

TERM 1 Encourage students to have 2 servings of fruit and 5 servings of vegies each day this term!

WEEK	MON	TUE	WED	THU	FRI
1	January 23	January 24	January 25	Australia Day January 26	January 27
2	January 30	January 31	February 1	February 2	February 3
3	Nutrition Australia Healthy Lunchbox Week February 6	February 7	February 8	February 9	February 10
4	February 13	February 14	February 15	February 16	February 17
5	February 20	February 21	February 22	February 23	February 24
6	February 27	February 28	March 1	March 2	March 3
7	March 6	March 7	March 8	March 9	March 10
8	March 13	March 14	March 15	March 16	March 17
9	World Oral Health Day March 20	Harmony Day March 21	March 22	March 23	National Ride2School Day March 24
10	Vegetable Week March 27	March 28	March 29	The BIG Veggie Crunch! March 30	March 31
11	April 3	April 4	April 5	April 6	April 7

TERM 2 Encourage students to 'swap the screen' for more physical activity this term!

WEEK	MON	TUE	WED	THU	FRI
1	April 24	ANZAC Day April 25	April 26	April 27	April 28
2	Screen Free Week May 1	May 2	May 3	May 4	May 5
3	May 8	May 9	May 10	May 11	May 12
4	National Road Safety Week May 15	May 16	May 17	May 18	Walk Safely To School Day May 19
5	May 22	May 23	May 24	May 25	May 26
6	May 29	May 30	May 31	June 1	June 2
7	June 5	June 6	June 7	June 8	June 9
8	King's Birthday June 12	June 13	June 14	June 15	June 16
9	June 19	June 20	June 21	June 22	June 23
10	June 26	June 27	June 28	June 29	June 30

TERM 3 This term let's focus on drinking water. Encourage students to choose water as their drink of choice!

WEEK	MON	TUE	WED	THU	FRI
1	July 17	July 18	July 19	July 20	July 21
2	July 24	July 25	July 26	July 27	July 28
3	July 31	August 1	August 2	August 3	August 4
4	Dental Health Week August 7	August 8	August 9	August 10	August 11
5	August 14	August 15	August 16	August 17	August 18
6	Healthy Bones Action Week August 21	August 22	August 23	August 24	August 25
7	August 28	August 29	August 30	August 31	September 1
8	September 4	September 5	National Health and Physical Education Day September 6	September 7	September 8
9	September 11	September 12	September 13	RUOK? Day September 14	September 15
10	Men's Health Week September 18	September 19	September 20	September 21	September 22

TERM 4 The days are longer and warmer. Encourage students to get active and try new games or sports!

WEEK	MON	TUE	WED	THU	FRI
1	October 9	October 10	October 11	October 12	October 13
2	October 16	October 17	October 18	October 19	October 20
3	October 23	October 24	October 25	October 26	World Teachers' Day! October 27
4	October 30	October 31	November 1	November 2	November 3
5	National Recycling Week November 6	November 7	November 8	November 9	November 10
6	November 13	November 14	November 15	November 16	November 17
7	November 20	November 21	November 22	November 23	November 24
8	November 27	November 28	November 29	November 30	December 1
9	December 4	December 5	December 6	December 7	December 8
10	December 11	December 12	December 13	December 14	December 15
11	December 18	December 19	December 20	December 21	December 22



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See more ideas on the Good for Kids website:
<https://goodforkids.nsw.gov.au/>



Good for Kids support primary schools to implement whole school strategies to get students more active more often and develop healthy eating habits. Everyone has a role to play - contact your Health Promotion Officer for more information:

HNELHD-GoodForKids@health.nsw.gov.au



KEY DATES

28th August- 22nd September: Fruit and Veg month
October: Mental health month
Term 2 and 3: NSW Premiers Sporting Challenge!

NAIDOC week- starting JULY 2, 2023



Hunter New England Local Health District

