

2023 CALENDAR FOR EARLY CHILDHOOD

JANUARY

Australian Open

16-29



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.

Lunar / Chinese New Year

22-29



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, Invasion Day and/or Survival Day

26



Participating in activities to celebrate/ acknowledge this day may have significant meaning for children, families, services and communities. Participation may promote a sense of belonging and identity or may form an important part of a healing journey.


There are multiple ways to recognise this day. We recommend working with staff, children, their families and community members. Of particular importance is working with Aboriginal children, families and communities.

We have a couple of suggestions which promote healthy eating and physical activity while embedding Aboriginal perspectives [here](#).

FEB

The Freedom Ride


12



The Freedom Ride occurred on 12 February 1965. Led by Aboriginal activist Charles Perkins, university students travelled by bus to advocate for equal rights. For more information and activity ideas, [view the Good for Kids resource](#).

Anniversary of National Apology Day


13



On this day 15 years ago, Prime Minister Kevin Rudd made a formal apology to Aboriginal and Torres Strait Islander peoples, particularly to the Stolen Generation. For more information and activity ideas for this date, [click here](#).

Valentine's Day

14



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

MARCH

Clean Up Australia Day

5



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.

St Patrick's Day

17



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.

World Oral Health Day

20



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.

National Ride to School Day

24

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.



Veggie Month

6-31



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

World Salt Awareness Week

13-19



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

Close the Gap Day

16

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

18



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

21

Harmony Week recognises out diversity and brings together Australians from all different backgrounds.

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.

Big Veggie Crunch

30

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](#).



Nature Play Week

7-10

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.

N.B. Dates for 2023 yet to be confirmed.

Good Friday and Easter

22



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](#).

Earth Day

22



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

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.

Walk Safely to School Day

19




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.

Family Week

15-21



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

26

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

Reconciliation Week

27-3 June

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 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

8



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

JULY

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.

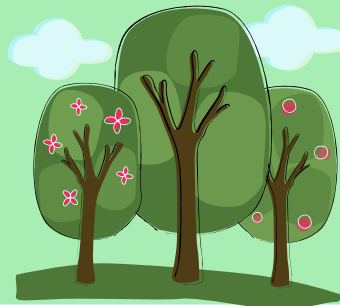


School Tree Day

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](#).



AUGUST

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

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 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.

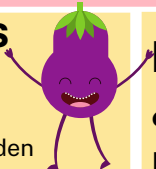


SEPTEMBER

Spring has sprung!

Does your vegie 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](#).



National Health & Physical Education Day

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



6

Early Childhood Educators' Day

6

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.

Indigenous Literacy Day

This day aims to celebrate Aboriginal and Torres Strait Islander Stories and Language. For more information and activity ideas, view the Good for Kids resource [here](#).



7

Anniversary of UN Declaration on the Rights of Indigenous Peoples Day

The Declaration is the most comprehensive international instrument on the rights of Indigenous Peoples. For ideas on how to explore and recognise Aboriginal and Torres Strait Islander people in Australia and Indigenous Populations around the world, view this Good for Kids resource [here](#).



13

OCTOBER

World Space Week

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



4-10

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).

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!



NOVEMBER

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

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.



Diwali

12

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](#).

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 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

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This resource has been edited from an original handout by the Health Promotion team at Illawara Shoalhaven Local Health District.



Worimi Artist Lara Went
'The heart of a child'

Good for kids
good for life

