



# Dame Elizabeth Cadbury

## Wellbeing Mental Health Calendar



<b>September 2022</b>	<p><b>World Suicide Prevention Day: 10<sup>th</sup> September every year</b> Hosted by International Association for Suicide Prevention and the World Health Organisation to raise awareness of how to prevent suicide.</p> <p><b>National Teaching Assistants' Day: 16<sup>th</sup> September every year</b> Thank you cards and TA shout outs.</p>
<b>October 2022</b>	<p><b>World Teacher Day: 5<sup>th</sup> October every year</b> Tea, coffee and cakes in the staffroom and Thank a Teacher emails and cards and staff shout outs.</p> <p><b>World Mental Health Day: 10<sup>th</sup> October every year</b> World Mental Health Day is a great opportunity to raise awareness of mental health problems and start conversations. Each year a theme is set by the World Federation for Mental Health.</p> <p>Whole school focus on how to stay mentally healthy through assemblies/ top tips and whole school events for staff and pupils.</p>
<b>November 2022</b>	<p><b>National Stress Awareness Day: 2<sup>nd</sup> November 2022</b> Promoted by the International Stress Management Association (ISMAUK), this day aims to raise awareness of the stress in the workplace and strategies to address it.</p> <p><b>World Kindness Day: 13<sup>th</sup> November every year</b> Random acts of kindness for staff and pupils.</p> <p><b>Anti-Bullying week: 14<sup>th</sup> – 18<sup>th</sup> November</b> Hosted by the Anti-Bullying Alliance, this is a great opportunity to reinforce anti-bullying messages. Celebrated through assemblies, displays and form time and lunchtime activities.</p>
<b>January 2023</b>	<p><b>Brew Monday: 16<sup>th</sup> January 2023</b> Organised by the Samaritans, to encourage people to stop and have a cup of tea and a chat about mental health.</p> <p>Tea and coffee and cakes in the staff room at break and after school. Hot chocolate and biscuits after school for pupils—drop in for a chat.</p>





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<p><b>February 2023</b></p>	<p><b>Time To Talk Day: 2<sup>nd</sup> February 2023</b> Getting people to talk about mental health and by doing so help change lives. Staff and pupils encouraged to talk about mental health— pupil drop in after school.</p> <p><b>Children’s Mental Health Week: 6-12<sup>th</sup> February 2023</b> Promote their mental health and wellbeing through lessons and the 5 top tips for mental health.</p>
<p><b>March 2023</b></p>	<p><b>DEC Well Being Week:</b> The DEC community will focus on their mental health and well-being this week by taking top tips from NHS and structuring our activities to promote a different top tip each day.</p>
<p><b>April 2023</b></p>	<p><b>Stress Awareness Month:</b> Stress Awareness Month has been held every April since 1992—we will increase awareness of the causes, signs, and coping strategies for stress. Pupil and staff leaflets and information.</p> <p><b>World Health Day: 7th April every year</b> Assemblies and form time activities. Staff wellbeing CPD.</p> <p><b>On Your Feet Britain:</b> The national activity awareness day when 2 MILLION desk-based workers across Britain participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.</p>
<p><b>May 2023</b></p>	<p><b>Mental Health Awareness Week: 15<sup>th</sup> – 21<sup>st</sup> May 2023</b> Run by the Mental Health Foundation, Mental Health Awareness Week is a national week to raise awareness of mental health problems and promote the message of good mental health for all - assemblies, lessons, and form time activities for pupils. Information and links for staff.</p>
<p><b>June 2023</b></p>	<p><b>Volunteers’ Week: 1<sup>st</sup> – 7<sup>th</sup> June 2023</b> An annual event run by the National Council of Voluntary Organisations to celebrate the contribution of over 20 million people who volunteer in the UK.</p> <p>Promote the importance of volunteering and have activities throughout the week for pupils to volunteer for. Celebration of voluntary organisations.</p> <p><b>Pride Month: June</b> A celebration designed to recognise the influence of the LGBTQ+ community.</p>

