

St. Luke's Catholic School
2023-2024
Health Observance Calendar

SEPTEMBER

Health and Safety: Classroom Lessons and Activities

Back to School Vaccination Information: Southwest Nebraska Public Health Department

OCTOBER

Global Handwashing Day: October 15, Classroom Activities

www.globalhandwashing.org , SWNPHD

Red Ribbon Week: October 23-31, www.redribbon.org Daily School-Wide Activities, Vaping Information and Posters: SWNPHD

NOVEMBER

Healthy Eating Habits, Nutrition Education, Healthy Snacks, Preparation Activities: Megan Hovendick, Banner Health Dietitian.

DECEMBER

Caring for the needs of others: plan for ways to help others meet their needs, classroom activities and caring programs.

School Health Screening: Southwest Nebraska Public Health Department: Lori Rowley, Banner Health: Mara Peters, PA, Lions Club Mobile Health Screening Unit for hearing and vision.

JANUARY

Bullying and Acceptance of Differences, Presentation from experts, lessons in classrooms, activities to promote acceptance.

FEBRUARY

National Children's Dental Health Month: Justin Weber, DDS

Dr. Mary Beth Meier, Orthodontics and Dental Surgery

American Heart Health Month: Ms. Teresa Sieck, American Heart Challenge

MARCH

Sleep Awareness Week: March 10-16, 2024: Classroom Activities

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

APRIL

Every Kid Healthy Week: April 22-25, Daily School-Wide Activities

<https://nationaltoday.com/every-kid-healthy-week>

MAY

Summer Safety Plans: Classroom activities, SWNPHD: Summer Sun and Water Safety, online resources: <https://tinyurl.com/mrym3wen>