

Mental health and wellbeing school timetable

Autumn term 2021

Event	Time of year	Themes	What could you do?	Example activities
Back to school	<p>England, Northern Ireland & Wales – September</p> <p>Scotland – August</p>	<ul style="list-style-type: none"> • Bringing the school community back together • Welcoming new starters • Preparing for the year ahead • Assessing the mental health needs of students and staff, to help with planning for the year 	<ul style="list-style-type: none"> • Whole school assembly • Wellbeing survey for all students • Individual activities to help teachers and pupils to get to know each other • Hold a back to school INSET for staff with a focus on wellbeing • Wellbeing survey for staff 	<p>Primary</p> <ul style="list-style-type: none"> • <u>Piece of the puzzle assembly</u> • <u>Piece of the puzzle activity</u> • <u>Transition passport</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> • <u>Measuring and monitoring children and young people's mental wellbeing toolkit</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>Wellbeing Inset day toolkit</u> • <u>Taking CARE to promote mental health in schools and colleges</u> • <u>Annual staff wellbeing survey</u>

Event	Time of year	Themes	What could you do?	Example activities
Transition to secondary school	<p>England, Northern Ireland & Wales – September</p> <p>Scotland – August</p>	<ul style="list-style-type: none"> • Transition to secondary school • Getting used to a new environment and new ways of working • Anxiety about making new friends • Stress around increased workload 	<ul style="list-style-type: none"> • Run activities to ease students into their new school • Share advice to help students adjust 	<p>Secondary</p> <ul style="list-style-type: none"> • <u>Find your feet: transitions activity for year 7 pupils</u> • <u>Moving Up! The transition to secondary school</u> • <u>Teacher resources for students transitioning to secondary school</u> • <u>Coping with pressure at school</u>
World Suicide Prevention Day	10th September 2021	<ul style="list-style-type: none"> • Suicidal feelings and thoughts 	<ul style="list-style-type: none"> • Emphasise the importance of seeking support • Signpost students to sources of support • Educate and train staff • Develop a school policy for helping with students experiencing suicidal ideation 	<p>Students</p> <ul style="list-style-type: none"> • <u>Coping with suicidal feelings</u> • <u>Shout crisis textline</u> • <u>Kooth: online mental wellbeing community</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>Free online training for staff on suicide prevention</u> • <u>Information on suicidal feelings and thoughts</u> • <u>Help when we needed it most – suicide guidance from Samaritans</u>

Event	Time of year	Themes	What could you do?	Example activities
Black History Month	October 2021	<ul style="list-style-type: none"> • Discrimination • Black Lives Matter • Tolerance • Similarities and differences • Empathy 	<ul style="list-style-type: none"> • Lessons on positive role models in the Black community • Staff training on the impact of discrimination on mental health • Assemblies and lessons on empathy and tolerance 	<p>Primary</p> <ul style="list-style-type: none"> • The same but different lesson plans: <u>ages 4 to 5</u>; <u>ages 5 to 8</u>; <u>ages 9 to 11</u> • <u>A parent's guide to Black Lives Matter</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> • <u>Diversity lesson plan for 11-14 year olds</u> • <u>Exploring stereotypes and anti-racism lesson</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>Reflecting on your school's culture and environment</u> • <u>Addressing inclusion: effectively challenging racism in schools</u>
World Teacher's Day	5th October 2021	<ul style="list-style-type: none"> • Staff wellbeing • Teacher stress management 	<ul style="list-style-type: none"> • Celebration day for teachers – celebration assembly, activities etc. • Demonstrate commitment to staff wellbeing • Staff wellbeing activities 	<p>Staff</p> <ul style="list-style-type: none"> • <u>Education staff wellbeing charter</u> • <u>10 ways to support school staff wellbeing</u> • <u>Staff wellbeing planning pack</u>

Event	Time of year	Themes	What could you do?	Example activities
World Mental Health Day	10th October 2021	<ul style="list-style-type: none"> • Theme for 2021 – mental health in an unequal world • Mental health awareness • Self-care strategies • Social and emotional skills 	<ul style="list-style-type: none"> • Audit provision and develop a whole school approach to mental health • Hold a wellbeing celebration day • Develop staff knowledge on groups that may be more likely to be at risk • Run activities/lessons focused on improving students' social and emotional skills <p><u>Sign up to the Mentally Healthy Schools newsletter to get our 2021 WMHD toolkit direct to your inbox.</u></p>	<p>Primary</p> <ul style="list-style-type: none"> • <u>World Mental Health Day: 20 wellbeing tips</u> • <u>Talking mental health toolkit & animation</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> • <u>DEAL: developing emotional awareness and listening lessons</u> • <u>RSHE lesson for Key Stage 4: promoting emotional wellbeing</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>5 Steps to Mental Health and Wellbeing</u>
National Coming Out Day	11th October 2021	<ul style="list-style-type: none"> • LGBTQ+ issues • Acceptance and tolerance • Empathy • Safe spaces 	<ul style="list-style-type: none"> • Run lessons on historical LGBTQ+ figures • Run assemblies or lessons emphasising the importance of diversity and tolerance • Assess your school's policies and curriculum delivery to ensure they are LGBTQ+ inclusive 	<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 & post-16</p> <ul style="list-style-type: none"> • <u>LGBTQ+ history lesson pack for post-16</u> • <u>Sexual orientation and gender identity workshop</u>

