



National Parent Teacher Association Healthy Lifestyles Calendar School Year 2021-2022





HEALTHY LIFESTYLES

With
PTA

The purpose of the National PTA Healthy Lifestyles 2021-2022 Calendar is to highlight health and wellness days, weeks, and months that PTAs can participate in. In the calendar, we share a variety of health and wellness occasions that PTAs can celebrate or use when planning or implementing events. We encourage PTAs to allow families the opportunity to make healthy choices.

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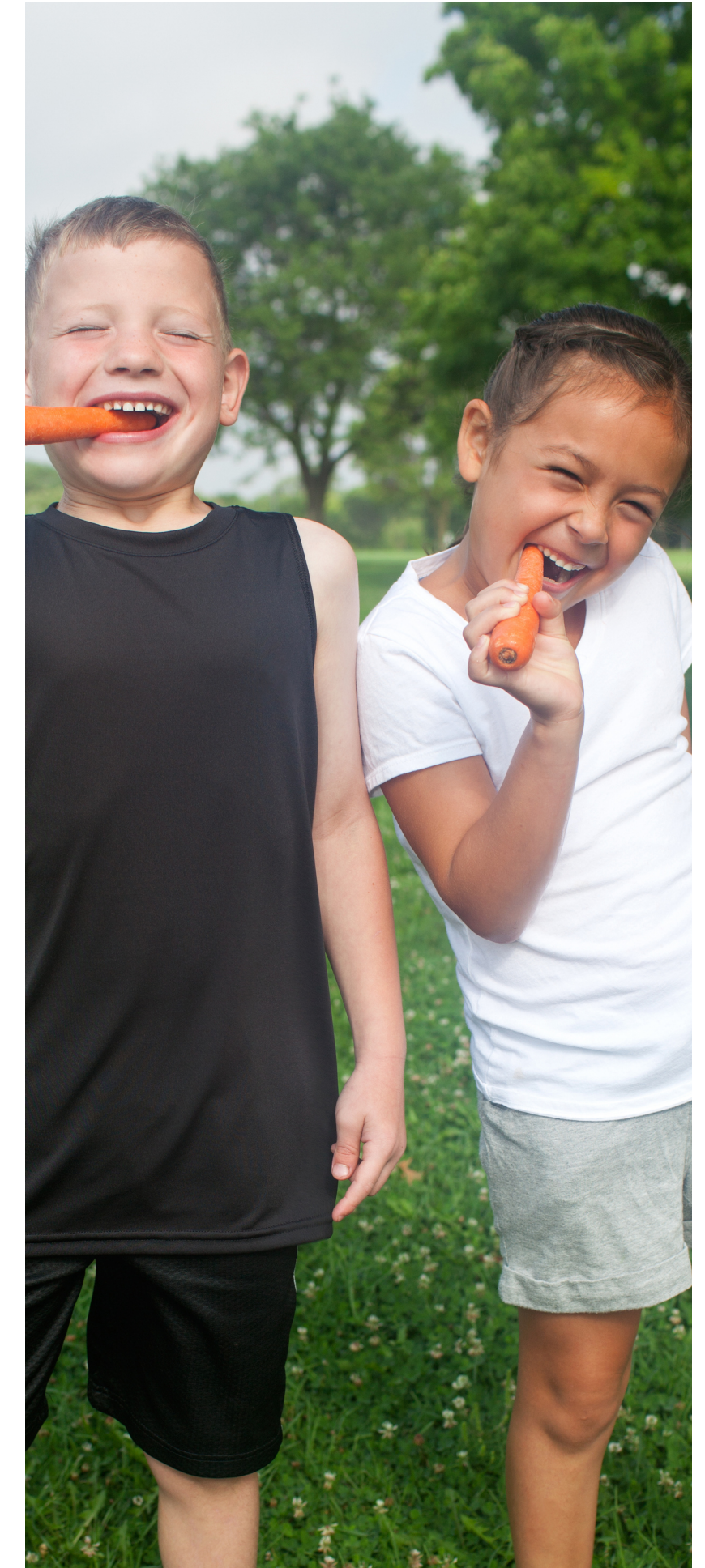
AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 World Breastfeeding Week August 1-7	2	3	4 Heatstroke Awareness Day	5	6	7
8	9 National Health Center Week August 9-15	10	11	12	13	14
15 National Relaxation Day	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

CHILDREN'S EYE HEALTH AND SAFETY MONTH



Wear protective eye wear while participating in sports or recreational activities and purchase age-appropriate toys without sharp or protruding parts for children.



SEPTEMBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 National Suicide Prevention Week September 5-11	6 Labor Day	7	8	9	10 World Suicide Prevention Day	11
12	13 National Celiac Disease Awareness Day	14	15	16	17 Hunger Action Day	18
19	20	21 Fall Begins	22	23	24	25 National Cooking Day
26	27	28	29 World Heart Day	30		

NATIONAL FOOD SAFETY EDUCATION MONTH



Educate others about preventing food poisoning and freshen up on food safety practices.

Remember the 4 steps to prevent foodborne illness: clean, separate, cook, chill.



OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Mental Illness Awareness Week October 3-9	4 Child Health Day	5	6 National Walk or Bike to School Day	7 National Depression Screening Day	8	9
10 World Mental Health Day	11 National School Lunch Week October 11-15	12	13	14 World Sight Day	15	16 World Food Day
17	18 National Health Education & School Bus Safety Week October 18-22	19	20	21	22	23
24	25	26	27	28	29	30
31 Halloween						

NATIONAL BULLYING PREVENTION MONTH

Prevent childhood bullying and promote kindness, acceptance, and inclusion.



NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Daylight Saving Time Ends	8 National School Psychology Week November 8-12	9	10	11 Veterans Day	12	13
14 National Seatbelt Day	15	16	17 National Take a Hike Day	18	19	20 Family Volunteer Day
21	22	23	24	25 Thanksgiving	26 National Flossing Day	27
28	29	30				

PTA HEALTHY LIFESTYLES MONTH



Celebrate by promoting and supporting the three healthy lifestyles pillars: healthy bodies, healthy minds, and healthy earth.



DECEMBER 2021


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Handwashing Awareness Week December 1-7	2 Special Education Day	3	4
5	6 National Influenza Vaccination Week December 6-12	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Winter Begins	22	23	24	25
26	27	28	29	30	31 New Year's Eve	

NATIONAL SAFE TOYS AND GIFTS MONTH

When preparing for the holiday season, keep safety top of mind.



JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 National Healthy Weight Week January 16-22	17 Martin Luther King Jr. Day of Service	18	19	20	21	22
23	24	25 	26	27	28	29
30	31					

MENTAL WELLNESS MONTH



FEBRUARY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 World Cancer Day National "Wear Red" Day	5
6	7	8 Safer Internet Day	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 National Eating Disorder Awareness Week February 21-27 Presidents' Day	22	23	24	25	26
27	28					

AMERICAN HEART MONTH



This month motivates Americans to adopt healthy lifestyles to prevent heart disease.



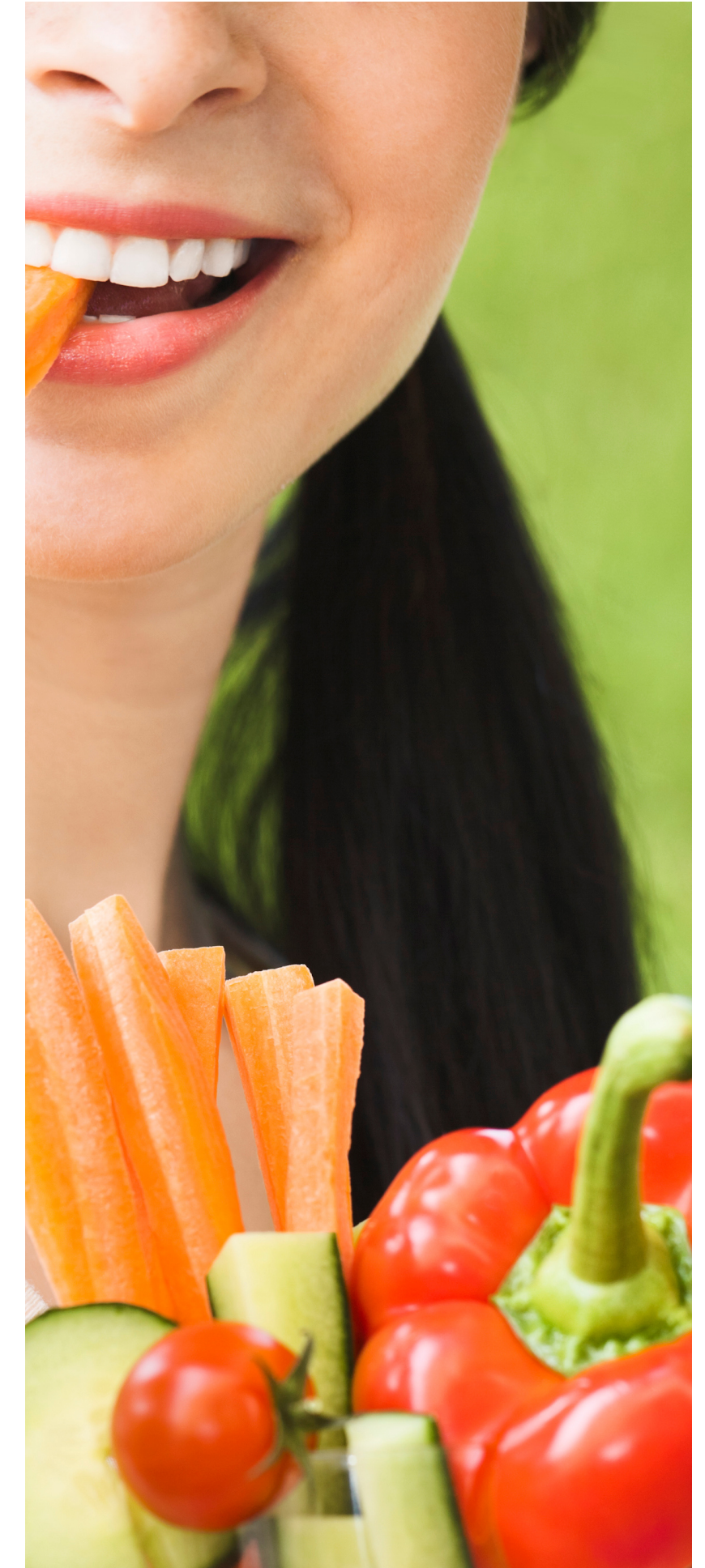
MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Self-injury Awareness Day	2	3	4 National Unplugging Day	5
6	7 National School Breakfast Week March 7-11	8	9	10	11	12
13 Daylight Saving Time Begins	14	15	16	17 St. Patrick's Day	18	19
20 Spring Begins	21	22 National Agriculture Day & World Water Day	23	24	25	26
27	28	29	30 World Bipolar Day	31		

NATIONAL NUTRITION MONTH



This annual observance is a nutrition education campaign led by the Academy of Nutrition and Dietetics to help develop healthy eating habits.



APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Good Deeds Day	4 National Public Health Week April 4-10	5	6 National Student Athlete Day National Walking Day	7 World Health Day	8	9
10	11	12	13	14 National Gardening Day	15	16
17	18	19	20	21	22 Earth Day	23 National Picnic Day
24	25 National Youth Violence Prevention Week April 25-29	26	27	28	29 Global Youth Service Day April 29-May 1	30

NATIONAL GARDEN MONTH



This month encourages gardening no matter how much space you may have. Plant fruits and vegetables in a container or raised bed for healthy snacking and meals all summer long.



