

Wellbeing Mental Health Calendar

Month	Mental Health Related Event/Day
January 2024	<p>Wellbeing Staff Library launched. Information books on a range of wellbeing topics and signposting services. This includes a display on the School Advisory Service (SAS) and other organisations.</p> <p>Wellbeing services are also displayed in staff areas across school.</p>
February 2024	5 th – 11 th February 2024 Children’s Mental Health Week
March 2024	Staff wellbeing survey
April 2024	<p>Additional books ordered for the staff library.</p> <p>Children’s Mental Health Week: 5th April 2024 School assemblies & class activities promoting mental health and wellbeing.</p>
May 2024	<p>13th -19th May – Mental Health Awareness Week A range of assemblies and lessons to highlight the importance of mental health. Promotion of signpost services to staff through the school SAS and library support services.</p>
June 2024	Couch to 5K running training club for staff.
July 2024	Staff wellbeing survey
September 2024	<p>National Teaching Assistants’ Day: 27th September 2024 Thank you cards and staff shout outs</p>
October 2024	<p>Wellbeing Trust Day A day to celebrate the hard work of our wonderful staff team.</p> <p>World Teacher Day: 5th October 2024 Thank a Teacher emails and staff shout out cards.</p> <p>World Mental Health Day: 10th October 2024 World Mental Health Day is a great opportunity to raise awareness of mental health problems and start conversations. Each year a theme is set by the World Federation for Mental Health.</p> <p>Whole school focus on how to stay mentally healthy through assemblies/ top tips and whole school events for staff and pupils.</p>

<p>November 2024</p>	<p>National Stress Awareness Day: 6th November 2024 Usually the start of the month, and promoted by the International Stress Management Association (ISMAUK), this day aims to raise awareness of the stress in the workplace and strategies and address it.</p> <p>Anti – Bullying Week: 11-15th November Hosted by the Anti – Bullying Alliance, this is a great opportunity to reinforce anti – bullying messages in your school. Celebrated through assemblies, displays, odd socks day. Learning for life lessons and class activities.</p> <p>World Kindness Day: 13th November Random acts of kindness for staff and pupils.</p> <p>November – Mental Health awareness for Men. Since 2003, Movember has funded more than 1,250 men’s health projects around the world, challenging the status quo, shaking up men’s health research and transforming the way health services reach and support men.</p>
<p>December 2024</p>	<p>International Volunteer Day, commonly known as IVD, is celebrated on 5th December every year. It started as an international observance mandated by the United Nations General Assembly in 1985. It is a day where volunteers are acknowledged and the spirit of volunteerism is promoted at the local, national and international levels.</p>