

# 2025 Calendar for early childhood education and care services

January

## Welcome to 2025!

The Good for Kids team supports Early Childhood Education and Care services to implement the NSW Health funded Munch & Move program. Munch & Move is a fun play-based program that supports the healthy development of children.

## Australia 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. Scan the QR code below for more information and activity ideas.



## Lunar New Year

29

Celebrate and learn about Lunar New Year with 2025 being the year of the snake. Engage in some cooking experiences with the children.



February

## Healthy Lunchbox Week

9 to 15

There are many ways to share lunchbox information with families. For example:

- Have a lunchbox display in your service's foyer
- Share the Good for Kids Balancing the Lunchbox resource with families
- Include healthy swaps in your newsletter/app



## 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. Scan the QR code below for more information and activity ideas.



## National Apology Day

13

On this day 17 years ago, Prime Minister Kevin Rudd made a formal apology to Aboriginal and Torres Strait Islander peoples, particularly to the Stolen Generation. Scan the QR code below for more information and activity ideas.

## Valentine's Day

14

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



March

## Shrove Tuesday

4

Shrove Tuesday marks the beginning of Lent in Western Christian churches. It is a day when pancakes are traditionally eaten.

Making pancakes is a fun healthy eating learning experiences. Why not try making them with wholemeal flour and top with fruit and yoghurt.



## Harmony Week

18 to 24

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

There are many ways to celebrate! You could invite families to share a recipe or plate of food from their culture. Or explore sport and activities from various cultures.



## Close the Gap Day

20

Close the gap day calls on people to take action towards Indigenous health equality.

Scan the QR code below for more information and activity ideas.

## National Ride to School Day

21

Encourage families to ride, walk, scoot or skate to preschool this week, or include some bike skills during outdoor play.

You can register your service to be a part of this day on the Bicycle Network's website.



## Ramadan

Ramadan is the month in which the first verses of the Quran were revealed to the Prophet Muhammad. During Ramadan, Muslims around the world fast from sunrise to sunset.

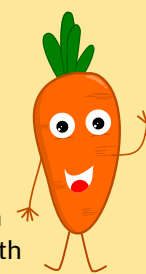
There may be staff and families attending your service who observe Ramadan.



## Veggie Month

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

Keep an eye on your emails for details on how to register for this year's Veggie Month and access loads of fun activity ideas.



April

## World Health Day

7

What does health mean to you? There are many ways to celebrate World Health Day at your service.

Why not sing and dance to some songs from the Munch & Move playlist, organise a healthy cooking experience or play a game outside to boost the heart rate?



## Nature Play Week

Nature Play Week promotes getting kids into nature and creating a sense of wonder. Encourage the children at your service to connect with nature outdoors. Take the children on a nature scavenger hunt to find as many different insects and plants as possible.



## Easter

18 to 21

Easter is a great time to sing and dance to songs like 'Hop little bunnies, hop' and 'Little peter rabbit'.

You could also go on a scavenger hunt to find hiding Easter bunnies!



## ANZAC Day

25

ANZAC Day is a national day of remembrance recognising all Australians and New Zealanders who have served their country. Is your service joining a local ceremony?

May

## Mother's Day

11

This is a great day to invite all mothers, mother figures and grandmothers for morning tea at your service.

You might like to organise a game outside and provide morning tea with foods such as:

- Fruit skewers
- Zucchini slice
- Cheese and crackers
- Vegie sticks and dips
- Carrot cake using wholemeal flour



## Walk Safely to School Day

16

This day encourages children and families to commute safely to school, promoting road safety, health and public transport. Encourage your families to walk to or from your service this week.

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



## National Sorry Day

26

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



## Reconciliation Week

27 to 3 June

This 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. Scan the QR code below for more information and activity ideas.

June

## Mabo Day

3

This is 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

Today is about increasing worldwide awareness and action to protect the environment. This is a great day to start a compost bin, get outside for some gardening or learn how to sort waste and recycle!



## Pride Month



Pride month is an opportunity to acknowledge and celebrate the diversity of families, but also the gender diversity of children. Your service might recognise this day by creating a rainbow fruit platter or reading a story about gender or family diversity.



Worimi Artist Lara Went 'The heart of a child'



Scan for resources

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July

## NAIDOC Week

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

Celebrate NAIDOC Week by engaging with your Aboriginal and Torres Strait Islander people from your local community, and invite them to your service. You could play a traditional Indigenous game from the Yulunga resource, or learn about local foods. Scan the QR code below for more ideas.



6 to 13

## Teddy Bear's Picnic

10

Encourage families to bring their favourite teddy bear in for a fun picnic.

Did you know that teddy bears love to eat fruit, vegie sticks and savoury muffins at their picnics?



August

## Breastfeeding Week

1 to 7

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

Get in touch if your service would like more support around breastfeeding.



## Dental Health Week



Did you know that tooth decay can begin as soon as a baby gets their first tooth?

For healthy teeth:

- Brush teeth morning and night
- Eat more fruit and vegies
- Choose water as a drink
- Have regular dental check-ups

## Aboriginal and Torres Strait Islander Children's Day

4

Today 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.

## National Science Week

9 to 17

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



September

## Early Childhood Educators' Day

3

This is a day to recognise and celebrate 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. You are appreciated, loved and valued!



## Father's Day

7

This is a great day to invite fathers, father figures or grandfathers to visit your service to play some fun outdoor games.

You could also support the children to create a card with a drawing of a favourite active game they play together with their fathers.



## R U OK? Day

11

R U OK? encourages people to stay connected and have conversations that can help others through difficult times.

As Early Childhood Educators you are likely to experience stressful situations in and outside of work. Talking to your colleagues and asking if they are ok is important today, and every day.



October

## Grandparents Day

26

This is a day to spend time with an older loved one and connect across generations. There are lots of ways you can facilitate a celebration:

- Invite grandparents for morning tea.
- Create a dance or skit to perform for grandparents. You may like to record this for grandparents unable to attend.
- Write cards to grandparents and go for an excursion to the post office to send the card.



## World Teacher's Day

31

The Good for Kids team 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 because of you!



## 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 of fruit and veg at your service this week! You could focus on a different colour each day with taste testing, cooking and art activities.



November

## National Recycling Week

10 to 16

This 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.

There are many ways services can practice recycling. Organise a worm farm to eat food scraps or use old milk bottles as targets and practice bowling or overarm throwing.



## Remembrance Day

11

Each year on this day Australians observe one minute of silence at 11am, to remember those who have died or suffered in wars or armed conflicts.



## Diwali

20

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 dancing with the children!



December

## International Day of People with Disability

3

How can your service adapt the Munch & Move activities to meet the needs of all children?

For example, how can you support a child in a wheelchair to access the vegetable garden? How can you support a non-speaking child to communicate what games they like to play or what food they would like to eat?



## Christmas time

Merry Christmas and Happy New Year from the Good for Kids team!

If your service is having a Christmas celebration, this can be a great time to show off all the fundamental movement skills the children have learnt throughout the year. You could even get the parents and carers to join in for one of the favourite games.



## Graduations

It's graduation time!



Why not encourage families to bring a plate of their favourite healthy celebration food? Think fruit skewers, savoury scones, frittatas, salads and vege sticks and dips.

The Good for Kids team can provide support through:

- Service visits
- Telephone and email support
- Network groups
- Policy and menu reviews
- Professional development

Got questions? Contact us:



HNELHD-GoodForKids@health.nsw.gov.au



@Munch & Move with Good for Kids

Check out our website: [www.goodforkids.nsw.gov.au](http://www.goodforkids.nsw.gov.au)



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