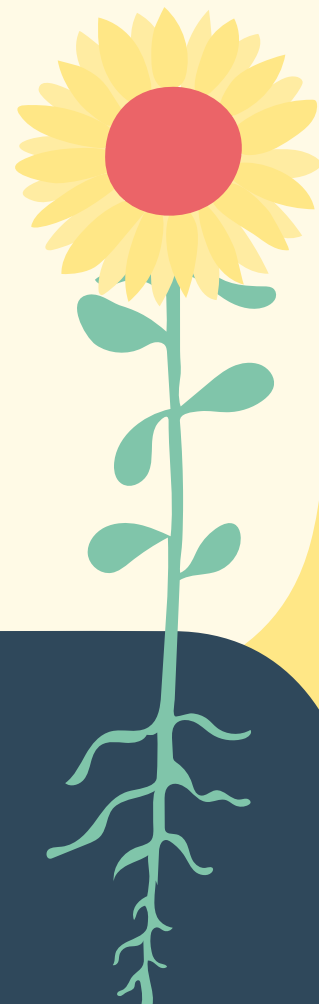


Mental health and wellbeing calendar

Spring term 2021

Do you find it difficult to incorporate mental health and wellbeing into the average school day? To help, we have created a simple calendar for the 2021 spring term to help you plan ahead.

It highlights curriculum themes and occasions where mental health can be explored and celebrated. For each section we have suggested ideas for what schools can do, and resources to support any activity planned.



Event	Time of year	Themes	What could you do?	Example activities
<i>New year, new term</i>	January 2021	<ul style="list-style-type: none"> • Return to school – new year resolutions/targets • Depression/SAD • Increased indoor play due to bad weather • Ways physical health can affect our mental health – sleep, diet, exercise etc • Children readjusting to being back at school 	<ul style="list-style-type: none"> • Whole school 'return to school' assembly • Activities promoting positive intentions and goal setting • Check in with staff returning after the winter break • Activities to help children settle back into the classroom 	<p>Piece of the puzzle assembly plan</p> <p>20 tips for wellbeing</p> <p>Action for Happiness calendar for staff</p> <p>Brain breaks: helping children settle back into the classroom</p>
<i>Children's Mental Health Week</i>	1st - 7 th Feb Feb 2021	Theme for 2021: Express yourself	<ul style="list-style-type: none"> • Place2Be assembly and lessons on the selected theme • Whole school mental health day rotating through plans and activities • School wellbeing survey to better understand need 	<p>Place2Be Children's Mental Health Week resources</p> <p>Measuring and monitoring children and young people's mental wellbeing: A toolkit for schools and colleges</p> <p>Wellbeing measurement for schools (paid)</p>

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<i>Time to Talk Day</i>	4 th Feb 2021	<ul style="list-style-type: none"> Talking about mental health - what is mental health? Feelings and emotions – understanding and communicating how we feel 	<ul style="list-style-type: none"> Whole-school assembly and lessons on mental health Complete a week-long unit of work on feelings Meet with parents and carers meeting focusing on how to talk to your child about mental health Hold a staff meeting focused on mental health Introduce wellbeing champions for staff 	<p><u>Activities for exploring feelings</u></p> <p><u>Talking Mental Health</u></p> <p><u>5 steps: engage with all parents and carers</u></p> <p><u>How to start a conversation with a parent/carer</u></p> <p><u>Planning a wellbeing Inset day toolkit</u></p>
<i>Safer Internet Day</i>	Tues 9 th Feb 2021	<ul style="list-style-type: none"> Theme for 2021: An internet we trust: exploring reliability in the online world IT skills – safety online, social media Cyber bullying & online etiquette 	<ul style="list-style-type: none"> IT lessons – recap on internet safety and reliability of information and how to report Review policies in place and up-to-date including current signposting 	<p><u>Internet safety toolkit</u></p> <p><u>Internet and social media information and guidance for schools</u></p>

