

Mental wellbeing school and college timetable

Summer term 2023

Event	Time of year	Themes	What could you do?	Example activities
Stress Awareness Month	April 2023	<u>Theme for 2023: take action</u>	<ul style="list-style-type: none">• Deliver lessons on how stress may present and the impact it can have• Run activities and exercises about resilience in stressful situations• Share advice with pupils about managing their own stress• Share advice with staff about managing their own stress• Senior leaders should demonstrate commitment to staff wellbeing and reducing teacher stress	<p>Primary:</p> <ul style="list-style-type: none">• <u>Understanding stress lesson plan</u>• <u>Advice and support for coping with stress</u> <p>Secondary and FE:</p> <ul style="list-style-type: none">• <u>Managing stress and anxiety: tips for students and apprentices</u> <p>Staff:</p> <ul style="list-style-type: none">• <u>Education staff wellbeing charter</u>• <u>How to handle stress: teachers & education staff</u>

Event	Time of year	Themes	What could you do?	Example activities
<p>World Autism Awareness Day</p>	<p>2nd April 2023</p>	<ul style="list-style-type: none"> • Celebrating neurodiversity in our school and college communities • Sharing knowledge around autism with students and staff 	<ul style="list-style-type: none"> • Deliver lessons about autism and neurodivergence with pupils • Share information about autism with staff in staff meetings or through handouts and posters 	<p>Primary:</p> <ul style="list-style-type: none"> • <u>Learning about neurodiversity at school (LEANS)</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>#ImWithSam: raising awareness of learning disabilities and autism</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Autism: information for education staff</u>
<p>Build up to exams and assessments</p>	<p>April and May 2023</p>	<ul style="list-style-type: none"> • Stress and anxiety due to exam pressure for staff and pupils • Dealing with worry • Healthy coping strategies • Resilience 	<p>Primary:</p> <ul style="list-style-type: none"> • Deliver activities to build resilience and manage anxiety • Create safe spaces where pupils can go if they're feeling overwhelmed <p>Secondary/FE:</p> <ul style="list-style-type: none"> • Prepare students for the higher levels of anxiety or stress that they may feel in relation to exams and assessments, and suggest ways to manage it • Share coping and self-care strategies with students if you notice symptoms of stress 	<p>Primary:</p> <ul style="list-style-type: none"> • <u>Resilience ladder</u> • <u>Creating a safe environment in schools video</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>Exam stress lesson plan and PowerPoint</u> • <u>Healthy coping strategies: video for young people</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Exam and assessment stress: guidance for staff in further education colleges</u>

Event	Time of year	Themes	What could you do?	Example activities
<p>Mental Health Awareness Week</p>	<p>15th - 21st May 2023</p>	<p><u>Theme for 2023: Anxiety</u></p>	<ul style="list-style-type: none"> • Hold a Mental Health Awareness Week event at school • Share self-care and relaxation activities with pupils to use in times of increased anxiety • Open up conversations about staff mental health and work to reduce the stigma of discussing mental health at school or college • <u>Sign up to the Mentally Healthy Schools newsletter</u> to get our 2023 Mental Health Awareness Week toolkit direct to your inbox 	<p>Primary:</p> <ul style="list-style-type: none"> • <u>Talking mental health: animation & teacher toolkit</u> • <u>Anxiety thermometer</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>We all have mental health: animation & teacher toolkit</u> • <u>Self-care form time activities</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Reducing mental health stigma for school staff</u> • <u>Anxiety: information for education staff</u> • <u>Anxiety: guidance for staff in further education colleges</u>
<p>Students preparing for school, college, or university</p>	<p>June 2023</p>	<ul style="list-style-type: none"> • Dealing with change • Stress, anxiety, dealing with worry 	<p>Primary:</p> <ul style="list-style-type: none"> • Deliver activities to support transition to secondary school, and resilience to change <p>Secondary/FE:</p> <ul style="list-style-type: none"> • Introduce strategies to support young people at times of stress and worry linked to change 	<p>Primary:</p> <ul style="list-style-type: none"> • <u>Moving Up! The transition to secondary school</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>Starting college or university: advice for autistic young people</u> • <u>Know before you go: guide to navigating university life</u>

Event	Time of year	Themes	What could you do?	Example activities
<p>Students preparing for school, college, or university (cont.)</p>				<p>Staff:</p> <ul style="list-style-type: none"> • <u>Teacher resources for students transitioning to secondary school</u>
<p>Pride Month</p>	<p>June 2023</p>	<ul style="list-style-type: none"> • Celebrating diversity in our school and college communities • Learning about different identities • Learning about LGBTQI+ history • Building an inclusive school or college environment where everyone is able to be their authentic selves 	<p>Primary:</p> <ul style="list-style-type: none"> • Deliver lessons about LGBTQI+ history • Hold whole-school assemblies or class activities about celebrating difference and diversity • Review existing policies and practices to ensure they are LGBTQI+ inclusive <p>Secondary/FE:</p> <ul style="list-style-type: none"> • Deliver lessons about different identities and celebrating differences • Review existing policies and practices to ensure they are LGBTQI+ inclusive • Reiterate the school or college's zero-tolerance approach to bullying 	<p>Primary:</p> <ul style="list-style-type: none"> • <u>LGBTQ+ history lesson pack for children aged 4 to 7</u> • <u>The same but different: assembly plan</u> <p>Secondary and FE:</p> <ul style="list-style-type: none"> • <u>Sexual orientation and gender identity workshop</u> • <u>Gender identity information for young people</u> <p>Staff:</p> <ul style="list-style-type: none"> • <u>Good practice when working with trans and non-binary young people</u> • <u>10 top tips for creating an LGBTQI+ inclusive school environment</u> • <u>Getting started toolkit: tackling homophobic, biphobic and transphobic bullying</u>

Event

End of term

Time of year

June for Northern Ireland and Scotland

July for England and Wales

Themes

- Moving on/transitions
- Dealing with change
- Worry, stress and anxiety
- Lack of school or college support system in the summer holidays
- Looking after our own mental wellbeing over the summer break

What could you do?

Primary:

- Provide summer wellbeing activities for students to refer to in the summer break
- Prepare pupils for the break by practising relaxation techniques as a whole class

Secondary/FE:

- Provide signposting to mental health support for students who may struggle
- Teach lessons on self-care and coping strategies

Example activities

Primary:

- My self-care plan: primary
- Mindfulness calendar: daily five minute activities
- Relaxation activities for children

Secondary and FE:

- My self-care plan: secondary
- Wellbeing action plan
- Self-care strategies library

Staff:

- Managing children's separation anxiety plan
- Online self-help tool for school staff



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HEALTHY
SCHOOLS**



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