

# Mental health and wellbeing calendar

Autumn Term 2024



Event	Time of year	Themes	What could you do?	Example activities
Back to school	<p>England, Northern Ireland &amp; Wales – September</p> <p>Scotland – August</p>	<ul style="list-style-type: none"> <li>Bringing the school community back together after a long break</li> <li>Welcoming new starters</li> <li>Preparing for the year ahead</li> <li>Assessing the mental health needs of students and staff, to help with planning for the year</li> </ul>	<ul style="list-style-type: none"> <li>Lessons or assemblies about dealing with change or transitions</li> <li>Individual activities to help teachers and pupils get to know each other</li> <li>Hold a back to school Inset for staff with a focus on wellbeing</li> <li>Wellbeing survey for all students</li> <li>Wellbeing survey for staff</li> </ul>	<p><b>Primary</b></p> <p><a href="#">Understanding change lesson</a></p> <p><a href="#">Talking mental health: animation and teacher toolkit</a></p> <p><b>Secondary &amp; post-16</b></p> <p><a href="#">We all have mental health: animation and teacher toolkit</a></p> <p><a href="#">Transition skills: developing a growth mindset</a></p> <p><b>Staff</b></p> <p><a href="#">Using measurement tools to understand pupils' mental health needs</a></p>
Transition to secondary school	<p>England, Northern Ireland &amp; Wales – September</p> <p>Scotland – August</p>	<ul style="list-style-type: none"> <li>Getting used to a new environment and new ways of working</li> <li>Anxiety about making new friends</li> <li>Stress around increased workload</li> </ul>	<ul style="list-style-type: none"> <li>Run activities to ease students into their new school</li> <li>Share advice to help students adjust</li> </ul>	<p><b>Secondary</b></p> <p><a href="#">Moving up! The transition to secondary school</a></p> <p><a href="#">My moving up to secondary school booklet</a></p> <p><a href="#">Dealing with change and transition toolkit</a></p> <p><a href="#">Teacher resources for students transitioning to secondary school</a></p>



**Anna Freud**

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Youth Mental Health Day	19th September 2024	<ul style="list-style-type: none"> <li>• Theme for 2024 is #Controlyourscroll</li> <li>• Developing healthy habits to protect your wellbeing</li> <li>• Staying safe online</li> <li>• Treating others with respect and consideration.</li> </ul>	<ul style="list-style-type: none"> <li>• Assemblies and lessons on using technology safely and protecting your wellbeing</li> <li>• Run activities to help students understand the links between technology usage and wellbeing</li> </ul>	<p><b>Primary</b></p> <p><a href="#">Responsible use of mobile phones lesson</a></p> <p><b>Secondary and post-16</b></p> <p><a href="#">Online stress lesson plan</a></p> <p><a href="#">Let's talk about anxiety animation and toolkit</a></p> <p><a href="#">Trolling and cyberbullying video</a></p> <p><a href="#">Online sexual harassment: a guide for students</a></p>
Black History Month	October 2024	<ul style="list-style-type: none"> <li>• Discrimination</li> <li>• Black Lives Matter</li> <li>• Tolerance</li> <li>• Similarities and differences</li> <li>• Empathy</li> </ul>	<ul style="list-style-type: none"> <li>• Lessons on positive role models in the Black community</li> <li>• Staff training on the impact of discrimination on mental health</li> <li>• Assemblies and lessons on empathy and tolerance</li> </ul>	<p><b>Primary</b></p> <p><a href="#">Time to level up: a short film about self-belief</a></p> <p><a href="#">Identity, society and equality lesson plans</a></p> <p><b>Secondary and post-16</b></p> <p><a href="#">Diversity lesson plan for 11-14 year olds</a></p> <p><a href="#">Racism and mental health advice for young people</a></p> <p><b>Staff</b></p> <p><a href="#">Reflecting on your school's culture and environment</a></p> <p><a href="#">Gathering student voice on racism and mental health</a></p>

