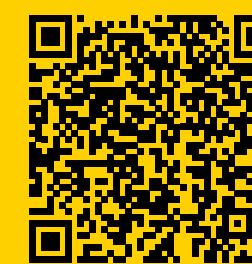


Health Promoting School Calendar 2022

Support your students' wellbeing and get involved in health events

Scan the QR code to access the calendar online with links to register for events



WE ARE HERE TO SUPPORT YOUR SCHOOL
 Get in touch with Northern Sydney Local Health District Health Promotion:
 Email: NSLHD-LiveLifeWellatSchool@health.nsw.gov.au
 Phone: (02) 9388 5299
www.nslhd.health.nsw.gov.au/HealthPromotion/

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
1 Sa New Year's Day	1 Tu	1 Tu	1 Fr	1 Su	1 We	1 Fr Last day Term 2	1 Mo <i>Week 3</i>	1 Th Fruit & Veg Month	1 Sa	1 Tu	1 Th
2 Su	2 We	2 We	2 Sa	2 Mo <i>Week 2</i>	2 Th	2 Sa	2 Tu	2 Fr	2 Su	2 We	2 Fr
3 Mo Public Holiday	3 Th	3 Th	3 Su	3 Tu	3 Fr	3 Su	3 We Dental Health Week	3 Sa	3 Mo	3 Th	3 Sat
4 Tu	4 Fr	4 Fr	4 Mo <i>Week 11</i>	4 We	4 Sa	4 Mo	4 Th	4 Su	4 Tu	4 Fr	4 Su
5 We	5 Sa	5 Sa	5 Tu	5 Th	5 Su	5 Tu	5 Fr	5 Mo <i>Week 8</i>	5 We	5 Sa	5 Mo <i>Week 9</i>
6 Th	6 Su	6 Su	6 We	6 Fr	6 Mo <i>Week 7</i>	6 We NAIDOC Week	6 Sa	6 Tu	6 Th	6 Su	6 Tu
7 Fr	7 Mo <i>Week 3</i>	7 Mo <i>Week 7</i>	7 Th	7 Sa	7 Tu	7 Th	7 Su	7 We	7 Fr	7 Mo <i>Week 5</i>	7 We
8 Sa	8 Tu	8 Tu	8 Fr Last day Term 1	8 Su	8 We	8 Fr	8 Mo <i>Week 4</i>	8 Th R U OK Day	8 Sa	8 Tu	8 Th
9 Su	9 We Healthy Lunchbox Week	9 We	9 Sa	9 Mo <i>Week 3</i>	9 Th	9 Sa	9 Tu	9 Fr	9 Su	9 We	9 Fr
10 Mo	10 Th	10 Th	10 Su	10 Tu	10 Fr	10 Su	10 We	10 Sa	10 Mo First day Term 4 Week 1	10 Th	10 Sa
11 Tu	11 Fr	11 Fr	11 Mo	11 We	11 Sa	11 Mo	11 Th	11 Su	11 Tu	11 Fr	11 Su
12 We	12 Sa	12 Sa	12 Tu	12 Th	12 Su	12 Tu	12 Fr	12 Mo <i>Week 9</i>	12 We	12 Sa	12 Mo <i>Week 10</i>
13 Th	13 Su	13 Su	13 We	13 Fr Year 3 & 5 NAPLAN	13 Mo Queen's Birthday	13 We	13 Sa	13 Tu	13 Th	13 Su	13 Tu
14 Fr	14 Mo <i>Week 4</i>	14 Mo <i>Week 8</i>	14 Th	14 Sa	14 Tu <i>Week 8</i>	14 Th	14 Su	14 We	14 Fr	14 Mo <i>Week 6</i>	14 We
15 Sa	15 Tu	15 Tu	15 Fr Good Friday	15 Su	15 We	15 Fr	15 Mo <i>Week 5</i>	15 Th	15 Sa	15 Tu	15 Th
16 Su	16 We	16 We	16 Sa	16 Mo <i>Week 4</i>	16 Th	16 Sa	16 Tu	16 Fr	16 Su	16 We	16 Fr
17 Mo	17 Th	17 Th	17 Su	17 Tu	17 Fr	17 Su	17 We National Science Week	17 Sa	17 Mo <i>Week 2</i>	17 Th	17 Sa
