

Mental health and wellbeing school timetable

Autumn term 2022

Event	Time of year	Themes	What could you do?	Example activities
Back to school	<p>Scotland – August</p> <p>England, Wales and Northern Ireland - September</p>	<ul style="list-style-type: none"> • Bringing the school community back together • Transition to secondary school • Making new friends • Starting a new school • Understanding the mental health needs of students and staff, to help with planning for the year 	<ul style="list-style-type: none"> • Wellbeing survey for all students and staff • Individual activities to help teachers and pupils to get to know each other • Hold a back to school staff meeting with a focus on wellbeing 	<p>Primary</p> <ul style="list-style-type: none"> • <u>Getting to know me</u> • <u>Brain breaks: helping children settle back into the classroom</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> • <u>Moving Up! The transition to secondary school</u> • <u>Measuring and monitoring children and young people's mental wellbeing – a toolkit for schools and colleges</u> • <u>Anxiety: guidance for staff in further education colleges</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>Staff wellbeing survey</u> • <u>Reframing thoughts activity for school staff</u> • <u>10 practical tips for school staff to help children settle when starting primary school</u>

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Black History Month	All of October	Theme for 2022 - 'Time for change: action not words'	<ul style="list-style-type: none"> • Explore ways to diversify the curriculum • Hold a cultural exchange event • Hold an assembly celebrating diversity • Review your school or college's anti-racism policies • Gather student voice on race and racism through a student survey • Staff training on anti-racism 	<p>Primary</p> <ul style="list-style-type: none"> • Anti-racism and mental health resources: practising cultural exchange • The same but different lesson plan for: <ul style="list-style-type: none"> ◦ ages 4-5 ◦ ages 5-8 ◦ ages 9-11 <p>Secondary & post-16</p> <ul style="list-style-type: none"> • Anti-racism and mental health resources: gathering student voice • Anti-racism and mental health resources: diversifying the curriculum <p>Staff</p> <ul style="list-style-type: none"> • Anti-racism and mental health in schools: e-learning course • Talking racism and mental health in schools podcast • Anti-racism and mental health resources: anti-racism policy template

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World Teacher Day	5th October 2022	Staff wellbeing	<ul style="list-style-type: none"> • Hold a celebration day for teachers – an assembly, school-wide activities • Demonstrate commitment to staff wellbeing 	Staff <ul style="list-style-type: none"> • 10 ways to support school staff wellbeing • Staff wellbeing planning pack • Anti-racism and mental health resources: supporting racially minoritised staff
World Mental Health Day	10th October 2022	<ul style="list-style-type: none"> • Theme for 2022 - 'make mental health & wellbeing for all a global priority' • Mental health awareness • Self-care strategies • Social and emotional skills 	<ul style="list-style-type: none"> • Hold a wellbeing celebration day • Deliver activities/lessons focused on improving students' social and emotional skills <p>Sign up to the Mentally Healthy Schools newsletter to get our 2022 WMHD toolkit direct to your inbox</p>	Primary <ul style="list-style-type: none"> • Talking Mental Health • Tracking my feelings • World Mental Health Day: 20 wellbeing tips Secondary & post-16 <ul style="list-style-type: none"> • We all have mental health: animation & teacher toolkit • My self-care plan: secondary • Music for self-care resources: secondary Staff <ul style="list-style-type: none"> • 5 Steps to Mental Health and Wellbeing • Reducing mental health stigma for school staff

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National Coming Out Day	11th October 2022	<ul style="list-style-type: none"> Acceptance and tolerance Safe spaces 	<ul style="list-style-type: none"> Plan and deliver lessons on historical LGBTQ+ figures Plan and deliver assemblies or lessons emphasising the importance of diversity and tolerance Review your school's policies and curriculum delivery to ensure they are LGBTQ+ inclusive 	<p>Primary</p> <ul style="list-style-type: none"> <u>The same but different: assembly plan</u> <u>LGBTQ+ history lesson pack for children aged 4 to 7</u> <u>LGBT Youth Scotland primary assembly</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> <u>LGBTQI+ mental health</u> <u>The coming out guide</u> <u>Sexual orientation and gender identity workshop</u> <p>Staff</p> <ul style="list-style-type: none"> <u>LGBT-inclusive RSHE: a guide for schools</u> (to be used alongside <u>DfE guidance</u>)
International Stress Awareness Week	7th-11th November 2022	Theme for 2022 - 'Working together to build resilience and reduce stress'	<ul style="list-style-type: none"> Deliver an assembly to educate pupils about the physical and emotional symptoms of stress Staff training on stress management of themselves and their pupils 	<p>Primary</p> <ul style="list-style-type: none"> <u>Mindfulness calendar: daily five minute activities</u> <u>Emotional check-in</u> <u>Advice and support for coping with stress</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> <u>Online stress lesson plan and PowerPoint</u>

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International Stress Awareness Week (cont...)			<ul style="list-style-type: none"> • Share tools for managing emotions with pupils • Emphasise support pathways for staff and students struggling with stress • Staff meeting on staff wellbeing and stress at work 	<ul style="list-style-type: none"> • <u>Advice on managing stress at important moments video</u> • <u>Exam and assessment stress: guidance for staff in further education colleges</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>How to handle stress: teachers & education staff</u> • <u>Interactive stress container tool for staff</u> • <u>Teacher tips on time management</u> • <u>5 Steps: staff support structures</u>
Anti-bullying Week	14th-18th November 2022	<ul style="list-style-type: none"> • Theme for 2022 - 'Reach out' • Friendships and kindness • Asking for help • Social media • Peer pressure 	<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 • Explore the characteristics of healthy relationships in PSHE/RSHE lessons • Review your school's anti-bullying policy 	<p>Primary</p> <ul style="list-style-type: none"> • <u>Be an anti-bullying superhero poster</u> • <u>Bullying: what can I do? video and accompanying guidance</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> • <u>Stop, speak, support: Key Stage 3 and 4 school pack</u> • <u>Unhealthy relationships: guidance for staff in further education colleges</u>

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Anti-bullying week (cont...)				<ul style="list-style-type: none"> • <u>Safe from bullying in further education colleges</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>Anti-bullying policy guidance for schools</u> • <u>Bullying and harassment at work</u>
End of term	December	<ul style="list-style-type: none"> • Self-care strategies • Families and relationships • Holiday routines 	<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 • Signpost students to helplines or services in case they are struggling over the break • Include a mindfulness session at staff meetings 	<p>Primary</p> <ul style="list-style-type: none"> • <u>Winter wellbeing bunting</u> • <u>How many positives class activity</u> • <u>Winter wellbeing toolkit</u> <p>Secondary & post-16</p> <ul style="list-style-type: none"> • <u>On My Mind: self-care strategies</u> • <u>Youth Wellbeing Directory</u> • <u>My self-care plan: secondary</u> <p>Staff</p> <ul style="list-style-type: none"> • <u>10 tips for teaching and support staff</u>