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World Mental Health Day	10th October 2024	<ul style="list-style-type: none"> <li>• Theme for 2024 - 'It is time to prioritise mental health in the workplace.'</li> <li>• Staff wellbeing</li> <li>• Teacher stress management</li> <li>• Raising mental health awareness</li> <li>• Practising self-care strategies</li> <li>• Building social and emotional skills</li> </ul>	<ul style="list-style-type: none"> <li>• Audit provision and develop a whole-school approach to mental health</li> <li>• Celebration day for teachers – celebration assembly, activities etc.</li> <li>• Demonstrate commitment to staff wellbeing</li> <li>• Staff wellbeing activities</li> <li>• <a href="#">Sign up</a> to the Mentally Healthy Schools mailing list to receive our 2024 World Mental Health Day toolkit direct to your inbox</li> </ul>	<p><b>Staff</b></p> <p><a href="#">Education staff wellbeing charter</a></p> <p><a href="#">Reducing mental health stigma for school staff</a></p> <p><a href="#">Anti-racism and mental health resources: supporting racially minoritised staff</a></p> <p><a href="#">5 Steps to Mental Health and Wellbeing framework</a></p>
International Stress Awareness Week	4th – 8th November 2024	<ul style="list-style-type: none"> <li>• Handling stress</li> <li>• Self-care strategies</li> <li>• Mindfulness</li> <li>• Work-life balance</li> </ul>	<ul style="list-style-type: none"> <li>• Staff meeting on wellbeing and stress at work</li> <li>• Risk assessment on staff stress in the school</li> <li>• Staff training on stress management</li> <li>• Emphasise support pathways for staff struggling with stress</li> </ul>	<p><b>Primary</b></p> <p><a href="#">Understanding stress lesson plan</a></p> <p><b>Secondary</b></p> <p><a href="#">Exam stress lesson plan</a></p> <p><b>Staff</b></p> <p><a href="#">How to handle stress: teachers &amp; education staff</a></p> <p><a href="#">Managing teacher anxiety</a></p> <p><a href="#">Interactive stress container tool for staff</a></p>

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World Kindness Day	13th November 2024	<ul style="list-style-type: none"> <li>• Kindness</li> <li>• Understanding</li> <li>• Tolerance</li> <li>• Empathy</li> <li>• Kind and healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Hold a celebration day</li> <li>• Run classroom activities focused on kindness</li> <li>• Explore kindness in the context of friendships and relationships</li> </ul>	<p><b>Primary</b></p> <p><a href="#">Wellbeing activities: being kind to yourself</a></p> <p><a href="#">Wellbeing activity leaflet</a></p> <p><b>Secondary and post-16</b></p> <p><a href="#">How to support a friend: guidance for young people</a></p> <p><a href="#">Wellbeing activities: being kind to yourself</a></p>
Anti-Bullying Week	11th – 15th November 2024	<ul style="list-style-type: none"> <li>• Theme for 2024 – ‘Choose respect’</li> <li>• Bullying – on or offline</li> <li>• Respecting others</li> <li>• Friendships and kindness</li> <li>• Peer pressure</li> <li>• Social media</li> </ul>	<ul style="list-style-type: none"> <li>• Hold all-school assemblies to mark the week</li> <li>• Ensure students know what to do if they are a bystander to bullying</li> <li>• Explore the characteristics of healthy, kind relationships in lessons</li> <li>• Review your school or college’s anti-bullying policy</li> </ul>	<p><b>Primary</b></p> <p><a href="#">Bullying: what can I do? Video and accompanying guidance</a></p> <p><b>Secondary and post-16</b></p> <p><a href="#">Bullying and cyberbullying lesson plan pack</a></p> <p><a href="#">Trolling and cyber-bullying video</a></p> <p><b>Staff</b></p> <p><a href="#">Bullying and harassment at work</a></p> <p><a href="#">Safe from bullying in further education colleges</a></p>

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Christmas holidays	December	<ul style="list-style-type: none"> <li>• Holiday – spending long period at home without school support systems</li> <li>• Self-care strategies for children and young people</li> <li>• Staff – end of term stress due to additional activities and workload</li> <li>• Families &amp; relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Increase or begin winter wellbeing activities for staff and children</li> <li>• Give students self-care tools to use over the break</li> <li>• Provide staff with guidance and resources to help protect their mental wellbeing over the break</li> <li>• Praise and reward staff for their hard work</li> </ul>	<p><b>Primary</b>  <a href="#">My self-care plan: primary</a></p> <p><b>Secondary</b>  <a href="#">My self-care plan: secondary and FE</a></p> <p><b>Staff</b>  <a href="#">Online self-help tool for school staff</a></p>

