

Healthy Reads from the School Nurse

It's Book Week and this year, we're celebrating stories that not only spark imagination but also help our children grow strong in body and mind. The Health on the Shelf collection, developed in collaboration with Libraries Tasmania and the Department of Health, features a range of wonderful children's books that support health and wellbeing through engaging stories.

These books are specially chosen for children aged 0–12 years, and explore important health themes in fun, engaging ways.

- Appreciating diversity
- Building positive relationships
- Maintaining healthy bodies
- Managing feelings and emotions
- Understanding food and nutrition

Here are a few favourites from the collection:

- “Eating the Alphabet” by Lois Ehlert – A colourful journey through fruits and veggies. (Ages 0–8)
- “The Pigeon Needs a Bath!” by Mo Willems – A hilarious reminder about hygiene. (Ages 3–8)
- “Her Body Can” by Katie Crenshaw – Empowering messages about body confidence. (Ages 5–10)
- “Stay for Dinner” by Sandhya Parappukkaran – A beautiful story about cultural diversity and food. (Ages 5–12)

All the books are available to borrow at Libraries Tasmania and the Health on a Shelf list can be found here:

- [Health on the Shelf booklist](#)

Reading together is one of the best ways to support your child's health and development. So this Book Week, let's celebrate stories that help our kids thrive—inside and out.

SCHOOL HEALTH NURSES 
Better health for better learning