

Mental health and wellbeing school timetable

It can seem difficult to incorporate mental health and wellbeing into the average school day. We have created a simple timetable for the 2021 summer term, to help you plan ahead for curriculum themes and occasions where mental health can be explored and celebrated for both staff and pupils. The timetable also highlights some times in the school year that might be touch points of stress or anxiety for the whole school community.

Event	Time of year	Themes	What could you do?	Example activities
Stress Awareness Month	April 2021	<ul style="list-style-type: none"> • Staff wellbeing – pressure to get the desired results • Stress and anxiety amongst pupils due to exam pressures • Dealing with worry • Perceived failure • Resilience • Planning for the future, transitions 	<ul style="list-style-type: none"> • Run activities to build resilience • Teach children and young people how to identify emotions and feelings and communicate what help they need • Introduce strategies to support pupils at times of stress and worry • Provide signposting to staff • Hold staff meetings to focus on wellbeing or the cascading of mental health training • Hold 1:1s with mental health lead or school counsellors for key year groups or pupils 	<p>Primary</p> <ul style="list-style-type: none"> • Resilience toolkit • Resilience game • Butterfly of balance activity • Understanding stress lesson plan • Stress toolkit <p>Secondary & post-16</p> <ul style="list-style-type: none"> • Resilience lesson plan • Exam stress booklet • Exam stress lesson • Stress toolkit <p>Staff</p> <ul style="list-style-type: none"> • Interactive stress container • Managing stress • E-learning for teachers
Build up to exams	April & May 2021			

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Mental Health Awareness Week	10th - 16th May 2021	<ul style="list-style-type: none"> • All topics • Theme: Nature 	<ul style="list-style-type: none"> • Take the opportunity to do a wellbeing check in with staff and students • Promote mental health and wellbeing through additional themed lessons and assemblies • Hold a Mental Health Awareness Week event at school • Utilise the outside environment for wellbeing activities 	<p>Primary</p> <ul style="list-style-type: none"> • <u>Outdoor health and wellbeing activities</u> • <u>Talking Mental health toolkit</u> <p>Secondary & post 16</p> <ul style="list-style-type: none"> • <u>Measuring mental health toolkit</u> • <u>Supporting mental health booklet</u> • <u>Recognising mental ill health lesson plan</u> • <u>Small group resources</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>School staff wellbeing survey</u>
Pupils preparing for secondary school	June 2021	<ul style="list-style-type: none"> • Dealing with change • Stress, anxiety, dealing with worry • Perceived failure, low mood – not getting into the desired school • Worry about making new friends 	<ul style="list-style-type: none"> • Run activities to support dealing with change and being resilient • Teach lessons on how to identify emotions and feelings and how to ask for help if needed • Introduce strategies to support children at times of stress and worry 	<p>Primary</p> <ul style="list-style-type: none"> • <u>Dealing with change video</u> • <u>Anxiety resources</u> • <u>Relaxation techniques</u> • <u>Tools for managing emotions</u>

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Students preparing for college, university or work	June 2021	<ul style="list-style-type: none"> • Dealing with change • Stress, anxiety, dealing with worry • Perceived failure, low mood – not getting into the desired university or college • Leaving home and becoming independent 	<ul style="list-style-type: none"> • Run activities to support dealing with change and being resilient • Teach lessons on emotional wellbeing and dealing with stress • Share self-help and relaxation strategies with young people 	Secondary & post-16 <ul style="list-style-type: none"> • <u>Leaving school & future plans</u> • <u>Dealing with change</u> • <u>Promoting emotional wellbeing</u> • <u>Managing stress at important moments</u> • <u>Young person's guide to stressful situations</u>
Leaving school/end of term	June 2021 for Northern Ireland and Scotland July 2021 for England and Wales	<ul style="list-style-type: none"> • Moving on/transitions • New beginnings • Friendships and relationships • Dealing with change • Worry, stress and anxiety • Summer holidays – lack of school support system • Change of environment • Behaviour and expectations change 	<ul style="list-style-type: none"> • Plan in transition activities for all year groups • Do a whole school wellbeing check in to identify issues • Provide summer wellbeing activities for students to refer to in the summer break • Identify recurring issues from the year and plan changes for September • Hold a wellbeing parent/carer support meeting for support during the summer break • Provide signposting to mental health support for students who may struggle • Teach lessons on healthy friendships 	Primary <ul style="list-style-type: none"> • <u>Transition to Reception</u> • <u>Transition assembly</u> • <u>Self-care summer activities</u> • <u>Separation anxiety planning</u> • <u>Parent/carer transition support</u> • <u>Transition animation and toolkit</u> Secondary & post 16 <ul style="list-style-type: none"> • <u>Know before you go university guide</u> • <u>Finding your feet</u> • <u>Self-care summer</u>