

Bloxwich Academy 2025-2026

Wellbeing Mental Health Calendar

September 2025

World suicide prevention day- September 10th

Hosted by International Association for Suicide Prevention and the World Health Organisation, the purpose of the day is to raise awareness of how to prevent suicide.

National Teaching Assistants Day- September 26th- thank you cards from staff and students

Staff wellbeing group meeting

The Staff Wellbeing group meet to plan events for the staff body as well as review any current points raised by members of the team to address and look to put in measure to support wellbeing.

October 2025

World Teacher Day- October 5th

Thank you cards and staff treats in the staff room

World Mental Health Day- October 10th

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.

Staff wellbeing event

An event hosted by the Staff Wellbeing Team open to the entire staff body. The session will run after school and be an opportunity for staff to relax, talk, laugh and do an activity to support with wellbeing and work balance.

November 2025

World Stress Awareness Day- November 5th

Usually at 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 to address it.

Anti- Bullying Week- November 10th to 14th

Hosted by the Anti-Bullying Alliance, this is a great opportunity to reinforce antibullying messages in school. Celebrated through assemblies, PSHE lessons, displays, odd socks day, learning for life lessons and form time activities.

December 2025

Staff wellbeing group meeting

The Staff Wellbeing group meet to plan events for the staff body as well as review any current points raised by members of the team to address and look to put in measure to support wellbeing.

Staff wellbeing event

An event hosted by the Staff Wellbeing Team open to the entire staff body. The session will run after school and be an opportunity for staff to relax, talk, laugh and do an activity to support with wellbeing and work balance.

January 2026

Staff wellbeing group meeting

The Staff Wellbeing group meet to plan events for the staff body as well as review any current points raised by members of the team to address and look to put in measure to support wellbeing.

February 2026

Staff wellbeing event

An event hosted by the Staff Wellbeing Team open to the entire staff body. The session will run after school and be an opportunity for staff to relax, talk, laugh and do an activity to support with wellbeing and work balance.

Children's Mental Health Week- February 9th to 15th

The week aims to promote the importance of children's mental well-being and provide resources and activities for families, schools, and youth groups to get involved.

March 2026

Staff wellbeing group meeting

The Staff Wellbeing group meet to plan events for the staff body as well as review any current points raised by members of the team to address and look to put in measure to support wellbeing.

April 2026

Stress Awareness Month

Stress Awareness Month has been held every April since 1992—we will increase awareness of the causes, signs and coping strategies for stress.

World Health Day- April 7th

It is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world.

Staff wellbeing event

An event hosted by the Staff Wellbeing Team open to the entire staff body. The session will run after school and be an opportunity for staff to relax, talk, laugh and do an activity to support with wellbeing and work balance.

May 2026

Staff wellbeing group meeting

The Staff Wellbeing group meet to plan events for the staff body as well as review any current points raised by members of the team to address and look to put in measure to support wellbeing.

Mental Health Awareness Week- May 11th to 17th

Run by the Mental Health Foundation, Mental Health Awareness Week is a national week to raise awareness of mental health problems and promote the message of good mental health for all—assemblies, lessons and form time activities for pupils. Information and links for staff.

June 2026

Staff wellbeing group meeting

The Staff Wellbeing group meet to plan events for the staff body as well as review any current points raised by members of the team to address and look to put in measure to support wellbeing.

July 2026

Staff wellbeing event

An event hosted by the Staff Wellbeing Team open to the entire staff body. The session will run after school and be an opportunity for staff to relax, talk, laugh and do an activity to support with wellbeing and work balance.