

Term 1 2024

Health Promoting School Calendar

Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY	1	29	30	31	1	2
FEBRUARY	2	5	6	7	8	9
FEBRUARY	3	12	13	14	15	16
FEBRUARY	4	19	20	21	22	23
FEBRUARY	5	26	27	28	29	1
MARCH	6	4	5	6	7	8
MARCH	7	11	12	13	14	15
MARCH	8	18	19	20	21	22
MARCH	9	25	26	27	28	29
APRIL	10	1	2	3	4	5
APRIL	11	8	9	10	11	12



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



Northern Sydney Local Health District

Events our class is participating in:

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Term 2 2024

Health Promoting School Calendar

Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday
APRIL	1	29	30	1	2	3
MAY	2	6	7	8	9	10
MAY	3	13	14	15	16	17
MAY	4	20	21	22	23	24
MAY	5	27	28	29	30	31
JUNE	6	3	4	5	6	7
JUNE	7	10	11	12	13	14
JUNE	8	17	18	19	20	21
JUNE	9	24	25	26	27	28
JULY	10	1	2	3	4	5



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



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

Events our class is participating in:

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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

Term 3 2024

Health Promoting School Calendar

Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday
JULY	1	22	23	24	25	26
JULY	2	29	30	31	1	2
AUGUST	3	5	6	7	8	9
AUGUST	4	12	13	14	15	16
AUGUST	5	19	20	21	22	23
AUGUST	6	26	27	28	29	30
SEPTEMBER	7	2	3	4	5	6
SEPTEMBER	8	9	10	11	12	13
SEPTEMBER	9	16	17	18	19	20
SEPTEMBER	10	23	24	25	26	27

Term 4 2024

Health Promoting School Calendar

Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER	1	14	15	16	17	18
OCTOBER	2	21	22	23	24	25
OCTOBER	3	28	29	30	31	1
NOVEMBER	4	4	5	6	7	8
NOVEMBER	5	11	12	13	14	15
NOVEMBER	6	18	19	20	21	22
NOVEMBER	7	25	26	27	28	29
DECEMBER	8	2	3	4	5	6
DECEMBER	9	9	10	11	12	13
DECEMBER	10	16	17	18	19	20



Embed wellbeing strategies throughout the day to support a healthy school environment

Events our class is participating in:

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- 🌐 www.nslhd.health.nsw.gov.au/HealthPromotion



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

Events our class is participating in:

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Northern Sydney Local Health District