

2024

Primary school calendar

Every day is **R U OK? DAY**™

| January | February | March | April |
|--|--|---|---|
| The R U OK? message can be taught throughout the school year, as our resources have been mapped to learning themes and objectives. Our resources aim to help develop the capacity of students to be effective help-givers. Download our R U OK? in Primary Schools Guide to learn more. | It's time to go Back to School. Check out the lesson plans, classroom activities, and resources on the Educator section of the R U OK? website for you to use in your classroom in 2024. | Harmony Day is 21 March 2024. Encourage your school community to get involved and encourage meaningful conversations. Harmony Day celebrates and recognises our diversity and brings together Australians from all backgrounds. Find out more from the Harmony Week website . | It's school holiday time. Holidays are a great opportunity to check in with yourself and make your wellbeing a priority. It can also be a good time to check in with your colleagues. Our Staffroom conversation guide has tips to help you have an R U OK? conversation. |
| May | June | July | August |
| Host a 'Hey Sport, R U OK?' round at your school. Click here to access FREE resources, to help build an R U OK? Culture in your school whereby supporting others becomes a team effort. | Want to bring R U OK? into your classroom but don't know where to start? This presentation introduces students to R U OK? and takes them through the four steps of an R U OK? conversation to help them support a friend. | It's time to start planning your R U OK?Day activities. Sign up to our Education newsletter here to stay up to date with the latest R U OK? news and free resources for Educators. | One month to go until R U OK?Day 2024. Engage your school community to finalise plans for how to mark the day. Don't forget to register your event or activity here . Visit our website for ideas and to see what other schools are doing. P.S. make sure you get your merch orders in! |
| September | October | November | December |
| R U OK?Day is Thursday 12 September 2024. It is our National Day of Action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation. We have lots of Educator resources on our website for you to use on the day and throughout the year. | Grandparents Day is Sunday 27 October and recognises the contribution grandparents make to families and the school community. It's a great time to encourage students to check in with their grandparents and find ways to stay connected with them. | Check out the R U OK? Chit Chat Channel , where you'll find real stories from individuals and communities who share their lived experience of the power of R U OK? conversations. You can also share your own story here . | The holiday season can be great fun, but it can also be a time of stress for people experiencing financial, family, or other challenges. Make sure to check in with colleagues before you head off for the school break. If you or someone you know needs support during the holidays there is help available 24/7. |