MAY 2022

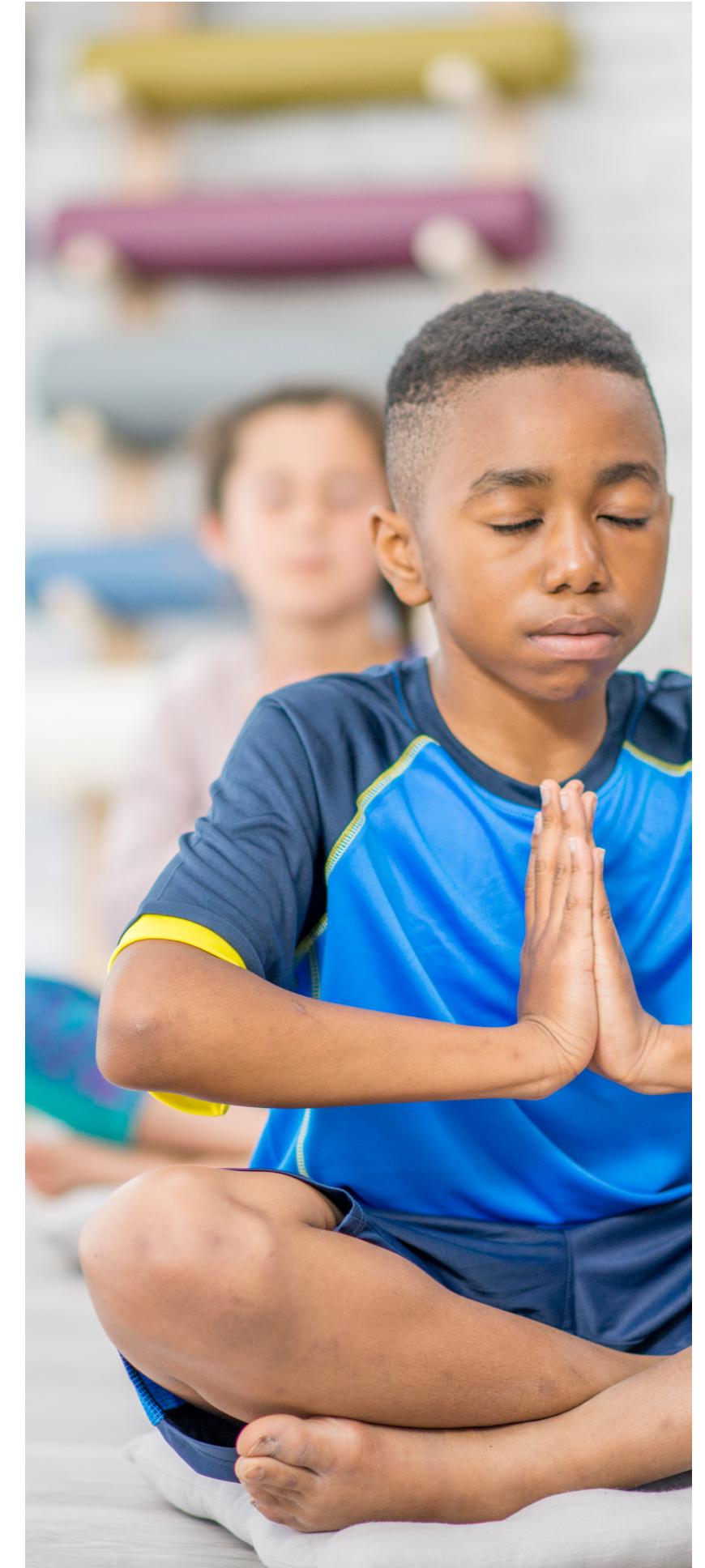


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 National Physical Education & Sport; & Children's Mental Health Awareness Week May 1-7	2	3	4	5	6 School Lunch Hero Day	7
8 Food Allergy Awareness Week May 8-14 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31 World No Tobacco Day				

MENTAL HEALTH AWARENESS MONTH



To raise awareness of mental health and help adults and children live healthier lives, physically and mentally.



