

Health Promoting School Calendar 2024

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

📍 www.nslhd.health.nsw.gov.au/HealthPromotion



Northern Sydney Local Health District

Get involved in health events and follow these tips for a healthy school environment!

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



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



Encourage children to practise their fundamental movement skills



Events our school is participating in:

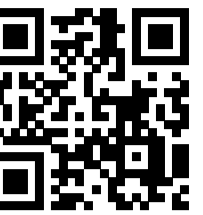
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Scan the QR code to view this calendar online with links to register for events



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