

Converge International WELLBEING CALENDAR 2023



Body

| January | | | | | | | February | | | | | | | March | | | | | | |
|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | | | | 1 | 2 | 3 | 4 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 5 | 6 | 7 | 8 | 9 | 10 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 12 | 13 | 14 | 15 | 16 | 17 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 19 | 20 | 21 | 22 | 23 | 24 |
| 29 | 30 | 31 | | | | | | 26 | 27 | 28 | | | | | 26 | 27 | 28 | 29 | 30 | 31 |

Launch Converge Move Virtual Team Challenge



FebFast Month
World Cancer Day: 4th
Teal Ribbon Day - Ovarian Cancer: 22nd

Theme: Nutrition, Drugs & Alcohol

International Happiness Day: 20th

World Hearing Day: 3rd
International Women's Day: 8th
World Kidney Day: 9th
Kidney Health Week: 25th - 31st
World Sleep Day: 17th

Theme: Sleep



Notes:



Mind

| July | | | | | | | August | | | | | | | September | | | | | | |
|------|----|----|----|----|----|----|--------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | | | 1 | | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 3 | 4 | 5 | 6 | 7 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 10 | 11 | 12 | 13 | 14 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 17 | 18 | 19 | 20 | 21 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | | | | | | | | | | | | | | | 30 |

Class Average: Mid-17th, 18th

Phonics: 48

NAIDOC Week 2nd - 9th
Dry July
Diabetes Week: 12th - 18th
International Day of Friendship: 30th

Theme: Growth Mindset

Sleep Awareness Week: 12th - 18th

Dental Health Week
Homelessness Prevention Week
Jeans for Genes Day
Healthy Bones Action Week
Medicinewise Week

Theme: Positive Mindset

RUOK Day: 14th
World Suicide Prevention Day: 10th
World Gratitude Day: 21st

World Mental Health
Lipember - Women's Mental Health
Prostate Cancer Awareness Month
Women's Health Week

Theme: Mindfulness



Notes:



Spirit

| April | | | | | | | May | | | | | | | June | | | | | | |
|----------------------------|----|----|----|----|----|----|-----|----|----|----|----|----|----|------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | | | 1 | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 |
| 23 | 24 | 25 | 26 | 27 | 28 | 28 | 28 | 29 | 30 | 31 | | | | | 25 | 26 | 27 | 28 | 29 | 30 |
| 30 | | | | | | | | | | | | | | | | | | | | |
| Domestic & Family Violence | | | | | | | | | | | | | | | | | | | | |
| Pride Month | | | | | | | | | | | | | | | | | | | | |

World Health Day: 7th
World Immunisation Week: 23rd - 28th
World Health & Safety Day at Work: 28th

Theme: Nature

Domestic & Family Violence Prevention Month

World Asthma Day: 3rd
World Hand Hygiene Day: 5th
Heart Failure Awareness Week: 12th - 18th
Exercise Right Week: 22nd - 28th

Theme: Work/Life Balance

Pride Month
Bowel Cancer Awareness Month
World Environment Day: 5th
World Blood Donor Day: 14th
Food Safety Week: 14th - 20th
International Men's Week

Theme: Spiritual Wellbeing



Notes:



Community

| October | | | | | | | November | | | | | | | December | | | | | | | | |
|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | 1 | 2 | 3 | 4 | | | | | 1 | 2 | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | | | | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |

World Mental Health Day: 10th
Breast Cancer Awareness Month
National Safe Work Month
World Sight Day: 12th
World Osteoporosis Day: 20th

Theme: Staying Connected

November - Men's Health Month
World Kindness Day: 13th
White Ribbon Day: 25th

Wear Purple Month
World Diabetes Day: 14th
Skin Cancer Action Week: 21st - 27th

Theme: Social Networks

World AIDS Day: 1st

International Day of Persons
With Disabilities: 3rd
International Volunteer Day: 5th

Theme: Giving



Notes: