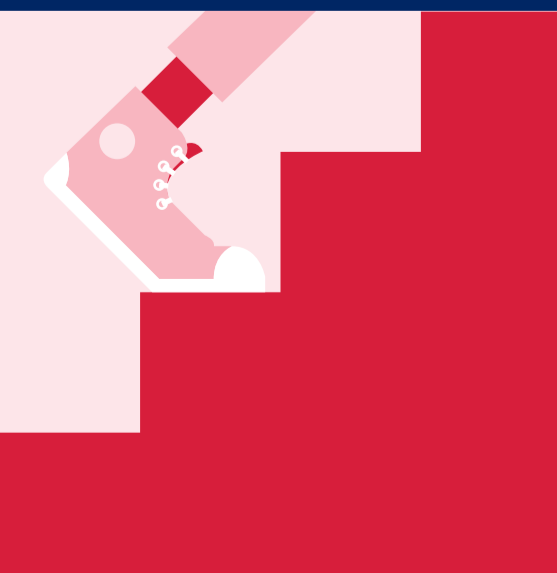




HEALTHY SCHOOL CALENDAR 2024



Welcome to the

HEALTHY SCHOOL CALENDAR 2024

This calendar includes healthy eating, physical activity and wellbeing related events and activities that your class and school community can get involved in throughout the year.

Click the link on each event or activity for further details, information to register and to access support for your school and classroom.

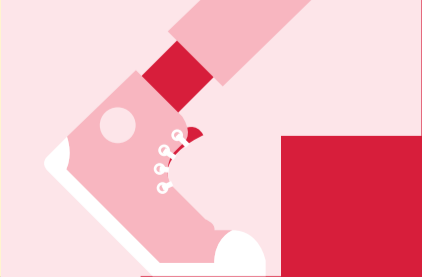
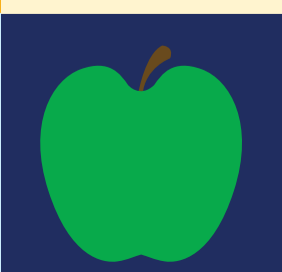
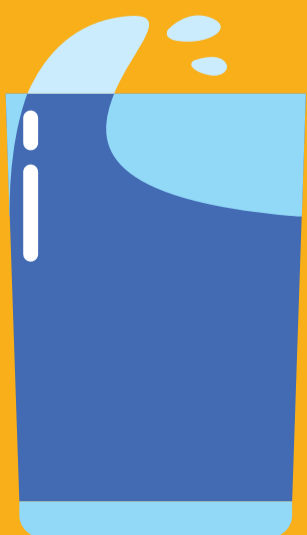
Get involved and encourage students to be active and make healthy food choices.

Scan the QR code below to sign up to our newsletter where you can access termly support, professional development opportunities and event resources. Alternatively you can contact our team at SESLHD-HPS-HCI@health.nsw.gov.au



**Have a healthy
and active year!**

The South Eastern Sydney
Live Life Well @ School Team.



Term 1



Week	Monday	Tuesday	Wednesday	Thursday	Friday	
January / February	1	29	30	31	1 2	
February	2 Healthy Lunchbox Week	5	6	7	8 9	
February	3	12	13	14	15 16	
February	4 Register for the NSW Premier's Sporting Challenge	19	20	21	22 23	
February / March	5	26	27	28	29 1	
March	6	4	5	6	7 8	
March	7	11	12	13	14 15	
March	8 Vegetable Week Harmony Week	18	19	20 World Oral Health Day	21 The Big Veggie Crunch 10am National Close the Gap Day	22 National Ride2School Day
March	9	25	26	27	28 29 Good Friday Public Holiday	
April	10 Easter Monday Public Holiday	1	2	3	4 5	
April	11	8	9	10	11 12	

How can our team support your school?

- Provide healthy lunchbox **information for parents and carers** as part of kindergarten orientation.
- Deliver a **staff in-service** to help revive Crunch&Sip® leading up to Vegetable Week.
- Provide **resources** to support your school in Ride2School Day.
- Provide **information to share with families** to support World Oral Health Day.

