

# Health Promoting School Calendar 2023

**We are here to support your school!**

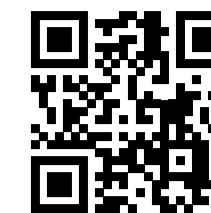
Get in touch with Northern Sydney Local Health District Health Promotion Officers for support with any events:

✉ [NSLHD-LiveLifeWellatSchool@health.nsw.gov.au](mailto:NSLHD-LiveLifeWellatSchool@health.nsw.gov.au)

🌐 [www.nslhd.health.nsw.gov.au/HealthPromotion](http://www.nslhd.health.nsw.gov.au/HealthPromotion)



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



Events our school is participating in:

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For environmental school dates, visit the below:  
[Sustainable schools NSW green dates calendar](#)  
[Agriculture, water and environment events calendar](#)

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

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