

# Mental health and wellbeing school timetable

## Spring term 2022

Event	Time of year	Themes (linked to the relevant health and wellbeing curricula across the UK)	What could you do?	Example activities
New year, new term	January 2022	<ul style="list-style-type: none"><li>• Return to school – new year resolutions and targets</li><li>• Pupils and staff readjusting to being back at school</li><li>• Preparing for the new term</li></ul>	<ul style="list-style-type: none"><li>• Whole school 'return to school' assembly</li><li>• Activities to help pupils settle back into the classroom</li><li>• Check in with staff returning after the winter break</li><li>• Measure pupil and staff wellbeing at the start of the new year</li></ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"><li>• <a href="#"><u>Piece of the puzzle assembly plan</u></a></li><li>• <a href="#"><u>Brain breaks: helping children settle back into the classroom</u></a></li></ul> <p><b>Secondary</b></p> <ul style="list-style-type: none"><li>• <a href="#"><u>Wellbeing measurement framework for secondary schools</u></a></li></ul> <p><b>Staff</b></p> <ul style="list-style-type: none"><li>• <a href="#"><u>Wellbeing measurement for schools: staff survey</u></a></li></ul>

Event	Time of year	Themes	What could you do?	Example activities
<p>LGBTQ+ History Month 2022</p>	<p>February 2022</p>	<ul style="list-style-type: none"> <li>• Creating an inclusive school and college environment</li> <li>• Celebrating and uplifting the LGBTQ+ community</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• Run activities celebrating diversity and difference</li> <li>• Discuss ways to make lessons more inclusive with staff</li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• Deliver lessons about LGBTQ+ history</li> <li>• Reiterate your commitment to a zero-tolerance approach to bullying</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGBTQ+ history lesson pack for children aged 4 to 7</a></li> <li>• <a href="#">Celebrate being you worksheet</a></li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Homophobic, biphobic and transphobic bullying assembly</a></li> <li>• <a href="#">LGBTQ+ history lesson pack for post-16 students</a></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGBT-inclusive RSHE: a guide for schools</a></li> </ul>
<p>Children's Mental Health Week</p>	<p>7th -13th Feb 2022</p>	<ul style="list-style-type: none"> <li>• Theme for 2022: growing together</li> </ul>	<ul style="list-style-type: none"> <li>• Utilise the resources from Place2Be to hold an assembly and lessons on the selected theme</li> <li>• Run a whole school mental health day rotating activities</li> <li>• Hold a staff meeting about the role all staff can play in supporting children and young people's mental health</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Place2Be Children's Mental Health Week resources</a></li> <li>• <a href="#">Talking Mental Health teacher toolkit</a></li> </ul> <p><b>Secondary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Place2Be Children's Mental Health Week resources</a></li> <li>• <a href="#">We all have mental health: animation &amp; teacher toolkit</a></li> </ul>

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Children's Mental Health Week (cont.)			<p><u>Sign up</u> to the Mentally Healthy Schools newsletter to get our 2022 Children's Mental Health Week toolkit direct to your inbox.</p>	<p><b>Staff</b></p> <ul style="list-style-type: none"> <li>· <u>Taking CARE to promote mental health in schools and colleges: animation</u></li> </ul>
Safer Internet Day	Tues 8th Feb 2022	<ul style="list-style-type: none"> <li>• <b>Theme for 2022: All fun and games? Exploring respect and relationships online</b></li> <li>• Staying safe online and on social media</li> <li>• Cyber bullying &amp; online etiquette</li> <li>• Online sexual harassment</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• IT lessons on staying safe online and responsibly using social media</li> <li>• Review policies to ensure they are up-to-date and relevant</li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• Lessons about what online sexual harassment looks like, covering topics like sexting and revenge porn</li> <li>• Review policies to ensure they are up-to-date and relevant</li> <li>• Educate all staff about online sexual harassment and how to tackle it</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>· <u>Internet safety toolkit</u></li> <li>· <u>Learning about online consent</u></li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>· <u>Online sexual harassment: guidance for students</u></li> <li>· <u>Trolling and cyber-bullying video</u></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>· <u>Internet and social media information and guidance for schools</u></li> <li>· <u>Online sexual harassment: comprehensive guidance for schools</u></li> </ul>

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<p><b>International Women's Day</b></p>	<p>Tuesday 8th March 2022</p>	<ul style="list-style-type: none"> <li>• <b>Theme for 2021: #BreakTheBias</b></li> <li>• Challenging gender stereotypes and gender biases</li> <li>• Celebrating the contributions of women and girls</li> <li>• Promoting gender equality within the school or college environment</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• Celebrating difference and diversity in the school and college population</li> </ul> <p><b>Secondary</b></p> <ul style="list-style-type: none"> <li>• Delivering lessons about the rights of women and girls</li> <li>• Delivering lessons about gender-based violence</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <u>The same but different: assembly plan</u></li> </ul> <p><b>Secondary</b></p> <ul style="list-style-type: none"> <li>• <u>Learn without fear: girls' rights school pack</u></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• <u>Outside the Box: promoting gender equality &amp; tackling sexual harassment in schools</u></li> </ul>
<p><b>Secondary/ post-primary school places offered</b></p>	<p>1st March 2022 (offer day in England and Wales)</p>	<ul style="list-style-type: none"> <li>• Resilience &amp; coping with change</li> <li>• Stress, anxiety, dealing with worry</li> <li>• Low mood around not getting into the right school</li> <li>• Maintaining friendships and making new healthy friendships</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• Activities to support transition</li> <li>• Activities to support resilience</li> <li>• Introduce strategies to support children and young people at times of stress and worry</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <u>Moving up: transition animation and teacher toolkit</u></li> <li>• <u>Transition passport</u></li> <li>• <u>Change tunnel activity</u></li> <li>• <u>My moving up to secondary school booklet</u></li> </ul>

Event	Time of year	Themes	What could you do?	Example activities
<p><b>World Sleep Day</b></p>	<p>Friday 18th March 2022</p>	<ul style="list-style-type: none"> <li>• Links between sleep and mental health</li> <li>• Good sleep hygiene</li> <li>• Different sleeping patterns in children and adolescents impacting on mood</li> </ul>	<ul style="list-style-type: none"> <li>• Parent and carer sessions on good sleep practices for children and young people</li> <li>• Parent and carer handout</li> <li>• Lessons on the benefits of sleep</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Sleep - year 6 lesson plan pack</u></a></li> </ul> <p><b>Secondary &amp; FE</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Reset and rewind: rap therapy videos</u></a></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Sleeping problems: information and guidance for schools and colleges</u></a></li> </ul>
<p><b>International Transgender Day of Visibility</b></p>	<p>Thursday 31st March 2022</p>	<ul style="list-style-type: none"> <li>• Celebrating transgender people and their contributions to society</li> <li>• Raising awareness of discrimination faced by transgender people</li> </ul>	<p><b>Secondary</b></p> <ul style="list-style-type: none"> <li>• Delivering lessons about transgender people</li> <li>• Running classroom activities about gender identities</li> <li>• Improving staff knowledge on gender diversity</li> <li>• Reviewing and updating school or college policies on supporting gender diverse students</li> </ul>	<p><b>Secondary</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Hannah Winterbourne: being transgender in the army</u></a></li> <li>• <a href="#"><u>Sexual orientation and gender identity workshop</u></a></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Gender diversity: information and guidance for schools and colleges</u></a></li> <li>• <a href="#"><u>Transgender guidance for schools</u></a></li> </ul>