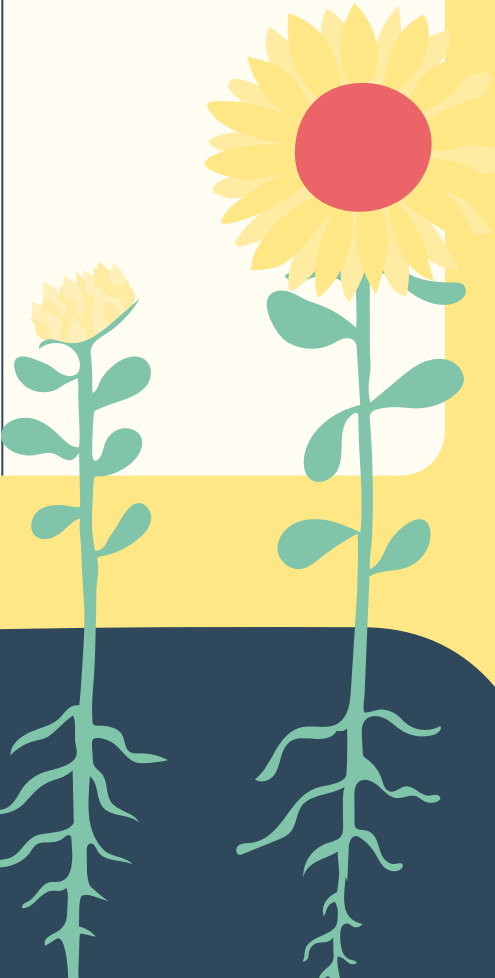
		<ul style="list-style-type: none"> External influences that affect our self-esteem and mental health – social media, tv, online platforms Respecting ourselves and others 	<ul style="list-style-type: none"> Lessons on social media use and self-care e.g. limiting time online, fact checking, Instagram vs reality 	
<p><i>International Women's Day</i></p>	<p>8th March 2021</p>	<ul style="list-style-type: none"> Theme for 2021: #ChooseToChallenge Discrimination - impact on mental health and how to challenge it Self-esteem, resilience & growth mindset Social media and the emphasis on body image for girls and young women Challenging gender stereotypes 	<ul style="list-style-type: none"> Assemblies or lessons focused on positive female role models representing a wide range of groups Develop understanding of resilience/growth mindset displays Challenging discrimination 	<p><u>Tips for social media – body image</u></p> <p><u>Tips for tackling discrimination</u></p> <p>Mentally Healthy School's International Women's Day toolkit - sign up to get it sent to your inbox</p> <p><u>Confident Me</u></p>

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<p><i>Secondary/ post- primary schools places offered</i></p>	<p>1st March 2021 (offer day in England and Wales)</p>	<ul style="list-style-type: none"> • Resilience & coping with change • Stress, anxiety, dealing with worry • Perceived failure, low mood – not getting into the right school • Friendships – maintaining and making new healthy friendships • Respecting ourselves and others 	<ul style="list-style-type: none"> • Activities to support transition • Activities to support resilience • Teach children how to identify emotions and feelings and communicate what help they need • Introduce strategies to support children at times of stress and worry 	<p><u>Moving up: transition animation and teacher toolkit</u></p> <p><u>Transition passport</u></p> <p><u>Resilience ladder</u></p> <p><u>Activities for exploring feelings</u></p> <p><u>Anxiety thermometer</u></p> <p><u>Positive relationships</u></p> <p><u>Healthy relationships</u></p>

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<i>World Sleep Day</i>	Friday 12 th March	<ul style="list-style-type: none"> • Links between sleep and mental health • Good sleep hygiene • Different sleeping patterns in children and adolescents impacting on mood 	<ul style="list-style-type: none"> • Parent session on good sleep practices for children • Parent handout • Lessons on the benefits of sleep 	<p><u>Sleeping problems: information and guidance for schools</u></p> <p><u>11 ways to get a good sleep guidance for parents and carers</u></p> <p><u>Benefits of sleep lesson plan</u></p>
<i>Young Carers Action Day</i>	Tuesday 16 th March	<ul style="list-style-type: none"> • Taking action to support young carers 	<ul style="list-style-type: none"> • Make sure staff are able to identify children at risk • Identify and support children who may be young carers • Parent support • CPD around Young Carers 	<p><u>Young carers: information and guidance for schools</u></p> <p><u>MindEd: chronic disability and child carers</u></p>

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<i>Comic Relief - Red Nose Day</i>	Friday 19 th March	<ul style="list-style-type: none"> • Positivity and good intentions • Volunteering as a strategy for mental health – doing good does us good! • Looking for the joy • The benefits of laughter on our mental health and wellbeing 	<ul style="list-style-type: none"> • Starting each day with a positive intention in class • Fundraising for comic relief or ongoing for a local charity • Teaching wellbeing lessons about gratitude and how to look for positives 	<p><u>Finding the joy activity</u></p> <p><u>12 days of positivity</u></p> <p><u>Red Nose Day fundraising pack</u></p>
<i>Disabled Access Day</i>	Friday 19 th March	<ul style="list-style-type: none"> • Impact of living with a disability in our world and how it affects mental health • Mental health is a spectrum but long-term mental health conditions are considered to be a disability • How poor mental health might prevent people accessing the world around them 	<ul style="list-style-type: none"> • Assembly/lessons on inclusion • Review the school environment for accessibility • Review school disability and mental health policies 	<p><u>Talking Mental Health</u></p> <p><u>The same but different: assembly plan</u></p> <p><u>Disability and illness: information and guidance for schools</u></p>

Event	Time of year	Themes	What could you do?	Example activities
<p><i>National Workouts and Wellbeing Week</i></p>	<p>End of March - TBC</p>	<ul style="list-style-type: none"> • Links between exercise and mental wellbeing • Community, kindness to others, volunteering and its impact on mental health • The science around health, our bodies, wellbeing • Factors that affect physical and mental health – lack of sleep, lack of exercise, hygiene, stress, alcohol, drugs 	<ul style="list-style-type: none"> • Celebration day of physical and mental health activities • Lessons on the impact of poor physical health on the mental health 	<p><u>Brain breaks</u></p> <p><u>Healthy Inside and Out assembly</u></p>



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