

# Health Promoting Schools Calendar 2026

**TERM 1** Encourage students to have 2 servings of fruit and 5 servings of veggies each day this term!

WEEK	MON	TUE	WED	THU	FRI
1		Jan 27	Jan 28	Jan 29	Jan 30
2	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6
3	National Lunchbox Week				
	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13
4	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20
5	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27
6	Fruit & Veg Month starts				
	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6
7	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13
8	Harmony Week				
	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20
9	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27
10	Mar 30	Mar 31	Apr 1	Apr 2	

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

WEEK	MON	TUE	WED	THU	FRI
1	Apr 20	Apr 21	Earth Day Apr 22	World Infant, Child and Adolescent Mental Health Day Apr 23	Apr 24
2	Apr 27	Apr 28	Apr 29	Apr 30	May 1
3	Screen Free Week				
	May 4	May 5	May 6	May 7	May 8
4	May 11	May 12	May 13	May 14	Walk Safely To School Day May 15
5	May 18	May 19	May 20	May 21	May 22
6	May 25	May 26	National Reconciliation Week		May 29
7	Jun 1	Jun 2	Jun 3	Jun 4	World Environment Day Jun 5
8	King's Birthday				
	Jun 8	Jun 9	Jun 10	Jun 11	Jun 12
9	Jun 15	Jun 16	Jun 17	Jun 18	Jun 19
10	Jun 22	Jun 23	Jun 24	Jun 25	Jun 26
11	Jun 29	Jun 30	Jul 1	Jul 2	Jul 3

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

**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	National Nutrition Week				
	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
2	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
3	Oct 26	Oct 27	Oct 28	Oct 29	World Teacher's Day Australia Oct 30
4	Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
5	National Recycling Week				
	Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
6	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
7	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
8	Dec 2	International Day of People with Disability			
	Dec 3	Dec 4	Dec 5	Dec 6	Dec 6
9	Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
10	Dec 14	Dec 15	Dec 16	Dec 17	Dec 18

**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

See more ideas on the Good for Kids website:



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

NAIDOC week- 5- 12 JULY, 2026

Check out the Fresh Fruit Friday program to see a box of fresh fruit and vegetables be made available to participating schools for FREE!  
<https://www.healthykidsproject.com/fresh-fruit-friday>

**NSW GOVERNMENT**  
**Hunter New England Local Health District**