

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"> • New year resolutions and targets • 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"> • <u>Piece of the puzzle assembly plan</u> • <u>Brain breaks: helping children settle back into the classroom</u> <p>Secondary & FE</p> <ul style="list-style-type: none"> • <u>Engaging students with wellbeing survey findings</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>5 Steps: Wellbeing measurement for schools: staff survey</u> • <u>Classroom Wellbeing Toolkit</u> • <u>5 Steps: Promote staff mental health and wellbeing</u>

Event	Time of year	Themes	What could you do?	Suggested resources
LGBTQ+ History Month 2022	February 2023	<ul style="list-style-type: none"> 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"> LGBTQ+ history lesson pack for post-16 students The coming out guide <p>Staff</p> <ul style="list-style-type: none"> LGBT-inclusive RSHE: a guide for schools
Children's Mental Health Week	6th -12th Feb 2023	<ul style="list-style-type: none"> Theme for 2023: Let's connect 	<ul style="list-style-type: none"> Utilise 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>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

Event	Time of year	Themes	What could you do?	Suggested resources
Children's Mental Health Week (cont.)			<p><u>Sign up to the Mentally Healthy Schools newsletter</u> to get our 2023 Children's Mental Health Week toolkit direct to your inbox.</p>	<p>· <u>Asking for help: A guide for young people</u></p> <p>Staff</p> <p>· <u>5 Steps: Integrate mental health and wellbeing across curriculum and culture</u></p>
Safer Internet Day	Tues 7th Feb 2023	<ul style="list-style-type: none"> • Theme for 2023: Want to talk about it? Making space for conversations about life online 	<p>Primary</p> <ul style="list-style-type: none"> • IT lessons on staying safe online and responsibly using social media • Talk to young people about how to use the internet safely <p>Secondary & FE</p> <ul style="list-style-type: none"> • Review policies to ensure they are up-to-date and relevant • Educate all staff about online sexual harassment and how to tackle it 	<p>Primary</p> <ul style="list-style-type: none"> · <u>Mental health and the internet</u> · <u>Online safety at home</u> · <u>Let's talk about life online: advice for parents</u> <p>Secondary & FE</p> <ul style="list-style-type: none"> · <u>Stop, speak, support: Key Stage 3 and 4 school pack</u> · <u>Digital resilience lesson plan</u> <p>Staff</p> <ul style="list-style-type: none"> · <u>Internet and social media information and guidance for schools</u> · <u>Online sexual harassment: comprehensive guidance for schools</u>

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

Event	Time of year	Themes	What could you do?	Suggested resources
World Sleep Day	Friday 17th March 2023	<ul style="list-style-type: none"> • Links between sleep and mental health • Good sleep hygiene 	<ul style="list-style-type: none"> • Parent and carer sessions on good sleep practices for children and young people • Lessons on the benefits of sleep 	<p>Primary</p> <ul style="list-style-type: none"> • <u>Sleep problems in young people</u> <p>Secondary & FE</p> <ul style="list-style-type: none"> • <u>Reset and rewind: rap therapy videos</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>Mental wellbeing audio guides</u> • <u>Online self-help tool for school staff</u>
International Transgender Day of Visibility	Friday 31st March 2023	<ul style="list-style-type: none"> • Celebrating transgender people and their contributions to society • Raising awareness of discrimination faced by transgender people 	<p>Secondary</p> <ul style="list-style-type: none"> • Running classroom activities about gender identities • Improving staff knowledge on gender diversity • Reviewing and updating school or college policies on supporting gender diverse students 	<p>Secondary & FE</p> <ul style="list-style-type: none"> • <u>What's your pronoun assembly</u> • <u>Hannah Winterbourne: being transgender in the army</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>Gender identity: information and guidance for schools and colleges</u>