


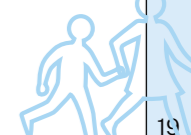
Term 1 2023

Health Promoting School Calendar

Term 2 2023

Health Promoting School Calendar

| Month | Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|------|--------------------------------|--|---------------------------------|-------------------------|--|
| JANUARY | 1 | | First day Term 1 | | | |
| | | 30 | 31 | 1 | 2 | 3 |
| FEBRUARY | 2 | |  Healthy Lunchbox Week | | | |
| | | 6 | | 7 | 8 | 9 |
| FEBRUARY | 3 | | | | | |
| | | 13 | 14 | 15 | 16 | 17 |
| FEBRUARY | 4 | | | | | |
| | | 20 | 21 | 22 | 23 | 24 |
| FEBRUARY | 5 | | | | | |
| | | 27 | 28 | 1 | 2 | 3 |
| MARCH | 6 | | | | | |
| | | 6 | 7 | 8 | 9 | 10 |
| MARCH | 7 | | | ←----- NAPLAN Year 3 & 5 -----→ | | World Sleep Day  |
| | | 13 | 14 | 15 | 16 | 17 |
| MARCH | 8 | | | ←----- NAPLAN Year 3 & 5 -----→ | | National Ride2School Day  |
| | | 20 | 21 | 22 | 23 | 24 |
| MARCH | 9 | NAPLAN Year 3 & 5 → | | Vegetable week | Big Vegie Crunch | |
| | | 27 | 28 | 29 | 30 | 31 |
| APRIL | 10 | | | | Last day Term 1 | Good Friday |
| | | 3 | 4 | 5 | 6 | 7 |

| Month | Week | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-------|------|---|------------------|------------------|--|---|--|
| APRIL | 1 | | ANZAC Day | First day Term 2 | NSW Premier's Sporting Challenge  | | |
| | | 24 | 25 | 26 | 27 | 28 | |
| MAY | 2 | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | |
| MAY | 3 | | | | | | |
| | | 8 | 9 | 10 | 11 | 12 | |
| MAY | 4 | | | |  | National Walk Safely to School Day | |
| | | 15 | 16 | 17 | 18 | 19 | |
| MAY | 5 | | | | | National Sorry Day | |
| | | 22 | 23 | 24 | 25 | 26 | |
| MAY | 6 | ←----- National Reconciliation Week -----→ | | | | | |
| | | 29 | 30 | 31 | 1 | 2 | |
| JUNE | 7 | | | | | | |
| | | 5 | 6 | 7 | 8 | 9 | |
| JUNE | 8 | King's Birthday | | | | | |
| | | 12 | 13 | 14 | 15 | 16 | |
| JUNE | 9 | | | | | | |
| | | 19 | 20 | 21 | 22 | 23 | |
| JUNE | 10 | | | | | Last day Term 2 | |
| | | 26 | 27 | 28 | 29 | 30 | |

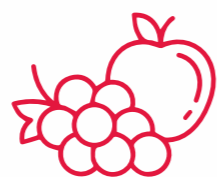
Events our class is participating in:

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



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

Get in touch with Northern Sydney Local Health District Health Promotion Officers for support with any events:

- ✉ NSLHD-LiveLifeWellatSchool@health.nsw.gov.au
- 🌐 www.nslhd.health.nsw.gov.au/HealthPromotion

Events our class is participating in:

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Encourage students to be active at recess and lunchtime and to walk, ride, skate or scoot to and from school

Term 3 2023

Health Promoting School Calendar

| Month | Week | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-----------|------|-----------------------|------------------|-----------------------------------|------------|-----------------|--|
| JULY | 1 | | First day Term 3 | | | | |
| JULY | | 17 | 18 | 19 | 20 | 21 | |
| JULY | 2 | | | | | | |
| JULY | | 24 | 25 | 26 | 27 | 28 | |
| AUGUST | 3 | | | | | | |
| AUGUST | | 31 | 1 | 2 | 3 | 4 | |
| AUGUST | 4 | | | Dental Health Week | | | |
| AUGUST | | 7 | 8 | 9 | 10 | 11 | |
| AUGUST | 5 | National Science Week | | | | | |
| AUGUST | | 14 | 15 | 16 | 17 | 18 | |
| AUGUST | 6 | | | | | | |
| AUGUST | | 21 | 22 | 23 | 24 | 25 | |
| AUGUST | 7 | | | | | | |
| AUGUST | | 28 | 29 | 30 | 31 | 1 | |
| SEPTEMBER | 8 | Fruit & Veg Month | | National Health & Physical Ed Day | | | |
| SEPTEMBER | | 4 | 5 | 6 | 7 | 8 | |
| SEPTEMBER | 9 | | | | R U OK Day | | |
| SEPTEMBER | | 11 | 12 | 13 | 14 | 15 | |
| SEPTEMBER | 10 | | | | | Last day Term 3 | |
| SEPTEMBER | | 18 | 19 | 20 | 21 | 22 | |

Term 4 2023

Health Promoting School Calendar

| Month | Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|------|------------------|-----------------|---------------------|----------|--------------------|
| OCTOBER | 1 | First day Term 4 | | Mental Health Month | | |
| OCTOBER | | 9 | 10 | 11 | 12 | 13 |
| OCTOBER | 2 | | | | | |
| OCTOBER | | 16 | 17 | 18 | 19 | 20 |
| OCTOBER | 3 | | | | | World Teachers Day |
| OCTOBER | | 23 | 24 | 25 | 26 | 27 |
| OCTOBER | 4 | | | | | |
| OCTOBER | | 30 | 31 | 1 | 2 | 3 |
| NOVEMBER | 5 | | | | | |
| NOVEMBER | | 6 | 7 | 8 | 9 | 10 |
| NOVEMBER | 6 | | | | | |
| NOVEMBER | | 13 | 14 | 15 | 16 | 17 |
| NOVEMBER | 7 | | | | | |
| NOVEMBER | | 20 | 21 | 22 | 23 | 24 |
| NOVEMBER | 8 | | | | | |
| NOVEMBER | | 27 | 28 | 29 | 30 | 1 |
| DECEMBER | 9 | | | | | |
| DECEMBER | | 4 | 5 | 6 | 7 | 8 |
| DECEMBER | 10 | | | | | |
| DECEMBER | | 11 | 12 | 13 | 14 | 15 |
| DECEMBER | 11 | | Last day Term 4 | | | |
| DECEMBER | | 18 | 19 | 20 | 21 | 22 |

Events our class is participating in:

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



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

Get in touch with Northern Sydney Local Health District Health Promotion Officers for support with any events:

- ✉ NSLHD-LiveLifeWellatSchool@health.nsw.gov.au
- 🌐 www.nslhd.health.nsw.gov.au/HealthPromotion

Events our class is participating in:

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