

Mental health and wellbeing school calendar

Autumn term 2023

Event	Time of year	Themes	What could you do?	Example activities
Back to school	<p>September England, Northern Ireland & Wales</p> <p>August Scotland</p>	<ul style="list-style-type: none"> • Bringing the school community back together after a long break • Welcoming new starters • Preparing for the year ahead • Assessing the mental health needs of students and staff, to help with planning for the year 	<ul style="list-style-type: none"> • Lessons or assemblies about dealing with change or transitions • Individual activities to help teachers and pupils to get to know each other • Hold a back to school inset for staff with a focus on wellbeing • Wellbeing survey for all students • Wellbeing survey for staff 	<p>Primary</p> <ul style="list-style-type: none"> • Understanding change lesson <p>Secondary & post-16</p> <ul style="list-style-type: none"> • Developing a growth mindset activity <p>Staff</p> <ul style="list-style-type: none"> • Using measurement tools to understand pupils' mental health needs • 10 ways to support school staff wellbeing



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Transition to secondary school	September England, Northern Ireland & Wales August Scotland	<ul style="list-style-type: none"> • Getting used to a new environment and new ways of working • Anxiety about making new friends • Stress around increased workload 	<ul style="list-style-type: none"> • Run activities to ease students into their new school • Share advice to help students adjust 	<p>Secondary</p> <ul style="list-style-type: none"> • Moving up! The transition to secondary school • My moving up to secondary school booklet • Teacher resources for students transitioning to secondary school
Youth Mental Health Day	19th September 2023	<ul style="list-style-type: none"> • Theme for 2023 is #BeBrave • Building confidence • Looking after your mental health • Asking for help 	<ul style="list-style-type: none"> • Assemblies and lessons on how to build confidence and resilience • Run activities to help students prioritise their wellbeing 	<p>Secondary and post-16</p> <ul style="list-style-type: none"> • DEAL lesson plan: building resilience • Asking for help: a guide for young people • Can't talk, write

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<p>Black History Month</p>	<p>October 2023</p>	<ul style="list-style-type: none"> • Discrimination • Black Lives Matter • Tolerance • Similarities and differences • Empathy 	<ul style="list-style-type: none"> • Lessons on positive role models in the Black community • Staff training on the impact of discrimination on mental health • Assemblies and lessons on empathy and tolerance 	<p>Primary</p> <ul style="list-style-type: none"> • Time to level up: a short film about self-belief • The same but different: lesson plans for Ages 4 to 5 Ages 5 to 8 Ages 9 to 11 <p>Secondary and post-16</p> <ul style="list-style-type: none"> • Diversity lesson plan for 11-14 year olds • Racism and mental health advice for young people <p>Staff</p> <ul style="list-style-type: none"> • Reflecting on your school's culture and environment • Addressing inclusion: effectively challenging racism in schools

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World Teacher's Day	5th October 2023	<ul style="list-style-type: none"> • Staff wellbeing • Teacher stress management 	<ul style="list-style-type: none"> • Celebration day for teachers – celebration assembly, activities etc • Demonstrate commitment to staff wellbeing • Staff wellbeing activities 	<p>Staff</p> <ul style="list-style-type: none"> • Education staff wellbeing charter • Reducing mental health stigma for school staff • Anti-racism and mental health resources: supporting racially minoritised staff
World Mental Health day	10th October 2023	<ul style="list-style-type: none"> • Theme for 2023 – 'Mental health is a universal human right' • Raising mental health awareness • Practising self-care strategies • Building social and emotional skills 	<ul style="list-style-type: none"> • Audit provision and develop a whole-school approach to mental health • Hold a wellbeing celebration day • Develop staff knowledge on groups that may be more likely to be at risk 	<p>Primary</p> <ul style="list-style-type: none"> • Talking mental health: animation & teacher toolkit <p>Secondary and post-16</p> <ul style="list-style-type: none"> • Let's talk about anxiety: animation and teacher toolkit

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World Mental Health day (Cont.)	10th October 2023		<ul style="list-style-type: none"> • Run activities/lessons focused on improving students' social and emotional skills • Sign up to the Mentally Healthy Schools mailing list to receive our 2023 World Mental Health Day toolkit direct to your inbox 	<p>Staff</p> <ul style="list-style-type: none"> • 5 Steps to Mental Health and Wellbeing framework • Measuring and monitoring children and young people's mental wellbeing – a toolkit for schools and colleges
International Stress Awareness Week	30th October - 3rd November 2023	<ul style="list-style-type: none"> • Handling stress • Self-care strategies • Mindfulness • Work-life balance 	<ul style="list-style-type: none"> • Staff meeting on wellbeing and stress at work • Risk assessment on staff stress in the school • Staff training on stress management • Emphasise support pathways for staff struggling with stress 	<p>Staff</p> <ul style="list-style-type: none"> • How to handle stress: teachers & education staff • Managing teacher anxiety • Interactive stress container tool for staff

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World Kindness Day	13th November 2023	<ul style="list-style-type: none"> • Kindness • Understanding • Tolerance • Empathy • Kind and healthy relationships 	<ul style="list-style-type: none"> • Hold a celebration day • Run classroom activities focused on kindness • Explore kindness in the context of friendships and relationships 	<p>Primary</p> <ul style="list-style-type: none"> • Seven days of kindness calendar <p>Secondary and post-16</p> <ul style="list-style-type: none"> • How to support a friend: guidance for young people
Anti-Bullying Week	11th - 15th November 2023	<ul style="list-style-type: none"> • Theme for 2023 – ‘Make a noise about bullying’ • Bullying – on or offline • Respect • Friendships and kindness • Peer pressure • Social media 	<ul style="list-style-type: none"> • Hold all-school assemblies to mark the week • Ensure students know what to do if they are a bystander to bullying • Explore the characteristics of healthy, kind relationships in lessons • Review your school’s anti-bullying policy 	<p>Primary</p> <ul style="list-style-type: none"> • Bullying: what can I do? Video and accompanying guidance <p>Secondary and post-16</p> <ul style="list-style-type: none"> • Bullying and cyberbullying lesson plan pack • Trolling and cyber-bullying video

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Anti-Bullying Week (Cont.)	11th - 15th November 2023			Staff <ul style="list-style-type: none"> • Bullying and harassment at work • Safe from bullying in further education colleges
Christmas Holidays	December 2023	<ul style="list-style-type: none"> • Holiday – spending long periods at home without school support systems • Self-care strategies for children and young people • Staff – end of term stress due to additional activities and workload • Families & relationships 	<ul style="list-style-type: none"> • Increase or begin winter wellbeing activities for staff and children • Give students self-care tools to use over the break if emotions get too much at home • Allow feedback time at staff meetings or include a mindfulness session • Praise and reward staff for their hard work 	Primary <ul style="list-style-type: none"> • My self-care plan: primary Secondary and post-16 <ul style="list-style-type: none"> • My self-care plan: secondary and FE Staff <ul style="list-style-type: none"> • Online self-help tool for school staff