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| **Date** | **Topic** | **Blurb** |
| 25th February | Fair trade Fortnight  | Fairtrade Fortnight 2019 will run from 27 February until 12 March. The Fairtrade scheme offers 7.5 million people in the developing world a more secure future. Why not use this opportunity to talk about Fair Trade why shopping with your children? The Fairtrade Foundation Website offers a range of supporting resources to explain Fair Trade to children. . |
| 4th March | International Women’s Day  | Coinciding with Women's History Month, International Women's Day is a global celebration observed on 8 March every year. It is an opportunity to celebrate the social, economic, cultural and political achievements of women, as well as highlight those areas where action is still needed to bring about equality. Why not use this opportunity to celebrate the achievements of the women around you? |
| 11th March | Healthy party ideas | **TASTY TREATS FOR PARTIES**Why not try:* Pretzels
* Pita chips
* Mild salsa and other low fat dips with rice crackers & vegie sticks
* Mini vegie burgers or burgers with salad
* Diet jelly cups with or without fruit
* Fruit platters filled with yummy seasonal fruit
* Watermelon chunks or strawberries
* Small fruit chunks in an icecream cone topped with a dollop of low fat vanilla yoghurt
* Frozen or fresh *“traffic lights”* (thread cubes of kiwi fruit, pineapple or banana and watermelon on a paddlepop stick – you may need to brush with orange juice to prevent discolouring. *Put some waxed paper between each layer if freezing overnight.*
* *Banana Blizzard:* (thread 3 pieces of banana onto a

 paddlepop stick, dip in yoghurt, wrap in Gladwrap and  freeze overnight) * *Watermelon Shots*: (puree seedless watermelon flesh in a blender until smooth. Pour into small 30ml plastic shot cups and freeze until firm. Serve with a spoon. *Alternatively, try pureeing hulled strawberries and low fat vanilla yoghurt instead of watermelon*)

Fruit Smoothies (kids could help to make their own) |
| 18th March | World Water Day  | World Water Day is celebrated on 22 March every year. This day focuses on taking action to tackle the water crisis. Today, 1.8 billion people use a source of drinking water contaminated with faeces, putting them at risk of contracting cholera, dysentery, typhoid and polio. Wherever you are and whatever you do on March 22, make it about water. Visit the World Water Day website to find out more. |
| 25th March | Anxiety and stress awareness | Being under pressure is a normal part of life. But if you often become overwhelmed by stress or anxiety, these feelings could start to be a problem for you and may lead to a mental health problem like anxiety disorder or depression.What can you do for Stress Awareness Month?• Talk about Stress and it’s effects• Share your coping mechanisms• Share openly where you can get help• Be nice to those who are stressed and anxious• Look after yourself |
| 1st April | World Autism Awareness | Autism is a lifelong developmental disability which affects how a person communicates and relates to other people. To learn more about Autism and how to recognise symptoms in children visit the national autistic society website. |