

Health Promoting Primary School Calendar 2026

Live Life Well
@ School



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 bringing a refillable water bottle to school



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



Promote safe active travel to school



We are here to support your school!

Get in touch with Central Coast Health Promotion Officers for information on available resources, workshops, in-person school visits and more.

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Join the Health Promotion Primary Schools mailing list for regular updates



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

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 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 Fr Last Day Term 2	3 Mo	3 Th National Health & Physical Ed Day	3 Sa	3 Tu	3 Th
4 Su	4 We	4 We P & C Day	4 Sa Easter Saturday	4 Mo Screen Free Week	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 Su NAIDOC Week	5 We Dental Health Week	5 Sa	5 Mo Labour Day	5 Th	5 Sa
6 Tu	6 Fr	6 Fr	6 Mo Easter Monday	6 We	6 Sa	6 Mo	6 Th	6 Su	6 Tu	6 Fr	6 Su
7 We	7 Sa	7 Sa	7 Tu World Health Day	7 Th	7 Su	7 Tu	7 Fr	7 Mo	7 We	7 Sa	7 Mo
8 Th	8 Su	8 Su	8 We	8 Fr	8 Mo King's Birthday	8 We	8 Sa	8 Tu	8 Th	8 Su	8 Tu
9 Fr	9 Mo National Lunchbox Week	9 Mo	9 Th	9 Sa	9 Tu	9 Th	9 Su	9 We	9 Fr	9 Mo	9 We
10 Sa	10 Tu	10 Tu	10 Fr	10 Su	10 We	10 Fr	10 Mo	10 Th R U OK? Day	10 Sa	10 Tu	10 Th
11 Su	11 We	11 We Naplan starts	11 Sa	11 Mo Central Coast Schools Health Week	11 Th	11 Sa	11 Tu	11 Fr	11 Su	11 We	11 Fr
12 Mo	12 Th	12 Th	12 Su	12 Tu	12 Fr	12 Su	12 We	12 Sa	12 Mo First day Term 4 SDD	12 Th	12 Sa
13 Tu	13 Fr	13 Fr World Sleep Day	13 Mo	13 We	13 Sa	13 Mo	13 Th	13 Su	13 Tu National Nutrition Week	13 Fr	13 Su
14 We	14 Sa	14 Sa	14 Tu	14 Th	14 Su	14 Tu	14 Fr	14 Mo	14 We	14 Sa	14 Mo
15 Th	15 Su	15 Su	15 We	15 Fr National Walk Safely to School Day	15 Mo	15 We	15 Sa	15 Tu	15 Th	15 Su	15 Tu
16 Fr	16 Mo	16 Mo	16 Th	16 Sa	16 Tu	16 Th	16 Su	16 We	16 Fr	16 Mo National Skin Cancer Action Week	16 We
17 Sa	17 Tu	17 Tu	17 Fr	17 Su	17 We	17 Fr	17 Mo National Science Week	17 Th	17 Sa	17 Tu	17 Th Last day Term 4
18 Su	18 We	18 We	18 Sa	18 Mo	18 Th	18 Sa	18 Tu	18 Fr	18 Su	18 We	18 Fr
19 Mo	19 Th	19 Th Schools Health and Wellbeing in Action	19 Su	19 Tu	19 Fr	19 Su	19 We	19 Sa	19 Mo	19 Th	19 Sa
20 Tu	20 Fr	20 Fr Ride2School Day	20 Mo First day Term 2 SDD	20 We	20 Sa	20 Mo First day Term 3 SDD	20 Th	20 Su	20 Tu	20 Fr	20 Su
21 We	21 Sa	21 Sa Harmony Day	21 Tu SDD	21 Th	21 Su	21 Tu	21 Fr	21 Mo	21 We	21 Sa	21 Mo
22 Th	22 Su	22 Su	22 We	22 Fr	22 Mo	22 We	22 Sa	22 Tu	22 Th	22 Su	22 Tu
23 Fr	23 Mo	23 Mo Naplan ends	23 Th	23 Fr	23 Tu	23 Th	23 Su	23 We	23 Fr	23 Mo	23 We
24 Sa	24 Tu	24 Tu	24 Fr	24 Sa	24 We	24 Fr	24 Mo	24 Th	24 Sa	24 Tu	24 Th
25 Su	25 We	25 We	25 Sa ANZAC Day	25 Mo	25 Th	25 Sa	25 Tu	25 Fr Last day Term 3	25 Su	25 We	25 Fr Christmas Day
26 Mo Australia Day	26 Th	26 Th	26 Su	26 Tu National Sorry Day	26 Fr	26 Su	26 We	26 Sa	26 Mo	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 Sa	27 Mo	27 Th	27 Su	27 Tu	27 Fr	27 Su
28 We SDD	28 Sa	28 Sa	28 Tu	28 Th	28 Su	28 Tu	28 Fr Wear It Purple Day	28 Mo	28 We	28 Sa	28 Mo
29 Th SDD		29 Su	29 We	29 Fr	29 Mo	29 We	29 Sa	29 Tu	29 Th	29 Su	29 Tu
30 Fr SDD		30 Mo	30 Th	30 Sa	30 Tu	30 Th	30 Su	30 We	30 Fr Teachers' Day Australia	30 Mo	30 We
31 Sa		31 Tu		31 Su		31 Fr	31 Mo		31 Sa		31 Th