News

Click/scan the QR code to sign up to our termly newsletter to access support and resources

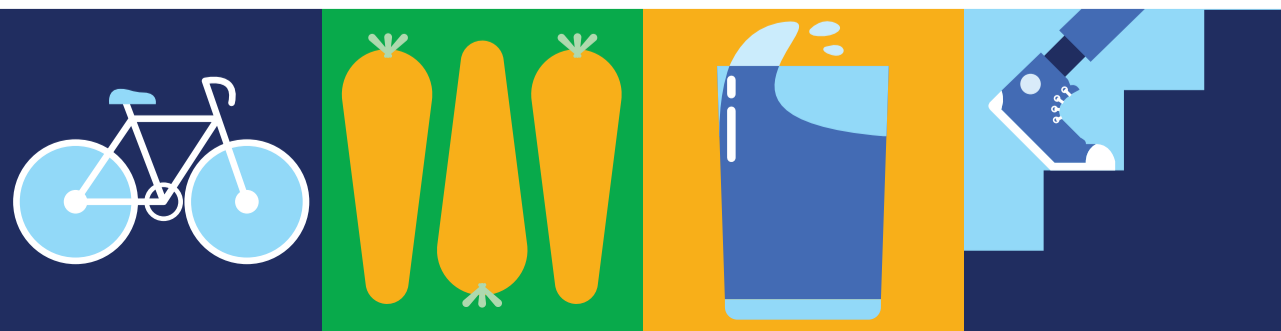


To do list:

To do:	Date:

Contact us at
SESLHD-HPS-HCI@health.nsw.gov.au

School holidays:
 15 April 2024 - 26 April 2024





Term 2

Week	Monday	Tuesday	Wednesday	Thursday	Friday
April / May	1	29	30	1	2
May	2	6	7	8	9
May	3	13	14	15	16
May	4	20	21	22	23
May	5	National Reconciliation Week		27	28
June	6	Energiser Challenge		3	4
June	7	King's Birthday Public Holiday		10	11
June	8	17	18	19	20
June	9	24	25	26	27
July	10	NAIDOC Week resources (7-14 July)		1	2

How can our team support your school?

- Provide **resources** to support your school with National Walk Safely to School Day.
- Provide **information to share with families** to promote the importance of drinking water.
- Incorporate energisers into your classroom by accessing **teaching resources**.

News

Click/scan the QR code to sign up to our termly newsletter to access support and resources

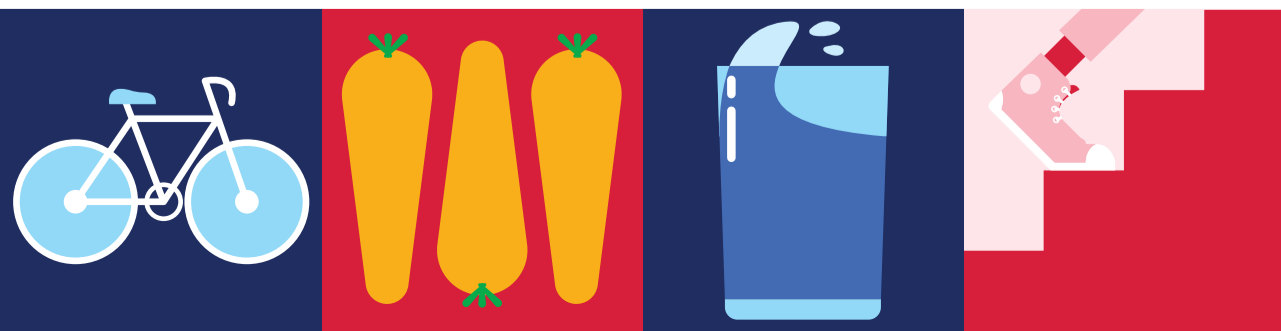


To do list:

To do:	Date:

Contact us at
SESLHD-HPS-HCI@health.nsw.gov.au

School holidays:
 8 July 2024 – 19 July 2024



Term 3



Week	Monday	Tuesday	Wednesday	Thursday	Friday	
July	1	22	23	24	25	26
July / August	2	29	30	31	1	2
August	3 Dental Health Week	5	6	7	8	9
August	4	12	13	14	15	16
August	5	19	20	21	22	23
August	6	26	27	28	29	30
September	7 Fruit & Veg Month	2	3	4	5	6 National Health and PE Day
September	8	9	10	11	12	13 R U OK? Day
September	9	16	17	18	19	20
September	10	23	24	25	26	27

How can our team support your school?

- Provide a **staff in-service / resources** to help revive Crunch&Sip® leading up to Fruit and Veg Month.
- Deliver a **staff in-service** with a focus on Fundamental Movement Skills to celebrate National Health & PE Day.
- Provide **resources to share with families** to support Dental Health Week and R U OK? Day.

