

# Health Promoting Schools Calendar

## 2024

### TERM 1

Encourage students to have 2 servings of fruit and 5 servings of vegies each day this term!

WEEK	MON	TUE	WED	THU	FRI
1					
2	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2
3					
4					
5					
6					
7					
8					
9					
10					
11					

### TERM 2

Encourage students to 'swap the screen' for more physical activity this term!

WEEK	MON	TUE	WED	THU	FRI
1					
2	Apr 29	Apr 30	May 1	May 2	May 3
3					
4					
5					
6					
7					
8					
9					
10					

### TERM 3

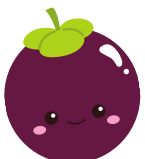
This term let's focus on drinking water. Encourage students to choose water as their drink of choice!

WEEK	MON	TUE	WED	THU	FRI
1					
2	Jul 22	Jul 23	Jul 24	Jul 25	Jul 26
3					
4					
5					
6					
7					
8					
9					
10					

### TERM 4

The days are longer and warmer. Encourage students to get active and try new games or sports!

WEEK	MON	TUE	WED	THU	FRI
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					



See more ideas on the Good for Kids website:



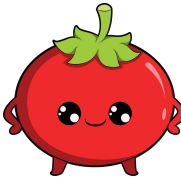
**Good for Kids** supports primary schools to implement whole school strategies to get students more active more often and develop healthy eating habits. Everyone has a role to play - contact your Health Promotion Officer for more information:

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)

#### KEY DATES

**2nd - 27th September:**  
Fruit and veg month  
**October:**  
Mental health month  
**Terms 2 and 3:**  
NSW Premiers Sporting Challenge

NAIDOC week - starting JULY 7, 2024



Hunter New England Local Health District

