

HBAW School Newsletter Copy

August 20 – 26, 2018

This week is Healthy Bones Action Week (HBAW) and we are excited to be including some fun activities for everyone to be a part of.

Building and growing healthy bones is important for all ages. We want to help spread the word and educate Australian families on the importance of having enough nutrients, vitamin D and exercise needed for building and maintaining healthy bones.

To find out more about Healthy Bones Action Week, keep an eye out for posters around the school, chat to your teacher or find out more at dairy.edu.au/discoverdairy/teachers/healthy-bones