

**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					Jan 31
2					
3	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
4	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
5	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21
6	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28
7	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7
8	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
9	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
10	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
11	Mar 31	Apr 1	Apr 2	Apr 3	Apr 4
	Apr 7	Apr 8	Apr 9	Apr 10	Apr 11

**TERM 2** Encourage students to 'swap the screen' for more physical activity this term!

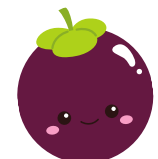
WEEK	MON	TUE	WED	THU	FRI
1					Apr 28
2	Apr 28	Apr 29	Apr 30	May 1	May 2
3	May 5	May 6	May 7	May 8	May 9
4	May 12	May 13	May 14	May 15	May 16
5	May 19	May 20	May 21	May 22	May 23
6	May 26	May 27	May 28	May 29	May 30
7	Jun 2	Jun 3	Jun 4	Jun 5	Jun 6
8	Jun 9	Jun 10	Jun 11	Jun 12	Jun 13
9	Jun 16	Jun 17	Jun 18	Jun 19	Jun 20
10	Jun 23	Jun 24	Jun 25	Jun 26	Jun 27
	Jun 30	Jul 1	Jul 2	Jul 3	Jul 4

**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					Jul 21
2	Jul 21	Jul 22	Jul 23	Jul 24	Jul 25
3	Jul 28	Jul 29	Jul 30	Jul 31	Aug 1
4	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8
5	Aug 11	Aug 12	Aug 13	Aug 14	Aug 15
6	Aug 18	Aug 19	Aug 20	Aug 21	Aug 22
7	Aug 25	Aug 26	Aug 27	Aug 28	Aug 29
8	Sep 1	Sep 2	Sep 3	Sep 4	Sep 5
9	Sep 8	Sep 9	Sep 10	Sep 11	Sep 12
10	Sep 15	Sep 16	Sep 17	Sep 18	Sep 19
	Sep 22	Sep 23	Sep 24	Sep 25	Sep 26

**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					Oct 13
2	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
3	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
4	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
5	Nov 3	Nov 4	Nov 5	Nov 6	Nov 7
6	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14
7	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21
8	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28
9	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5
10	Dec 8	Dec 9	Dec 10	Dec 11	Dec 12
	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19



See more ideas on the Good for Kids website:



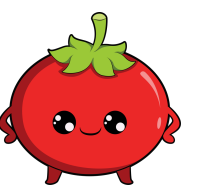
**Good for Kids** supports primary schools to implement whole school strategies to get students more active more often and develop healthy eating habits. Everyone has a role to play - contact your Health Promotion Officer for more information:

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

**KEY DATES**

**October:** Mental Health Month  
**Terms 2 and 3:** NSW Premiers Sporting Challenge

**NAIDOC week- 6 - 13 JULY, 2025**



Hunter New England Local Health District