

# 2023 CALENDAR FOR EARLY CHILDHOOD

JANUARY

## Australian Open

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

Tennis uses a movement similar to the skill of striking. Check out the [Bats and Balls](#) game to help children practise this skill.



16-29

22-29

## Lunar / Chinese New Year

Celebrate and learn about **Chinese New Year** with 2023 being the year of the Rabbit. Engage in some cooking experiences with the children.



## Australia Day

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

Play a classic family activity like backyard cricket. Keep it simple and safe, children can make their own bats with rolled-up paper or use pool noodles.

26



## 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](#).

FEB

## 14 Valentine's Day

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



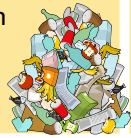
MARCH

## Clean Up Australia Day

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

Encourage families to pack a waste-free lunchbox today by [sharing this resource](#) with families via social media/ email/ newsletter.



17

## St Patrick's Day



The day commemorates Saint Patrick as well as celebrating the heritage and culture of the Irish.

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.

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

24

## National Ride to School Day

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

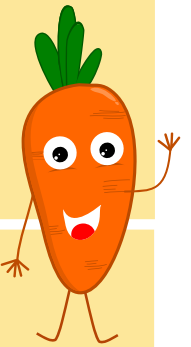
You can [register your service](#) to be a part of the day.



6-31

## Vegie Month

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



30

## Big Vegie Crunch

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

13-19

## World Salt Awareness Week

Encourage families to make swaps to reduce their [daily salt intake](#).



## Close the Gap Day

**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.

## World Sleep Day

**World Sleep Day** promotes the importance of sleep for health and wellbeing.

[Share one of these images](#) to communicate the importance of sleep for children and adults.



## 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

APRIL

## World Health Day

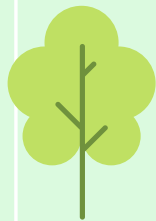
7

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](#).

## 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.

17-30

## Good Friday and Easter

7-10

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](#).



## 22 Earth Day



Engage children in [sustainability activities](#) such as recycling and composting and 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

7-13

**Compost Week** promotes the importance of compost and its use, and increases compost knowledge and understanding.



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

## Mother's Day

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



14

## 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.

19

## 15-21 Family Week

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



## 26 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.

## 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

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.



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## World Environment Day

**World Environment Day** is about increasing worldwide awareness and action to protect environment. [Share this resource](#) to encourage families to pack a waste-free lunch.

## World Ocean Day

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**World Ocean Day** celebrates and honours the oceans and how we can and will protect our shared oceans.



## NAIDOC Week

2-9

**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 them to your service. 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

28

**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](#).



1-7

## Breastfeeding Week

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

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



7-13

## 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

**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 cultural activities, storytelling, sporting events or consider other [ideas](#).

12-20

## Science Week

**Science Week** encourages younger people to be fascinated by science and the world we live in.



19-25

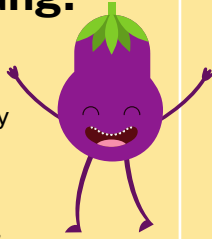
## Children's Book Week

**Book Week** is a time to celebrate Australian children's literature through book parades and displays. The 2023 theme is 'Read, Grow, Inspire'. Read the story [Jack's Funtastic Day](#). Have children explore the different things you can do in nature without technology.

## Spring has sprung!

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

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



## 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.

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## 6 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.



## Early Childhood Educators' Day

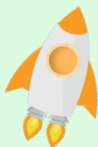
**Early Childhood Educators' Day** recognises and celebrates the great work YOU do in early learning services and your wonderful contribution to the wellbeing and healthy development of the young children in your care.



## World Space Week

**World Space Week** is an international celebration of science and technology.

Play a '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).



4-10

## National Nutrition Week

**National Nutrition Week** encourages all Australians to embrace a healthy diet and lifestyle. Fruit and veg fall into five different colour categories – red, purple/blue, orange, green and white/brown.

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 2023 yet to be confirmed.

## Children's Week

21-29

**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 them down to share with parents.

## World Teacher's Day

27

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!

8-14

## National Recycling Week

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



How well does your service recycle? Check out these [recycling myths](#).

## 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.

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## Diwali

**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](#).



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## 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 fun game. You could even get the parents and carers to participate too.



## Graduations



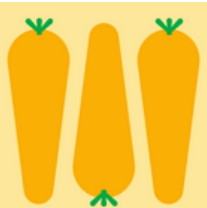
It's graduation time! Encourage your families to bring in healthy celebration foods to share at graduation parties.

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

## Contact us

**Health Promotion Service Illawarra Shoalhaven Local Health District**

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



Munch & Move

