



## YEAR-AT-A-GLANCE

The identified National Observances below are meant to help coordinate themes throughout the year. You may wish to have a theme per month or only try two to three themes per year. The best programs are created by people who are responding to the needs and interests of their own PTA members. This may be accomplished by using a simple survey or identifying them with your Healthy Lifestyles committee at the beginning of the year.

### September

National Childhood Month  
National Preparedness Month  
National Fruits and Veggies Month

### October

National Farm to School Month  
Safe Schools Week  
National Fire Prevention Week  
National Walk to School Day  
National School Lunch Week  
National Red Ribbon Week

### November

National PTA Healthy Lifestyles Month  
American Diabetes Month  
National Recycling Day

### December

National Handwashing Week  
National Safe Toys and Gifts Month

### January

Family Fit Lifestyle Month  
National Take the Stairs Day  
National Fiber Focus Month  
The Great Kindness Challenge

### February

American Heart Month  
National Children's Dental Month  
Random Acts of Kindness Week

### March

National Nutrition Month  
National School Breakfast Week  
National Brain Awareness Week  
Great American Cleanup

### April

National Stress Awareness Month  
Distracted Driving Awareness Month  
Earth Day  
Every Kid Healthy Week

### May

National Fitness Month  
Mental Health Month  
Screen-Free Week  
World Asthma Day  
National Bike to School Day  
ACES Day