

Health Education 2025 Event Calendar

January

*DOE Closures: 1/1, 1/20, 1/29

- **Thursday, January 2:** New Year's Party- Classes focused on New Year's resolutions, SMART goals, and goal-setting. (Jennyfer)
 - Sparkling apple cider
 - Sparkly ball
 - 2025 hats
 - New Years coloring sheets and goal setting worksheets
- **Thursday, January 9-** National Popcorn Day (Natalia)
 - Popcorn trivia
 - Popcorn kernels & popcorn seasonings
 - Popcorn machine
 - Popcorn decorations
 - Popcorn costume
- **Wednesday, January 15:** She Speaks Session 1-Self-Esteem and Communication
- **Week of January 21-24:** MLK Jr. Contest and Classes: Patients write their own "I have a dream" speech (Christiana)
 - Writing prompts
 - Prize for winner
 - Coloring sheets
 - MLK books
- **Tuesday, January 28:** Lunar New Year (Katherine)
- **Wednesday, January 29:** Camp Pizza Party (2-4) (Sophia)

February

*DOE closures: Mid-Winter Recess 2/17-2/21

- **Every Monday in February:** Black History Month
 - A different figure each Monday
 - Coloring sheets
 - Books on the figures
 - Monthly timeline/surprise
 - Matching game
 - Black hispanic icons Trivia

- Music trivia with popular black artists
- **Every Tuesday in February:** Heart Health days (Katherine)
 - Jump rope, hula hoops, hopscotch for heart
 - Heart Health Bingo
 - Go Noodle Heart Song
- **Wednesday February 5:** WRAD-World Read Aloud Day (Meghan)
 - Make Your Own Bookmarks
 - Book giveaways
 - Contact Queens Public Library (Book Bicycle)
 - Signing up for library cards
 - Book Trivia
- **Friday, February 7:** Give a Kid a Smile Day (Leah)
 - Dental Class
 - Give out toothbrushes and toothpaste
 - Create a craft where kids can make a smile and put things that make them smile on it
- **Wednesday, February 12:** She Speaks Session 2 - Healthy Relationships
- **Friday, February 14-** Valentine's Day and National Condom Day (Jennyfer)
 - Cute/opaque bags & ribbon
 - Guess the number of condoms (for staff & patients)
 - Make Valentine's cards with kids
- **Wednesday, February 19:** Camp Reunion I (10-5)(Sophia)
 - Larger Reunion- rock climbing, trapeze etc.
- **Thursday, February 20:** Puberty Night - 6PM (Christiana)
 - Staff and patients kids

March

- **Monday, March 3:** Read Across America Day (Meghan)
- **Friday March 7:** World Sleep Day (Leah)
 - Sleepover in Classroom
 - Eye masks and pillowcases
 - Bedtime Story, soft music, movie
 - Sleep Trivia
- **Monday, March 10:** International Women's Day (Jennyfer)
 - Write a letter to your future self or an important female figure in your life
 - Create mini self-care kits for women
 - Face masks
 - Hand Lotion
 - Foot mask
 - Chocolates

- Nail file
 - Scrunchies
- **Wednesday, March 12:** She Speaks Session 3: Sexual Health
- **Thursday, March 13:** National Endometriosis Day (Sophia)
 - Menstruation trivia
 - Menstruation handouts
 - Menstrual supplies to give out
 - Puberty kit
 - Classes on menstruation/menstruation product demos
 - Warm water bottle heating pack giveaways
 - Reach out to Support the Girls for supplies
- **Monday, March 17:** St. Patrick's Day-Lucky Day (Meghan)
 - Irish step dancing
 - Pot of Gold Contest
- **Friday, March 21:** Camp Pizza Party (3-5) (Sophia)
- **Monday, March 25:** World Tuberculosis Day (Natalia)
 - Paper bags, straws, glue, and cut-outs of lungs
 - Lung lessons
 - TB trivia
- **Tuesday, March 26:** Epilepsy Awareness – Purple Day (Katherine)
 - What is it? What to do when someone is having a seizure?

