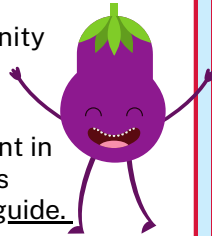
**Science Week** aims to encourage an interest in science and younger people to be fascinated by the world we live in.

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.

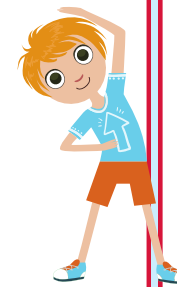


## Father's Day 1

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.



## Early Childhood Educators' Day 4

**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

## World Space Week 4-10

**World Space Week** is an international celebration of science and technology and their contribution to improving the ways in which we live, work and play.

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 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.

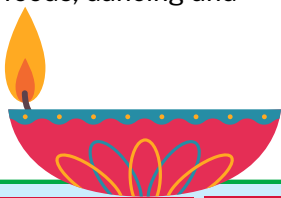
## 25 World Teacher's Day

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!

NOVEMBER

## Diwali 1

**Diwali** is referred to as the festival of lights and is celebrated to honour Rama-Chandra, the seventh avatar. The festival is often celebrated through traditional Indian foods, dancing and musical performances. Put on some traditional Indian music and get the children dancing to these tunes.



## 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.



## 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 centre is following correct information.



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. 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 with your families for ideas.



## Contact us

Health Promotion Service  
Illawarra Shoalhaven  
Local Health District

For more information, click below to:  
Email us  
Visit our website



Munch & Move