18 Tu	18 Fr	18 Fr World Sleep Day	18 Mo Easter Monday	18 We	18 Sa	18 Mo First day Term 3 Week 1	18 Th	18 Su	18 Tu	18 Fr	18 Su
19 We	19 Sa	19 Sa	19 Tu	19 Th	19 Su	19 Tu	19 Fr	19 Mo <i>Week 10</i>	19 We Mental Health Month	19 Sa	19 Mo <i>Week 11</i>
20 Th	20 Su	20 Su World Oral Health Day	20 We	20 Fr National Walk Safely to School Day	20 Mo <i>Week 9</i>	20 We	20 Sa	20 Tu	20 Th	20 Su	20 Tu Last day Term 4
21 Fr	21 Mo <i>Week 5</i>	21 Mo <i>Week 9</i>	21 Th	21 Sa	21 Tu	21 Th	21 Su	21 We	21 Fr	21 Mo <i>Week 7</i>	21 We
22 Sa	22 Tu	22 Tu	22 Fr	22 Su	22 We	22 Fr	22 Mo <i>Week 6</i>	22 Th	22 Sa	22 Tu	22 Th
23 Su	23 We	23 We	23 Sa	23 Mo <i>Week 5</i>	23 Th	23 Sa	23 Tu	23 Fr Last day Term 3	23 Su	23 We	23 Fr
24 Mo	24 Th	24 Th	24 Su	24 Tu	24 Fr	24 Su	24 We	24 Sa	24 Mo <i>Week 3</i>	24 Th	24 Sa
25 Tu	25 Fr	25 Fr National Ride2School Day	25 Mo ANZAC Day	25 We	25 Sa	25 Mo <i>Week 2</i>	25 Th	25 Su	25 Tu	25 Fr	25 Su Christmas Day
26 We Australia Day	26 Sa	26 Sa	26 Tu First day Term 2 Week 1	26 Th	26 Su	26 Tu	26 Fr	26 Mo	26 We	26 Sa	26 Mo Boxing Day
27 Th	27 Su	27 Su	27 We NSW Premier's Sporting Challenge	27 Fr	27 Mo <i>Week 10</i>	27 We	27 Sa	27 Tu	27 Th	27 Su	27 Tu Public Holiday
28 Fr First day Term 1 Week 1	28 Mo <i>Week 6</i>	28 Mo <i>Week 10</i>	28 Th	28 Sa	28 Tu	28 Th	28 Su	28 We	28 Fr World Teachers Day	28 Mo <i>Week 8</i>	28 We
29 Sa		29 Tu Vegetable Week	29 Fr	29 Su National Reconciliation Week	29 We	29 Fr	29 Mo <i>Week 7</i>	29 Th	29 Sa	29 Tu	29 Th
30 Su		30 We	30 Sa	30 Mo <i>Week 6</i>	30 Th	30 Sa	30 Tu	30 Fr	30 Su	30 We	30 Fr
31 Mo <i>Week 2</i>		31 Th Big Veggie Crunch	31 Tu	31 Tu	31 Su	31 Su	31 We	31 We	31 Mo <i>Week 4</i>		31 Sa

JOB ID 58532-1 JAN22

Encourage students to be active every day with energisers or brain breaks

Encourage students to refuel on fruits, veggies and water at Crunch & Sip* break

Plan interactive lessons for your class about healthy everyday food and drinks

Keep brains hydrated with water breaks throughout the day

Encourage students to be active at recess and lunchtime

Encourage students to walk, ride, skate or scoot to and from school

For environmental school dates, visit the below;

- Sustainable schools NSW green dates calendar
- Agriculture, water and environment events calendar