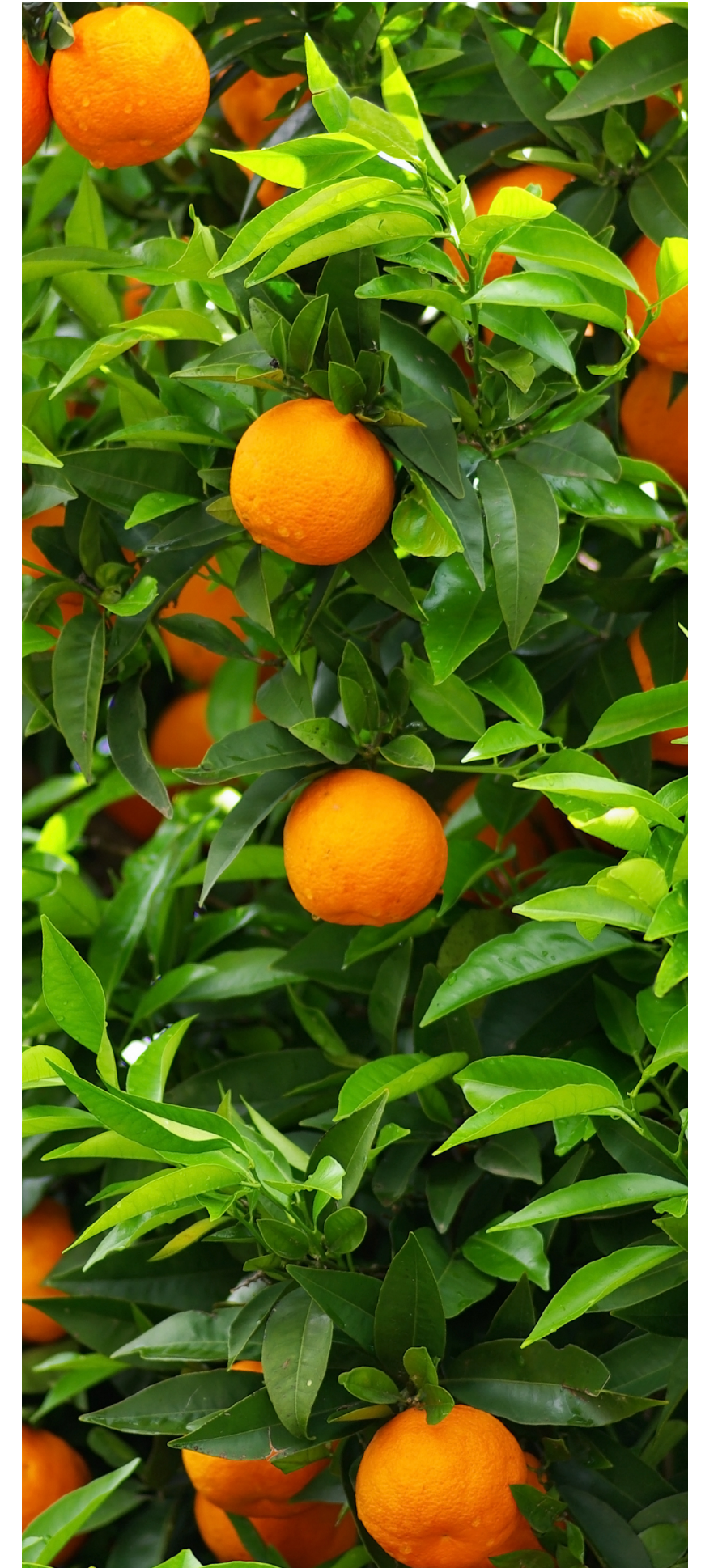
JUNE 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 World Bicycle Day	4
5	6	7	8	9	10	11
12 Family Health & Fitness Day	13	14	15	16	17 National Eat Your Vegetables Day	18
19 Juneteenth & Father's Day	20	21 Summer Begins	22	23 National Hydration Day	24	25
26	27	28	29	30		

NATIONAL FRUIT AND VEGETABLE MONTH

Children may need to try new fruits and vegetables 10 times before they accept them so stay patient and keep offering them. It can also help to prepare and serve a variety of colorful fruits and veggies in different and creative ways.



JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

HEALTHY VISION MONTH