April

*DOE Closures: Spring Break 4/14-4/18

- **Every Wednesday in April:** Weed Wednesdays
 - Crosswords puzzle/Word search
- **Wednesday April 2:** Autism/Sensory Day (Sophia)
 - Autism trivia
 - Sensory activity
 - Shaving cream
 - Water bins
 - Sand bins
 - Orbits
 - PlayDoh
 - Infographics about autism
- **Wednesday, April 9:** She Speaks Session 4-Menopause
- **Friday, April 11:** DEAR Day (Meghan)
 - Make Your Own Bookmarks

- Book giveaways
- Contact Queens Public Library (Book Bicycle)
- Signing up for library cards
- Book Trivia
- **Monday, April 14:** Alcohol Awareness Day (Jennyfer)
 - Drugs & Alcohol Trivia
 - Wax Drinks
 - Mocktails
 - Ingredients needed
 - Alcohol Goggles Course (Prizes needed)
 - Alcohol Obstacle Course (*Staff and Patients prizes needed*)
 - Drunk Basketball
- **Tuesday, April 15:** Financial Literacy Day (Life Skills and Natalia)
 - Have the children 'work' in order to get Monopoly money that they can spend on things at the 'store' (both younger and older kids)
 - Read Savings/Financial Literacy Book
 - 'Work':
 - Creating artwork and trying to sell it to one of the health educators
 - Painting piggy banks
 - Creating cards for their parents
 - Sweeping the classroom
 - Cleaning the windows
 - Clean up mess in the kitchen
 - Help do trivia
- **Wednesday, April 16:** Camp Reunion II (10-5) (Sophia)
 - Larger reunion- Boundless Adventure, Trapeze, Thrillz
- **Tuesday, April 22:** Earth Day (Katherine)
 - Environmental Health trivia
 - Recycling activity
 - Have kids separate glass, cardboard, plastic, and aluminum
 - Shaving cream Earths
 - Earth cut-outs
 - Shaving cream
 - Blue and green food dye
 - Aluminum tins
 - Plant seeds
 - Soil, seeds, and ceramic planter pots
 - Make crafts out of trash (TP rolls, glass jars, newspaper, etc.)
 - Blueberry Earth Day smoothies, "dirt" dessert, green/blue dyed popcorn
- **Wednesday, April 30:** STI Awareness (Christiana)

- STI Bingo

May

*DOE Closures: 5/26

- **Every Thursday in April:** STEM Class
 - Volcanoes
 - Light bulb activity
 - Science experiments
 - Spaghetti and marshmallow towers
 - Paper rollercoaster
 - Pizza box oven
 - Shrinky Dinks
- **Monday, May 5:** Cinco De Mayo (Katherine)
- **Tuesday, May 6:** Teacher Appreciation Day (Meghan)
- **Monday, May 12:** Melanoma Monday/Sun Safety (Christiana)
 - ABCDE Visual
 - Sunscreens
- **Wednesday, May 14:** She Speaks Session 5-Feminine Empowerment
- **Thursday, May 15:** National Fitness Day (Jennyfer)
 - Water taste test
 - Fitness tests
 - Juggling
 - Jump Rope
 - Stretch
- **Friday, May 16:** Camp Pizza Party (3-5) (Sophia)
- **Thursday, May 22:** Baby Day (Natalia)
 - Baby food taste test
 - Obstacle course while holding baby dolls (and/or with the pregnancy belly)
 - Pregnancy/baby/breastfeeding trivia and word searches
 - Benefits of breastfeeding handouts
 - How to diaper and swaddle lessons
- **Tuesday, May 27:** Career/Professionalism Day (Life skills and Christiana)
 - Professional Clothing Donations
 - Resume building one on one
 - Pocket Resume Guide
 - Mock Interview
 - Job Hunting 101 (flyers about how to get started and where to look)

June

*DOE closures: 6/5, 6/6, **6/19**, Last day of school 6/26

- **Every Monday in June:** Pride Month
 - Throughout the month, have notable figures in LGBTQ history displayed in waiting room
 - Pride classes throughout month
 - Be proud to be yourself class focus
 - Families come in all shapes and sizes/normalize families looking different than one mom + one dad class focus
 - Gender role/expression class focus (brainstorm boy things and girl things, show times or places in the world where that's reversed example: high heels)
 - Love class focus (not just romantic)
- **Tuesday, June 10:** Men's Appreciation Day (Shaquille)
 - Contact Barbers
 - Need Flyers and social media from 950
 - Masseuse?
 - Donations of men's clothing
- **Wednesday, June 11:** She Speaks Session 6- Graduation
- **Wednesday, June 18:** Juneteenth (Christiana)
- **Friday, June 20:** World Sickle Cell Day (Natalia)
 - Sickle Cell Slide and class
 - Sickle Cell Trivia
 - Sickle Cell Book (on my wish list Meghan)
- **Week of April 23-27: Helen Keller Deaf-Blind Awareness Week** (Jennyfer)
 - ASL class - alphabet, phrases for class every day
- **Tuesday, June 24:** Family Health and Fitness Day (Katherine)
 - Field day in the waiting rooms
 - Go noodles
 - Hula hoop contest
 - Exercise trivia
 - Zumba
- **Friday, June 27:** Camp Pizza Party (2-4) (Sophia)

