

Health Promoting High School Calendar 2026

We are here to support your school!

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

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Central Coast Local Health District

IDEAS, RESOURCES AND EVENTS TO PROMOTE HEALTH AND WELLBEING FOR YOUR SCHOOL

Encourage students to be active throughout the school day



Encourage 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 break times



Promote safe active travel to school



Access the calendar online for links to events, updates and more



Join the Healthy High Schools e-updates for regular updates.



JANUARY		FEBRUARY		MARCH		APRIL		MAY		JUNE		JULY		AUGUST		SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER													
1	Th New Year's Day	1	Su	1	Su	1	We	1	Fr	1	Mo	1	We	1	Sa	1	Tu	1	Th Mental Health Month	1	Su	1	Tu												
2	Fr	2	Mo	2	Mo	2	Th Last day Term 1	2	Sa	2	Tu	2	Tu	2	Th	2	Su	2	We	2	Fr	2	Mo	2	We										
3	Sa	3	Tu	3	Tu	3	Fr Good Friday	3	Su	3	We	3	We	3	Fr Last Day Term 2	3	Mo	3	Th National Health & Physical Ed Day	3	Sa	3	Tu	3	Th	3	Th								
4	Su	4	We	4	We P & C Day	4	Sa Easter Saturday	4	Mo Screen Free Week	4	Th	4	Th	4	Th	4	Sa	4	Tu	4	Fr	4	Su	4	We	4	Fr								
5	Mo	5	Th	5	Th	5	Su Easter Sunday	5	Tu	5	Fr	5	Fr	5	Fr	5	Su NAIDOC Week	5	We Dental Health Week	5	Sa	5	Mo Labour Day	5	Th	5	Th	5	Sa						
6	Tu	6	Fr	6	Fr	6	Mo Easter Monday	6	We	6	We	6	We	6	Mo	6	Th	6	Th	6	Su	6	Tu	6	Fr	6	Su								
7	We	7	Sa	7	Sa	7	Tu World Health Day	7	Th	7	Th	7	Th	7	Tu	7	Tu	7	Mo	7	Mo	7	We	7	Sa	7	Mo	7	Mo						
8	Th	8	Su	8	Su International Women's Day	8	We	8	Fr	8	Fr	8	Mo King's Birthday	8	We	8	We	8	Sa	8	Tu	8	Tu	8	Th	8	Su	8	Tu	8	Tu				
9	Fr	9	Mo National Lunchbox Week	9	Mo	9	Th	9	Th	9	Sa	9	Tu	9	Th	9	Th	9	Th	9	We	9	We	9	Fr	9	Mo	9	We	9	We				
10	Sa	10	Tu	10	Tu	10	Fr	10	Fr	10	Su	10	We	10	We	10	Fr	10	Mo	10	Th World Suicide Prevention Day	10	Sa	10	Tu	10	Tu	10	Th	10	Th				
11	Su	11	We	11	We Naplan starts	11	Sa	11	Sa	11	Mo	11	Th	11	Th	11	Sa	11	Tu	11	Th R U OK? Day	11	Su	11	We	11	We	11	Fr	11	Fr				
12	Mo	12	Th	12	Th	12	Su	12	Tu	12	Tu	12	Fr	12	Fr	12	We	12	We	12	Fr	12	Mo First day Term 4 SDD	12	Th	12	Th	12	Sa	12	Sa				
13	Tu	13	Fr	13	Fr World Sleep Day	13	Mo	13	We	13	We	13	Mo	13	Mo	13	Mo	13	Th	13	Th	13	Sa	13	Tu National Nutrition Week	13	Fr	13	Fr	13	Su				