News

Click/scan the QR code to sign up to our termly newsletter to access support and resources

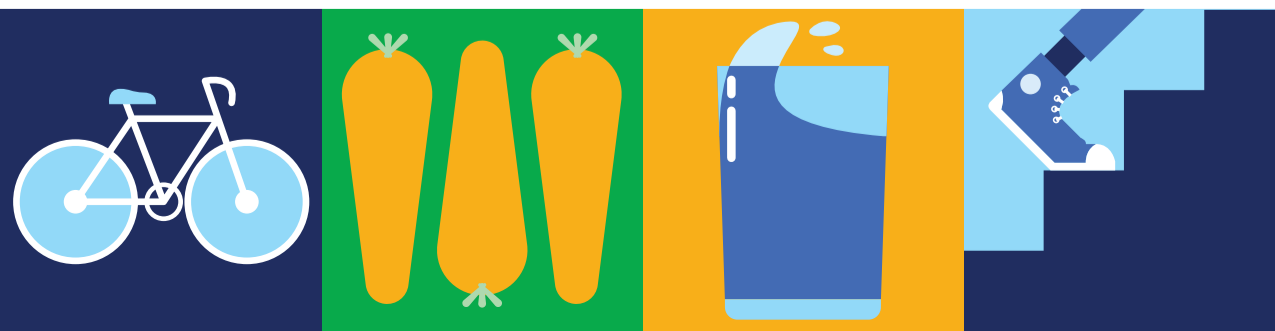


To do list:

To do:	Date:

Contact us at
SESLHD-HPS-HCI@health.nsw.gov.au

School holidays:
 30 September 2024 – 11 October 2024



Term 4



Week	Monday	Tuesday	Wednesday	Thursday	Friday
October	1 National Nutrition Week				
	14	15	16	17	18
October	2 WayAhead wellbeing activities				
	21	22	23	24	25
October / November	3			Wellbeing Talk-And-Walk-A-Thon	
	28	29	30	31	1
November	4				
	4	5	6	7	8
November	5 10@10 classroom energiser activities				
	11	12	13	14	15
November	6				
	18	19	20	21	22
November	7				
	25	26	27	28	29
December	8 Thinking while Moving activities				
	2	3	4	5	6
December	9				
	9	10	11	12	13
December	10				
	16	17	18	19	20

How can our team support your school?

- Provide **curriculum resources** to support teaching of healthy eating during National Nutrition Week.
- Support your class to increase physical activity during class time by providing **teaching resources**.
- Provide **resources** to support wellbeing during Mental Health month in October.
- Provide **information to share with families** to promote the importance of healthy eating including lunchbox resources for kindergarten orientation.

News

Click/scan the QR code to sign up to our termly newsletter to access support and resources

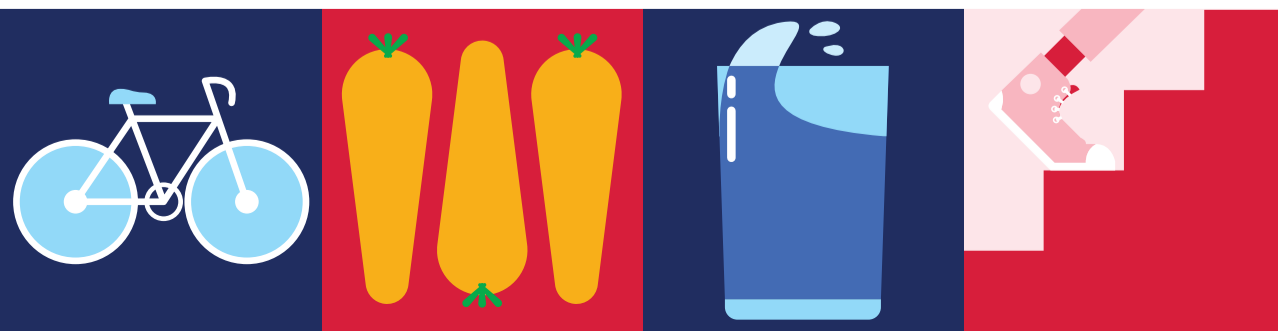


To do list:

To do:	Date:

Contact us at
SESLHD-HPS-HCI@health.nsw.gov.au

School holidays:
23 December 2024 – 30 January 2025





Contact us at
SESLHD-HPS-HCI@health.nsw.gov.au

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support and resources



The South Eastern Sydney
Live Life Well @ School Team.

HEALTHY SCHOOL CALENDAR 2024

