

2026 Primary school calendar



Ask
RU OK?® ANY DAY

January	February	March	April
<p>It's important to teach the RU OK? message year-round. Our RU OK? in Primary Schools Guide helps students build the confidence to ask RU OK? any day.</p> 	<p>Show these videos to your new class to help them learn how to be a good friend, and a listening legend.</p> 	<p>Display the RU OK? message at your school year-round by using our templates to create a mural or print RU OK? posters.</p> 	<p>It's school holiday time! The break is a great chance to unwind, prioritise your wellbeing and check in with your colleagues. Our Staffroom Conversation Guide has tips to help you have an RU OK? Conversation.</p>
May	June	July	August
<p>Need tips on how to bring RU OK? into your classroom? This presentation guides students through the 4 steps of an RU OK? Conversation.</p> 	<p>Navigate our interactive video – 'Find the way to ask RU OK?', where students join Healthy Harold and 'choose their own journey' during RU OK? Conversations.</p> 	<p>NAIDOC Week (5-12 July) celebrates and recognises the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. RU OK? Stronger Together resources encourage people to Ask your mob, in your way, RU OK?.</p>	<p>It's one month until RU OK? Day 2026! Don't forget to finalise your plans, get merch orders in and register your event or activity.</p> 
September	October	November	December
<p>RU OK? Day, on 10 September 2026, is a reminder that any day is the day to ask 'are you OK?'. We have free Educator resources on our website, including lesson plans and activity templates.</p> 	<p>Host a 'Hey Sport, RU OK?' round at your school. Whether it's netball, cricket or soccer – you can organise any sporting event to bring the community together to share the RU OK? message.</p> 	<p>Help young people navigate an RU OK? Conversation and empower them to help the people in their world with our free Youth Conversation guides. They're available on our online store or you can print them yourself.</p> 	<p>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 holidays. If you or someone you know needs support during the holidays, there is help available 24/7.</p>