

Mental health and wellbeing school calendar

Spring term 2024

Event	Time of year	Themes (linked to the relevant health and wellbeing curricula across the UK)	What could you do?	Example activities
New year, new term	January 2024	<ul style="list-style-type: none"> • Return to school – new year resolutions and targets • Pupils and staff readjusting to being back at school • Preparing for the new term 	<ul style="list-style-type: none"> • Whole school ‘return to school’ assembly • Activities to help pupils settle back into the classroom • Check in with staff returning after the winter break • Measure pupil and staff wellbeing at the start of the new year 	<p>Primary</p> <ul style="list-style-type: none"> • Understanding change lesson <p>Secondary</p> <ul style="list-style-type: none"> • Wellbeing measurement framework for secondary schools <p>Staff</p> <ul style="list-style-type: none"> • Wellbeing measurements for schools: staff survey



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LGBTQ+ History Month 2022	February 2024	<ul style="list-style-type: none"> • Creating an inclusive school and college environment • Celebrating and uplifting the LGBTQ+ community 	<p>Primary</p> <ul style="list-style-type: none"> • Run activities celebrating diversity and difference • Discuss ways to make lessons more inclusive with staff <p>Secondary & FE</p> <ul style="list-style-type: none"> • Deliver lessons about LGBTQ+ history • Reiterate your commitment to a zero-tolerance approach to bullying 	<p>Primary</p> <ul style="list-style-type: none"> • LGBTQ+ history lesson pack for children aged 4 to 7 • Celebrate being you worksheet <p>Secondary & FE</p> <ul style="list-style-type: none"> • The coming out guide • LGBTQ+ history lesson pack for post-16 students <p>Staff</p> <ul style="list-style-type: none"> • LGBT-inclusive RSHE: a guide for schools

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<p>Children's Mental Health Week</p>	<p>5th - 11th Feb 2024</p>	<ul style="list-style-type: none"> • Theme for 2024: My Voice Matters 	<ul style="list-style-type: none"> • Use the resources from Place2Be to hold an assembly and lessons on the selected theme • Run a whole-school mental health day rotating activities • Hold a staff meeting about the role all staff can play in supporting children and young people's mental health <p>Sign up to the Mentally Healthy Schools newsletter to get our 2024 Children's Mental Health Week toolkit direct to your inbox.</p>	<p>Primary</p> <ul style="list-style-type: none"> • Place2Be Children's Mental Health Week resources • Talking Mental Health teacher toolkit <p>Secondary & FE</p> <ul style="list-style-type: none"> • Place2Be Children's Mental Health Week resources • We all have mental health: animation & teacher toolkit <p>Staff</p> <ul style="list-style-type: none"> • Taking CARE to promote mental health in schools and colleges: animation

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Safer Internet Day	Tues 6th Feb 2024	<ul style="list-style-type: none"> • Staying safe online and on social media • Cyber bullying & online etiquette • Online sexual harassment 	<p>Primary</p> <ul style="list-style-type: none"> • IT lessons on staying safe online and responsibly using social media • Review policies to ensure they are up-to-date and relevant <p>Secondary & FE</p> <ul style="list-style-type: none"> • Lessons about what online sexual harassment looks like, covering topics like sexting and revenge porn • Review policies to ensure they are up-to-date and relevant commitment to a zero-tolerance approach to bullying with staff • Educate all staff about online sexual harassment and how to tackle it 	<p>Primary</p> <ul style="list-style-type: none"> • Responsible use of mobile phones lesson <p>Secondary & FE</p> <ul style="list-style-type: none"> • Online sexual harassment: guidance for students • Trolling and cyber-bullying video <p>Staff</p> <ul style="list-style-type: none"> • Internet and social media information and guidance • Online sexual harassment: school policy

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International Women's Day	Tuesday 8th March 2024	<ul style="list-style-type: none"> • Theme for 2024: #Inspireinclusion • Challenging gender stereotypes and gender biases • Celebrating the contributions of women and girls • Promoting gender equality within the school or college environment 	<ul style="list-style-type: none"> • Delivering lessons about the rights of women and girls • Delivering lessons about gender-based violence • Educate all staff about sexual harassment in schools and how to tackle it 	<p>Secondary & FE</p> <ul style="list-style-type: none"> • Learn without fear: girls' rights school pack <p>Staff</p> <ul style="list-style-type: none"> • Outside the Box: promoting gender equality & tackling sexual harassment in schools
Secondary/post-primary school places	1st March 2024 (offer day in England and Wales)	<ul style="list-style-type: none"> • Resilience & coping with change • Stress, anxiety, dealing with worry • Perceived failure, low mood – not getting into the right school • Friendships – maintaining and making new healthy friendships 	<ul style="list-style-type: none"> • Activities to support transition • Activities to support resilience • Introduce strategies to support children and young people at times of stress and worry 	<p>Primary</p> <ul style="list-style-type: none"> • Moving up: transition animation and teacher toolkit • Change tunnel activity • My moving up to secondary school booklet

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World Sleep Day	Friday 15th March 2024	<ul style="list-style-type: none"> • Links between sleep and mental health • Good sleep hygiene • Different sleeping patterns in children and adolescents impacting on mood 	<ul style="list-style-type: none"> • Parent and carer sessions on good sleep practices for children and young people • Parent and carer handout • Lessons on the benefits of sleep 	<p>Primary</p> <ul style="list-style-type: none"> • Physical and mental wellbeing lesson <p>Secondary & FE</p> <ul style="list-style-type: none"> • Reset and rewind: rap therapy videos <p>Staff</p> <ul style="list-style-type: none"> • NHS mental wellbeing audio guides
Neurodiversity Celebration Week	18th – 24th March	<ul style="list-style-type: none"> • The importance of respecting others and educating ourselves • Recognising and celebrating diversity • Creating inclusive schools and colleges 	<ul style="list-style-type: none"> • Assemblies, information and signposting to support understanding of neurodiversity • Support staff to create an inclusive learning environment • Raise awareness of different forms of neurodiversity 	<p>Primary</p> <ul style="list-style-type: none"> • What is neurodiversity? videos • LEANS – neurodiversity curriculum <p>Staff</p> <ul style="list-style-type: none"> • Neurodiversity: a guide for educators • Neurodiversity information page