

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
<p>LGBTQ+ History Month 2022</p>	<p>February 2023</p>	<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
<p>Children's Mental Health Week</p>	<p>6th -12th Feb 2023</p>	<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
<p>Children's Mental Health Week (cont.)</p>			<p><u>Sign up to the Mentally Healthy Schools newsletter to get our 2023 Children's Mental Health Week toolkit direct to your inbox.</u></p>	<ul style="list-style-type: none"> · <u>Asking for help: A guide for young people</u> <p>Staff</p> <ul style="list-style-type: none"> · <u>5 Steps: Integrate mental health and wellbeing across curriculum and culture</u>
<p>Safer Internet Day</p>	<p>Tues 7th Feb 2023</p>	<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>

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<p>International Women's Day</p>	<p>Wednesday 8th March 2023</p>	<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>
<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"> • 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

- 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](#)