

# Mental health and wellbeing school timetable

## Spring term 2023

Event	Time of year	Themes	What could you do?	Suggested resources
New year, new term	January 2023	<ul style="list-style-type: none"><li>• New year resolutions and targets</li><li>• Preparing for the new term</li></ul>	<ul style="list-style-type: none"><li>• Whole school 'return to school' assembly</li><li>• Activities to help pupils settle back into the classroom</li><li>• Check in with staff returning after the winter break</li><li>• Measure pupil and staff wellbeing at the start of the new year</li></ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"><li>• <a href="#">Piece of the puzzle assembly plan</a></li><li>• <a href="#">Brain breaks: helping children settle back into the classroom</a></li></ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"><li>• <a href="#">Engaging students with wellbeing survey findings</a></li></ul> <p><b>Staff</b></p> <ul style="list-style-type: none"><li>• <a href="#">5 Steps: Wellbeing measurement for schools: staff survey</a></li><li>• <a href="#">Classroom Wellbeing Toolkit</a></li><li>• <a href="#">5 Steps: Promote staff mental health and wellbeing</a></li></ul>

Event	Time of year	Themes	What could you do?	Suggested resources
<p>LGBTQ+ History Month 2022</p>	<p>February 2023</p>	<ul style="list-style-type: none"> <li>• Celebrating and uplifting the LGBTQ+ community</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• Run activities celebrating diversity and difference</li> <li>• Discuss ways to make lessons more inclusive with staff</li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• Deliver lessons about LGBTQ+ history</li> <li>• Reiterate your commitment to a zero-tolerance approach to bullying</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGBTQ+ history lesson pack for children aged 4 to 7</a></li> <li>• <a href="#">Celebrate being you worksheet</a></li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGBTQ+ history lesson pack for post-16 students</a></li> <li>• <a href="#">The coming out guide</a></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGBT-inclusive RSHE: a guide for schools</a></li> </ul>
<p>Children's Mental Health Week</p>	<p>6th -12th Feb 2023</p>	<ul style="list-style-type: none"> <li>• <b>Theme for 2023: Let's connect</b></li> </ul>	<ul style="list-style-type: none"> <li>• Utilise the resources from Place2Be to hold an assembly and lessons on the selected theme</li> <li>• Run a whole school mental health day rotating activities</li> <li>• Hold a staff meeting about the role all staff can play in supporting children and young people's mental health</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Place2Be Children's Mental Health Week resources</a></li> <li>• <a href="#">Talking Mental Health teacher toolkit</a></li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Place2Be Children's Mental Health Week resources</a></li> <li>• <a href="#">We all have mental health: animation &amp; teacher toolkit</a></li> </ul>

## Event

Children's Mental Health Week (cont.)

Safer Internet Day

## Time of year

Tues 7th Feb 2023

## Themes

- **Theme for 2023: Want to talk about it? Making space for conversations about life online**

## What could you do?

Sign up to the Mentally Healthy Schools newsletter to get our 2023 Children's Mental Health Week toolkit direct to your inbox.

### Primary

- IT lessons on staying safe online and responsibly using social media
- Talk to young people about how to use the internet safely

### Secondary & FE

- Review policies to ensure they are up-to-date and relevant
- Educate all staff about online sexual harassment and how to tackle it

## Suggested resources

• [Asking for help: A guide for young people](#)

### Staff

• [5 Steps: Integrate mental health and wellbeing across curriculum and culture](#)

### Primary

• [Mental health and the internet](#)  
• [Online safety at home](#)  
• [Let's talk about life online: advice for parents](#)

### Secondary & FE

• [Stop, speak, support: Key Stage 3 and 4 school pack](#)  
• [Digital resilience lesson plan](#)

### Staff

• [Internet and social media information and guidance for schools](#)  
• [Online sexual harassment: comprehensive guidance for schools](#)

Event	Time of year	Themes	What could you do?	Suggested resources
<p>International Women's Day</p>	<p>Wednesday 8th March 2023</p>	<ul style="list-style-type: none"> <li>• Theme for 2023: #EmbraceEquity</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• Celebrating difference and diversity in the school and college population</li> </ul> <p><b>Secondary</b></p> <ul style="list-style-type: none"> <li>• Delivering lessons about the rights of women and girls</li> <li>• Delivering lessons about gender-based violence</li> <li>• Delivery lessons on healthy relationships</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">The same but different: assembly plan</a></li> <li>• <a href="#">What does gender equality mean to your pupils?</a></li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Learn without fear: girls' rights school pack</a></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Outside the Box: promoting gender equality &amp; tackling sexual harassment in schools</a></li> <li>• <a href="#">Unhealthy relationships: guidance for staff in further education colleges</a></li> </ul>
<p>Secondary/ post-primary school places offered</p>	<p>1st March 2023 (offer day in England and Wales)</p>	<ul style="list-style-type: none"> <li>• Resilience &amp; coping with change</li> <li>• Stress, anxiety, dealing with worry</li> <li>• Low mood around not getting into the right school</li> <li>• Maintaining friendships and making new healthy friendships</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• Activities to support transition</li> <li>• Activities to support resilience</li> <li>• Introduce strategies to support children and young people at times of stress and worry</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Transition passport</a></li> <li>• <a href="#">Change tunnel activity</a></li> <li>• <a href="#">Moving up: transition animation and teacher toolkit</a></li> <li>• <a href="#">My moving up to secondary school booklet</a></li> <li>• <a href="#">Teacher resources for students transitioning to secondary school</a></li> </ul>

## Event

## Time of year

## Themes

## What could you do?

## Suggested resources

### World Sleep Day

Friday 17th  
March 2023

- Links between sleep and mental health
- Good sleep hygiene

- Parent and carer sessions on good sleep practices for children and young people
- Lessons on the benefits of sleep

#### Primary

• [Sleep problems in young people](#)

#### Secondary & FE

• [Reset and rewind: rap therapy videos](#)

#### Staff

• [Mental wellbeing audio guides](#)  
• [Online self-help tool for school staff](#)

### International Transgender Day of Visibility

Friday 31st  
March 2023

- Celebrating transgender people and their contributions to society
- Raising awareness of discrimination faced by transgender people

#### Secondary

- Running classroom activities about gender identities
- Improving staff knowledge on gender diversity
- Reviewing and updating school or college policies on supporting gender diverse students

#### Secondary & FE

• [What's your pronoun assembly](#)  
• [Hannah Winterbourne: being transgender in the army](#)

#### Staff

• [Gender identity: information and guidance for schools and colleges](#)