Event	Time of year	Themes	What could you do?	Example activities
National Coming Out Day (cont.)				Staff <ul style="list-style-type: none"> LGBT-inclusive RSHE: a guide for schools
International Stress Awareness Week	1st – 5th November 2021	<ul style="list-style-type: none"> Handling stress Self-care strategies Mindfulness Work-life balance 	<ul style="list-style-type: none"> Staff meeting on staff wellbeing and stress at work Risk assessment on staff stress in the school Staff training on stress management Emphasise support pathways for staff struggling with stress 	Staff <ul style="list-style-type: none"> ABC model to manage teacher stress Interactive stress container tool for staff Example risk assessment on work-related stress 5 steps: staff support structures
World Kindness Day	13th November 2021	<ul style="list-style-type: none"> Kindness Understanding Tolerance Empathy Kind and healthy relationships 	<ul style="list-style-type: none"> Hold a celebration day Run classroom activities focused on kindness Explore kindness in the context of friendships and relationships 	Primary <ul style="list-style-type: none"> Seven days of kindness calendar Kindness game Secondary & post-16 <ul style="list-style-type: none"> Showing kindness video DEAL lesson plan: supporting a friend
Anti-bullying Week	15th – 19th November 2021	<ul style="list-style-type: none"> Theme for 2021 - one kind word Bullying – on or offline Respect 	<ul style="list-style-type: none"> Hold all-school assemblies to mark the week Ensure students know what to do if they are a bystander to bullying 	Primary <ul style="list-style-type: none"> Anti-Bullying Week toolkit

Event

Anti-bullying Week (cont.)

16 days of activism against gender-based violence

Time of year

25th November – 10th December 2021

Themes

- Friendships and kindness
- Peer pressure
- Social media
- Violence against women and girls
- Gender equality
- Sexual harassment and abuse in schools

What could you do?

- Explore the characteristics of healthy, kind relationships in lessons
- Review your school's anti-bullying policy
- Run lessons and classroom activities on sexual harassment and violence
- Hold assemblies about gender equality and women's rights

Example activities

Secondary & post-16

- Stop, speak, support: Key Stage 3 and 4 school pack
- It's not okay lesson plans: positive relationships

Staff

- Anti-bullying policy guidance for schools
- Guidance for schools on preventing and responding to sexist, sexual and transphobic bullying

Secondary & post-16

- Learn without fear: girls' rights school pack
- Sexual harassment lesson plan

**MENTALLY
HEALTHY
SCHOOLS**



Anna Freud
National Centre for
Children and Families

Event	Time of year	Themes	What could you do?	Example activities
16 days of activism against gender-based violence (cont.)		<ul style="list-style-type: none"> Online sexual harassment Unhealthy relationships Consent 	<ul style="list-style-type: none"> Explore the global context of girls' and women's rights Go through the Ofsted report into sexual harassment and abuse with staff to develop an action plan 	Staff <ul style="list-style-type: none"> <u>Outside the Box: promoting gender equality & tackling sexual harassment in schools</u>
Christmas holidays	December	<ul style="list-style-type: none"> Holiday – spending long period at home without school support systems Self-care strategies for children and young people Staff – end of term stress due to additional activities and workload Families & relationships 	<ul style="list-style-type: none"> Increase or begin winter wellbeing activities for staff and children Give students self-care tools to use over the break if emotions get too much at home Allow feedback time at staff meetings or include a mindfulness session Praise and reward staff for their hard work 	Primary <ul style="list-style-type: none"> <u>Winter wellbeing toolkit</u> <u>Tools for managing emotions</u> Secondary & post-16 <ul style="list-style-type: none"> <u>On My Mind: self-care strategies</u> <u>Catch it, check it, challenge it, change it: CBT technique</u> Staff <ul style="list-style-type: none"> <u>10 steps towards school staff wellbeing</u>