Bloxwich Academy 2026-2027

Wellbeing Mental Health Calendar

Month	Mental Health related event/ day
September 2026	**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 25th**- *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 2026	**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 2026	**World Stress Awareness Day- November 2nd week** *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 16th to 20th** *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 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.* **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 2027	**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 2027	**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 1st to 7th** *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 2027	**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 2027	**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 2027	**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 10th to 16th** *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 2027	**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 2027	**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.*