

Health Promoting Schools Calendar 2024





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

TERM 2

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

TERM 3

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

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

		serving	gs of vegies ea	ach day this t	erm!			p	physical activity this term!					students to choose water as their drink of choice!				IERMA		get active and try new games or sports!			
WEEK	MON	TUE	WED	THU	FRI	WEEK	MON	TUE	WED	THU	FRI	WEEK	MON	TUE	WED	THU	FRI	• WEEK	MON	TUE	WED	THU	FRI
1	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2	1	Apr 29	Apr 30	May 1	May 2	May 3	1	Jul 22	Jul 23	Jul 24	Jul 25	Jul 26	1	Nutrition Week Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
2	Healthy Lunchbox Week Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	2	Screen Free Week National Road Safety Week May 6	May 7	May 8	May 9	May 10	2	Jul 29	Jul 30	Jul 31	Aug 1	Aug 2	2	Oct 21	Oct 22	Oct 23	Oct 24	Vorld Teachers' Day! Oct 25
3	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	3	May 13	May 14	May 15	W	Valk Safely To School Day May 17	3	Aug 5	Aug 6	Aug 7	Aug 8	Aug 9	3	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1
4	Feb 19	Feb 20	Feb 21	Feb 22		4	May 20	May 21	May 22		May 24	4	Dental Health Week	Aug 13	Aug 14		National Day of Action against Bullying and Violence Aug 16	4		Nov 5	Nov 6	Nov 7	Nov 8
5						5	National Reconciliation Week					5						5	National Recycling Week		Novo		
6	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1	6	May 27	May 28	May 29 World Environment Day	May 30	May 31	6	Aug 19 Healthy Bones Action Week	Aug 20	Aug 21	Aug 22	Aug 23	6	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15
7	Mar 4	Mar 5	Mar 6	Mar 7		7	King's Birthday			Jun 6		7	Aug 26 Fruit and Veg Month begins		Aug 28 National Health and Physical Education Day	Aug 29	Aug 30	7	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22
8	Mar 11 Vegetable Week Mar 18	Mar 12 Mar 19	Mar 13 Mar 20	Mar 14 The BIG Vegie Crunch Harmony Day Mar 21	Mar 15 National Ride2School Day Mar 22	8	Jun 10	Jun 11 Jun 18	Jun 12 Jun 19	Jun 13	Jun 14 Jun 21	8	Sep 2	Sep 3	Sep 4	RU K? Day Sep 12	Sep 6	8	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29
9	Mar 25	Mar 26	Mar 27	Mar 21	Good Friday Mar 29	9	Jun 24	Jun 25	Jun 26	Jun 27	Jun 28	. 9	Sep 9	Sep 10	Sep 11 Sep 18	Sep 12	Sep 20	9		Dec 3		Dec 5	
10	Easter Monday Apr 1	Apr 2	Apr 3	Apr 4		10	Jul 1	Jul 2	Jul 3	Jul 4	Jul 5	10	Sep 13	Sep 24	Sep 10	Sep 26	Sep 27	10		Dec 10	Dec 11	Dec 12	Dec 13
11	7,41 1		, Apr 3		Aprio					·	for Kids							L	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20





Apr 10



Apr 11

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



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