14	We	14	Sa	14	Sa	14	Tu	14	Th	14	Th	14	Tu	14	Tu	14	Fr	14	Fr	14	Mo	14	We	14	We	14	Mo	14	Mo	14	Mo				
15	Th	15	Su	15	Su	15	We	15	We	15	Fr	15	Mo	15	We	15	We	15	Sa	15	Mo	15	Th	15	Th	15	Su	15	Tu	15	Tu				
16	Fr	16	Mo	16	Mo	16	Th	16	Th	16	Sa	16	Tu	16	Th	16	Th	16	Su	16	Tu	16	Fr	16	Mo National Skin Cancer Action Week	16	Fr	16	We	16	We				
17	Sa	17	Tu	17	Tu	17	Fr	17	Fr	17	Su	17	We	17	We	17	Fr	17	Mo National Science Week	17	Mo	17	We	17	Sa	17	Tu	17	Th Last day Term 4	17	Th	17	Th		
18	Su	18	We	18	We	18	Sa	18	Mo	18	Mo	18	Th	18	Th	18	Sa	18	Tu	18	Th	18	Th	18	Su	18	We	18	We	18	Fr				
19	Mo	19	Th	19	Th Schools Health and Wellbeing in Action	19	Su	19	Tu	19	Tu	19	Fr	19	Fr	19	We	19	We	19	Fr	19	Mo	19	Mo	19	Th	19	Th	19	Sa	19	Sa		
20	Tu	20	Fr	20	Fr Ride2School Day	20	Mo First day Term 2 SDD	20	We	20	We	20	Sa	20	Sa	20	Mo First day Term 3 SDD	20	Th	20	Th	20	Tu	20	Tu	20	Fr	20	Fr	20	Fr	20	Su		
21	We	21	Sa	21	Sa Harmony Day	21	Tu SDD	21	Th	21	Th	21	Th	21	Th	21	Tu	21	Fr	21	Fr	21	We	21	We	21	We	21	Sa	21	Sa	21	Mo		
22	Th	22	Su	22	Su	22	We NSW Premier's Sporting Challenge	22	Fr	22	Fr	22	Mo	22	Mo	22	We	22	We	22	Sa	22	Mo	22	Mo	22	Th	22	Th	22	Su	22	Tu	22	Tu
23	Fr	23	Mo	23	Mo Naplan ends	23	Th	23	Th	23	Sa	23	Tu	23	Tu	23	Th	23	Th	23	Th	23	Tu	23	Mo	23	Mo	23	Mo	23	We	23	We		
24	Sa	24	Tu	24	Tu	24	Fr	24	Fr	24	Su	24	We	24	We	24	Fr	24	Mo	24	Mo	24	We	24	We	24	Tu	24	Tu	24	Tu	24	Th	24	Th
25	Su	25	We	25	We	25	Sa ANZAC Day	25	Mo	25	Mo	25	Th	25	Th	25	Sa	25	Tu	25	Tu	25	Th	25	We	25	We	25	We	25	Su	25	Fr Christmas Day	25	Fr
26	Mo Australia Day	26	Th	26	Th	26	Su	26	Tu National Sorry Day	26	Tu	26	Fr	26	Fr	26	We	26	We	26	Th	26	Th	26	Fr Last day Term 3	26	Mo	26	Mo	26	Th	26	Th	26	Sa Boxing Day
27	Tu First day Term 1 SDD	27	Fr	27	Fr National Walk to Work Day	27	Mo	27	We National Reconciliation Week	27	We	27	Sa	27	Mo	27	Mo	27	Th	27	Th	27	Th	27	Sa	27	Tu	27	Tu	27	Fr	27	Fr	27	Su
28	We SDD	28	Sa	28	Sa	28	Tu	28	Th	28	Th	28	Th	28	Th	28	Tu	28	Fr	28	Fr	28	Fr	28	We	28	We	28	We	28	Sa	28	Sa	28	Mo
29	Th SDD	29	Su	29	Su	29	We	29	Fr	29	Fr	29	Mo	29	Mo	29	We	29	We	29	Mo	29	Mo	29	Th	29	Th	29	Th	29	Th	29	Su	29	Tu
30	Fr SDD	30	Mo	30	Mo	30	Th	30	Th	30	Th	30	Tu	30	Tu	30	Th	30	Th	30	Tu	30	Fr	30	Fr	30	Fr	30	Fr	30	Fr	30	Mo	30	We
31	Sa	31	Tu	31	Tu	31	Su World No Tobacco Day	31	Su	31	Su	31	Fr	31	Fr	31	Mo	31	Mo	31	We	31	We	31	Sa	31	Sa	31	Sa	31	Sa	31	Th	31	Th