

# Health Promoting Primary School Calendar 2024

Ideas, resources and events to promote health and wellbeing for your school

Encourage students to be active throughout the school day



Offer a Crunch & Sip® break for students to enjoy vegetables, fruit and water each day



Encourage students to bring a refillable water bottle to school



Create a playground that supports fun, active play for students at recess and lunch



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



We are here to support your school!

Get in touch with Central Coast Health Promotion Officers for information on resources, workshops and more.

The Health Promotion Service offers regular workshops for Healthy School Canteens, School Gardens and PDHPE Network.

4320 9700 [www.healthpromotion.com.au](http://www.healthpromotion.com.au)

CCLHD-HealthPromotion@health.nsw.gov.au



Central Coast Local Health District



Join the Health Promotion Primary Schools mailing list for regular updates

Scan the QR code to access this calendar online, with links to register for events and updates.



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