

Mental health and wellbeing school and college calendar

Summer term

Event	Time of year	Themes	What could you do?	Example activities
Stress Awareness Month	April 2024	Theme for 2024: #LittleByLittle	<ul style="list-style-type: none"> • Whole-school assembly on understanding and responding to stress • Plan time for staff wellbeing and share advice on managing stress • Activities to check in with pupils, build their resilience and help them to manage stressful situations • Encourage supportive conversations about how pupils are feeling 	<p>Primary</p> <ul style="list-style-type: none"> • Understanding stress lesson plan • Advice and support for coping with stress <p>Secondary and FE</p> <ul style="list-style-type: none"> • Managing stress and anxiety: tips for students • Young people's wellbeing guide for stressful situations <p>Staff</p> <ul style="list-style-type: none"> • How to handle stress • Interactive stress container tool
Build up to exams and assessments	April and May 2024	<p>Stress and anxiety due to exam pressures for staff and pupils</p> <p>Healthy coping strategies</p> <p>Resilience</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 • Prepare students for the higher levels of anxiety or stress that they may feel in relation to exams and assessments • Share coping and self-care strategies with students if you notice symptoms of stress 	<p>Primary</p> <ul style="list-style-type: none"> • My self-care plan • Being resilient lesson plan <p>Secondary and FE</p> <ul style="list-style-type: none"> • Let's talk about anxiety animation and toolkit • Advice on managing stress at important moments video • Exam stress lesson plan and PowerPoint <p>Staff</p> <ul style="list-style-type: none"> • Exam and assessment stress: guidance for staff in further education colleges

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Mental Health Awareness Week	13-16 May 2024	Theme for 2024: Movement: moving more for our mental health	<ul style="list-style-type: none"> • Hold a Mental Health Awareness Week event at school • Create space for conversations about staff mental wellbeing and work to reduce the stigma of discussing mental health at school or college • Promote mental health and wellbeing through themed lessons and assemblies • Sign up to the Mentally Healthy Schools newsletter to get our 2024 Mental Health Awareness Week toolkit direct to your inbox 	<p>Primary</p> <ul style="list-style-type: none"> • Emotion wheel for children • Talking mental health: animation & toolkit <p>Secondary and FE</p> <ul style="list-style-type: none"> • Physical and mental wellbeing lesson plan • We all have mental health: animation and toolkit <p>Staff</p> <ul style="list-style-type: none"> • How to talk about and support children and young people with their wellbeing • Working towards mentally healthy schools and FE colleges: the voice of students
Pride Month	June 2024	<p>Celebrating diversity and creating an inclusive school or college environment</p> <p>Learning about different identities</p> <p>Learning about LGBTQI+ history</p>	<ul style="list-style-type: none"> • Deliver lessons about LGBTQI+ history • Run whole-school assemblies or class activities which celebrate difference and diversity • 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"> • LGBTQ+ history lesson pack for children aged 4 to 7 <p>Secondary and FE</p> <ul style="list-style-type: none"> • A coming out guide for LGBTQI+ young people • LGBTQ+ history lesson pack <p>Staff</p> <ul style="list-style-type: none"> • An introduction to supporting LGBTQI+ children and young people • LGBT-inclusive RSHE: a guide for schools

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Pupils preparing for school, college or university	June 2024	<p>Dealing with change Stress, anxiety, dealing with worry</p> <p>Low mood over not getting into the desired school or college</p>	<ul style="list-style-type: none"> • Assembly and activities to support transition to secondary school • Introduce strategies to build resilience, and to support children and young people at times of change of transition • Encourage conversations about pupils' concerns and ensure support is available 	<p>Primary</p> <ul style="list-style-type: none"> • Moving Up! The transition to secondary school <p>Secondary and FE</p> <ul style="list-style-type: none"> • Dealing with change lesson plan • Starting college or university: advice for autistic young people <p>Staff</p> <ul style="list-style-type: none"> • Teacher resources for students transitioning to secondary school • 10 tips for school staff to help children settle when starting primary school
World Wellbeing Week	23-30 June	<p>Promoting healthy habits for children and young people</p> <p>Supporting staff wellbeing</p> <p>Normalising self-care</p>	<ul style="list-style-type: none"> • Develop a whole-school or college approach to mental health and wellbeing, using the 5 Steps Framework • Plan a wellbeing INSET day for staff • Work in partnership with families and the community to develop positive strategies to support wellbeing • Do a whole-school wellbeing check in to identify issues 	<p>Primary</p> <ul style="list-style-type: none"> • My self-care plan: primary • Wellbeing activities: being kind to yourself <p>Secondary and FE</p> <ul style="list-style-type: none"> • Healthy coping strategies: video for young people • Barriers to asking for help activity <p>Staff</p> <ul style="list-style-type: none"> • Staff wellbeing audit • The building blocks of good mental wellbeing

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End of term	<p>June for Northern Ireland and Scotland</p> <p>July for England and Wales</p>	<p>Moving on/ transitions</p> <p>Friendships and relationships</p> <p>Dealing with change Worry, stress and anxiety</p> <p>Lack of school support system in the summer holidays</p>	<ul style="list-style-type: none"> • Provide summer wellbeing activities for students to refer to in the summer break • Hold a wellbeing parent/carer support meeting for support during the summer break • Identify recurring issues from the year and plan changes for September • Provide signposting to mental health support for students who may struggle 	<p>Primary</p> <ul style="list-style-type: none"> • BBC Teach health and wellbeing videos • My self-care plan: primary <p>Secondary and FE</p> <ul style="list-style-type: none"> • My self-care plan: secondary and FE • Can't talk, write toolkit <p>Staff</p> <ul style="list-style-type: none"> • Online self-help tool for school staff • Self-care summer: advice for education staff