July

*TFH Closures: **7/4**

- **Tuesday-Thursday, July 1-3:** Mini Camp- Journey
 - 10 and 11 Year olds

- **Tuesday, July 8:** Popsicle Day (Natalia and Katherine)
- **Wednesday July 9:** Health Literacy Day (Jennyfer /Christiana)
 - Ask 3- What to ask
 - Medication Bottles
- **Week of July 14-18:** Summer Slide Week (Meghan)
 - Brain Bogglers
 - AYSTA5G Competition
 - Book Give-Away
- **Week of July 21-25:** SOAR- Spanish Camp
 - Day camp- need afternoon activities
- **Monday July 28:** World Hepatitis Day (Sophia)

August

- **Wednesday, August 6:** Body Image Day (Leah)
 - Body neutral/positive affirmations
- **Tuesday August 12: Bug-a-Palooza** (Natalia and Sophia)
 - Bug Class
 - Harmful versus helpful bugs
 - Pollination
 - Life cycle of a butterfly
 - Bug snacks
 - Chapul Bugs
 - Bug crafts
 - "Bug's Life" movie
 - Want to get someone to come in and bring bugs! Butterflies?
- **Week of Aug 24-29:** Camp Rise Up

September

*DOE Closures: **9/1** First day of school 9/4/2023, 9/23-24,

- **Wednesday, September 10:** Suicide Prevention/Mental Health Day (Christiana and Jennyfer)
 - Mental health trivia
 - "Take what you need" / "Leave what you want" sticky note posters
 - Mental Health resources handout
 - De-stress Day- coloring, massages, yoga/meditation, zen music, life-size zen garden
- **Monday, September 15:** Reading Rodeo (Meghan)

- **Tuesday, September 23:** Eye Health Day (Leah)
 - Carrot food
 - How to take care of contacts info page
 - Books- Helen Keller, Other eye one
 - Eye health activity booklet and 3-eyed monster coloring pages
 - Make craft glasses
 - Braille!
 - Seeing Eye Dogs
 - Blind Tunnel Activity
- **Monday and Tuesday, September 29-30:** Healthy Back to School Habits (Katherine and Natalia)
 - Bookbag and school supply giveaway
 - Healthy habits- sleep hygiene, goal setting, organization

October

*DOE Closures: 10/2, **10/13**, 10/20

- **Monday-Wednesday, Oct 6-8:** Handwashing Days (Sophia)
 - Germ classes, hygiene and handwashing
- **Thursday, Oct 9:** International Day of the Girl (Christiana)
- **Tuesday-Thursday, Oct 14-16:** Breast Self Exams (Natalia)
- **Week of Oct 20-24:** Health Educator Week
- **Week of Oct 22-31:** Costume Giveaway and Halloween Classes
 - Drive from TFH employees, wish list, social media- 950
 - Halloween Helpers (Need Pics!)
- **Friday, Oct 25:** DV Awareness Day (Jennyfer)
 - Wear purple
 - Self-Defense
 - Healthy Relationships

November

*DOE Closures: 11/4 11/11, **11/27-28**

- **All Free Days in November:** Gratitude Workshops
 - Gratitude Wall
 - Grati-toads
 - The science of gratitude
 - Gratitude trivia/ Thanksgiving trivia
- **Week of Nov 3-7:** Diabetes Education Week (Katherine)

- Pick your sugary drink and weigh out the amount of sugar in it
- Natural versus added sugar
- How to read a nutrition label
- **Tuesday, Nov 18:** Tobacco/Vaping Awareness (Natalia)
 - Breathing straws obstacle course
- **Saturday/Sunday Nov 22-23:** Danceathon- (Meghan)
- **Week of Nov 24-26:** Thanksgiving Food Giveaway
- **Tuesday, Nov 25:** Hot Thanksgiving Meal

December

*DOE Closures: **Holiday Break 12/24-1/1**

- **Monday, Dec 1:** World AIDS Day (Christiana)
 - HIV/AIDS trivia
 - More PrEP and PEP information from DOH
 - Condom giveaways
 - Condom demonstration
 - Harm Reduction Information (Check with Melissa Giblin)
 - Information on modes of transmission and how to protect yourself
 - Honor those with HIV/AIDS and those who have passed
- **Thursday Dec 4:** Seasonal Respiratory Illness and Hand Washing/Germs (Jennyfer)
 - Germs class and monster crafts
 - Flu and Cold trivia
- **Week of Dec 8-12:** Candy Cane Lane
- **Weeks of Dec 15-19:** Holiday Health Lessons
 - Nutrition class where we talk about Santa's Diet and help him get healthy
 - Sweets and excess sugar
 - Balanced diets
 - Sugar/ sweet alternatives
 - How to read a Nutrition Label