

Health Promoting High School Calendar 2025

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 recess and lunch



Encourage students to walk, ride, skate or scooter to and from school



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

Scan the QR code to access the Central Coast Health Promotion website, with access to the online calendar, events, and updates



Connecting health and schools via easy online updates straight to your inbox! Scan the QR code to get all the latest classroom resources, whole school initiatives, promos and new ideas.



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
1 We New Year's Day	1 Sa	1 Sa	1 Tu	1 Th Screen Free Week	1 Su	1 Tu	1 Fr	1 Mo	1 We Mental Health Month	1 Sa	1 Mo
2 Th	2 Su	2 Su	2 We	2 Fr	2 Mo	2 We	2 Sa	2 Tu	2 Th	2 Su	2 Tu
3 Fr	3 Mo SDD	3 Mo	3 Th	3 Sa	3 Tu	3 Th	3 Su	3 We National Health & Physical Ed Day	3 Fr	3 Mo	3 We
4 Sa	4 Tu SDD	4 Tu	4 Fr	4 Su	4 We	4 Fr Last Day Term 2	4 Mo	4 Th	4 Sa	4 Tu	4 Th
5 Su	5 We SDD	5 We P & C Appreciation Day	5 Sa	5 Mo	5 Th	5 Sa	5 Tu	5 Fr National Walk to Work Day	5 Su	5 We	5 Fr
6 Mo	6 Th	6 Th	6 Su	6 Tu	6 Fr	6 Su NAIDOC Week	6 We Dental Health Week	6 Sa	6 Mo Labour Day	6 Th	6 Sa
7 Tu	7 Fr	7 Fr	7 Mo World Health Day	7 We	7 Sa	7 Mo	7 Th	7 Su	7 Tu	7 Fr	7 Su
8 We	8 Sa	8 Sa International Women's Day	8 Tu	8 Th	8 Su	8 Tu	8 Fr	8 Mo	8 We	8 Sa	8 Mo
9 Th	9 Su	9 Su	9 We	9 Fr	9 Mo King's Birthday	9 We	9 Sa	9 Tu	9 Th	9 Su	9 Tu
10 Fr	10 Mo Healthy Lunchbox Week	10 Mo	10 Th	10 Sa	10 Tu	10 Th	10 Su	10 We World Suicide Prevention Day	10 Fr	10 Mo	10 We
11 Sa	11 Tu	11 Tu	11 Fr Last day Term 1	11 Su	11 We	11 Fr	11 Mo National Science Week	11 Th R U OK? Day School Resources	11 Sa	11 Tu	11 Th
12 Su	12 We	12 We Naplan starts	12 Sa	12 Mo	12 Th	12 Sa	12 Tu	12 Fr	12 Su	12 We	12 Fr
13 Mo	13 Th	13 Th	13 Su	13 Tu	13 Fr	13 Su	13 We	13 Sa	13 Mo First day Term 4 SDD	13 Th	13 Sa
14 Tu	14 Fr	14 Fr World Sleep Day	14 Mo	14 We	14 Sa	14 Mo	14 Th	14 Su	14 Tu National Nutrition Week	14 Fr	14 Su
15 We	15 Sa	15 Sa	15 Tu	15 Th	15 Su	15 Tu	15 Fr	15 Mo	15 We	15 Sa	15 Mo
16 Th	16 Su	16 Su	16 We	16 Fr	16 Mo	16 We	16 Sa	16 Tu	16 Th	16 Su	16 Tu
17 Fr	17 Mo	17 Mo	17 Th	17 Sa	17 Tu	17 Th	17 Su	17 We	17 Fr	17 Mo National Skin Cancer Action Week	17 We
18 Sa	18 Tu	18 Tu	18 Fr Good Friday	18 Su	18 We	18 Fr	18 Mo	18 Th	18 Sa	18 Tu	18 Th
19 Su	19 We	19 We	19 Sa Easter Saturday	19 Mo	19 Th	19 Sa	19 Tu	19 Fr	19 Su	19 We	19 Fr Last day Term 4
20 Mo	20 Th	20 Th	20 Su Easter Sunday	20 Tu	20 Fr	20 Su	20 We	20 Sa	20 Mo	20 Th	20 Sa
21 Tu	21 Fr	21 Fr Harmony Day Ride2School Day	21 Mo Easter Monday	21 We	21 Sa	21 Mo First day Term 3 SDD	21 Th	21 Su	21 Tu	21 Fr	21 Su
22 We	22 Sa	22 Sa	22 Tu	22 Th	22 Su	22 Tu Thirsty? Choose Water! 2025	22 Fr	22 Mo	22 We	22 Sa	22 Mo
23 Th	23 Su	23 Su	23 We	23 Fr	23 Mo	23 We	23 Sa	23 Tu	23 Th	23 Su	23 Tu
24 Fr	24 Mo	24 Mo Naplan ends	24 Th	24 Sa	24 Tu	24 Th	24 Su	24 We	24 Fr	24 Mo	24 We
25 Sa	25 Tu	25 Tu	25 Fr ANZAC Day	25 Su	25 We	25 Fr	25 Mo	25 Th	25 Sa	25 Tu	25 Th Christmas Day
26 Su Australia Day	26 We	26 We	26 Sa	26 Mo National Sorry Day	26 Th	26 Sa	26 Tu	26 Fr Last day Term 3	26 Su	26 We	26 Fr Boxing Day
27 Mo	27 Th	27 Th	27 Su	27 Tu National Reconciliation Week	27 Fr	27 Su	27 We	27 Sa	27 Mo	27 Th	27 Sa
28 Tu	28 Fr	28 Fr	28 Mo First day Term 2 SDD	28 We	28 Sa	28 Mo	28 Th Wear It Purple Day	28 Su	28 Tu	28 Fr	28 Su
29		29 Sa	29 Tu SDD	29 Th	29 Su	29 Tu	29 Fr	29 Mo	29 We	29 Sa	29 Mo
30 Th		30 Su	30 We NSW Premier's Sporting Challenge	30 Fr	30 Mo	30 We	30 Sa	30 Tu	30 Th	30 Su	30 Tu
31 Fr First day Term 1 SDD		31 Mo		31 Sa World No Tobacco Day		31 Th	31 Su		31 Fr Teachers' Day Australia		31 We