



## WHAT ARE WE UP TO IN TERM 3?

Welcome to Term 3! This term we're focusing on the **Monitor** key message: **turn off the screen and get active.**

There will be tips for you and your families on how to limit small screen recreation. We will also send through ideas and resources to recognise many of the key dates listed below.

### KEY DATES:

- Tokyo Olympics (23rd July - 8th August)
- World Breastfeeding Week (1st - 8th August)
- Dental Health Week (2nd - 8th August)
- National Aboriginal and Torres Strait Islander Children's Day (4th August)
- International Day of the World's Indigenous Peoples (9th August)
- Science Week (14th - 22nd August)
- Early Childhood Educator's Day (1st September)
- National Health and Physical Education Day (1st September)
- Indigenous Literacy Day (1st September)
- R U OK? Day (9th September)
- Walktober (1st - 31st October)

### Upcoming Events

- HNE Aboriginal ECEC Network Forum
  - Tuesday 7th September  
Newcastle
  - Tuesday 14th September  
Tamworth
- Healthy Menu Planning Online webinars *final two sessions!*
  - Series 16 - 20th & 22nd July
  - Series 17 - 28th & 29th July
  - Click [here](#) to see the schedule and to register



Artwork: "Heart of a Child" Worimi Artist Lara Went

**Good for kids**  
good for life 



**Health**  
Hunter New England  
Local Health District