

Mental health and wellbeing school timetable

Summer term 2022

| Event | Time of year | Themes | What could you do? | Example activities |
|------------------------|--------------|--|--|---|
| Stress Awareness Month | April 2022 | <u>Theme for 2022:</u> <u>Community</u> | <ul style="list-style-type: none">• Whole school assembly on mechanisms to help cope with stress• Plan time for staff wellbeing• Lead a lesson plan on building resilience• Activities to track emotions and check-in with pupils• Encourage supportive conversations about how pupils are feeling | <p>Primary:</p> <ul style="list-style-type: none">• <u>Emotional check-in</u>• <u>Tracking my feelings</u> <p>Secondary and FE:</p> <ul style="list-style-type: none">• <u>DEAL lesson plan: building resilience</u> <p>Staff:</p> <ul style="list-style-type: none">• <u>Staff wellbeing planning pack</u>• <u>How to handle stress: teachers & education staff</u> |



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| <p>Build up to exams and assessments</p> | <p>April and May 2022</p> | <ul style="list-style-type: none"> • Stress and anxiety due to exam pressure for staff and pupils • Dealing with worry • Resilience | <p>Primary:</p> <ul style="list-style-type: none"> • Run activities on resilience • Additional signposting for staff <p>Secondary:</p> <ul style="list-style-type: none"> • Offer 1:1s with mental health lead or school counsellors for key year groups or students • Suggest coping strategies to students if you've noticed symptoms of stress | <p>Primary:</p> <ul style="list-style-type: none"> • <u>Resilience game</u> • <u>Resilience ladder</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>Advice on managing stress at important moments video</u> • <u>Exam stress lesson plan and PowerPoint</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Exam and assessment stress: guidance for staff in further education colleges</u> |
| <p>Mental Health Awareness Week</p> | <p>9th-15th May 2022</p> | <p>Theme for 2022: Loneliness</p> | <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 | <p>Primary:</p> <ul style="list-style-type: none"> • <u>Emotion wheel for children</u> • <u>Talking mental health: animation & teacher toolkit</u> • <u>Music for self-care primary pack</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>We all have mental health: animation & teacher toolkit</u> • <u>Music for self-care secondary pack</u> |

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| <p>Mental Health Awareness Week (cont.)</p> | | | <ul style="list-style-type: none"> • <u>Sign up</u> to the Mentally HealthySchools newsletter to get our 2022 Mental Health Awareness Week toolkit direct to your inbox | <p>Staff:</p> <ul style="list-style-type: none"> • <u>Anxiety: guidance for staff in further education colleges</u> • <u>Working towards mentally healthy schools and FE colleges: the voice of students</u> |
| <p>Students preparing for school, college, or university</p> | <p>June 2022</p> | <ul style="list-style-type: none"> • Dealing with change • Stress, anxiety, dealing with worry • Low mood over not getting into the desired school or college | <p>Primary:</p> <ul style="list-style-type: none"> • Activities to support transition to secondary school • Activities to support resilience <p>Secondary:</p> <ul style="list-style-type: none"> • Introduce strategies to support children and young people at times of stress and worry | <p>Primary:</p> <ul style="list-style-type: none"> • <u>Moving Up! The transition to secondary school</u> • <u>What a good transition process from primary to secondary looks like – five simple steps</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>Transition toolkit</u> • <u>Dealing with change video</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Teacher resources for students transitioning to secondary school</u> • <u>10 practical tips for school staff to help children settle when starting primary school</u> |

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| <p>International Children's Day</p> | <p>Wednesday 1st June 2022</p> | <ul style="list-style-type: none"> • Celebrate diversity within your school/college • Promoting peace and safety for children around the world | <ul style="list-style-type: none"> • Hold a cultural exchange event at your school to celebrate diversity • Encourage pupils to speak out against unfairness or any kind of discrimination • Activities to normalise conversations about wellbeing and seeking help • Improve staff knowledge on diversity and inclusion | <p>Primary:</p> <ul style="list-style-type: none"> -<u>Tips for tackling discrimination</u> -<u>The same but different: lesson plan for ages 9 to 11</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> -<u>How to talk to your teenager about the invasion of Ukraine</u> -<u>Creating a safe environment in schools</u> <p>Staff:</p> <ul style="list-style-type: none"> -<u>How to practise cultural exchange in schools</u> -<u>Talking racism and mental health in schools podcast</u> |
| <p>World Wellbeing Week</p> | <p>27th June to 1st July 2022</p> | <ul style="list-style-type: none"> • Promoting healthy habits for children and young people • Supporting staff wellbeing • Normalising self-care | <ul style="list-style-type: none"> • Create a whole school wellbeing plan, for extra support on this take a look at our 5 Steps Framework for schools • Plan a wellbeing inset day for staff • Work with families and the community to develop positive strategies for wellbeing | <p>Primary:</p> <ul style="list-style-type: none"> -<u>10 tips for school leaders and senior staff on supporting mental health and wellbeing</u> -<u>My self-care plan: primary</u> |

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| <p>World Wellbeing Week (cont.)</p> | | | <ul style="list-style-type: none"> • Do a whole school wellbeing check in to identify issues | <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>My self-care plan: secondary</u> • <u>Building healthy habits toolkit</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Wellbeing poster for school staff</u> • <u>Planning a wellbeing inset day toolkit</u> |
| <p>End of term</p> | <p>June for Northern Ireland and Scotland</p> <p>July for England and Wales</p> | <ul style="list-style-type: none"> • Moving on/transitions • Friendships and relationships • Dealing with change • Worry, stress and anxiety • Lack of school support system in the summer holidays | <p>Primary:</p> <ul style="list-style-type: none"> • Provide summer wellbeing activities for students to refer to in the summer break • Hold a wellbeing parent/carer support meeting for support during the summer break <p>Secondary:</p> <ul style="list-style-type: none"> • Identify recurring issues from the year and plan changes for September • Provide signposting to mental health support for students who may struggle • Teach lessons on healthy friendships and relationships | <p>Primary:</p> <ul style="list-style-type: none"> • <u>Self-care summer activity pack</u> • <u>Mindfulness calendar: daily five minute activities</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>My self-care plan: secondary</u> • <u>Wellbeing action plan</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Managing children's separation anxiety plan</u> |