



Well Being Mental Health Calendar

Month	Mental Health Related Event/Day
January 2022	<p>Brew Monday:</p> <p>Usually third Monday in January, 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 with Mrs Price for pupils—drop in for a chat</p>
February 2022	<p>Time to Talk Day:</p> <p>Usually the first Thursday in February each year. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives. Staff and pupils encouraged to talk about mental health— pupil drop in after school with Mrs Price.</p> <p>Children’s Mental Health Week:</p> <p>Promote their mental health and wellbeing through lessons and the 5 top tips for mental health.</p>
March 2022	<p>Etone Well Being Week:</p> <p>The Etone 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>
April 2022	<p>Stress Awareness Month:</p> <p>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>World Health Day: 7th April 2022—assemblies and form time activities. Staff wellbeing CPD.</p>
May 2022	<p>Mental Health Awareness Week:</p> <p>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>Parental Guidance Session– Supporting Wellbeing at Home</p>



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June 2022

Volunteers' Week:

An annual event run in the first week of June by the National Council of Voluntary Organisations to celebrate the contribution of over 20 million people who volunteer in the UK

Promote the importance of volunteering and have activities throughout the week for pupils to volunteer for. Celebration of voluntary organisations.

September 2022

World Suicide Prevention Day:

Hosted by International Association for Suicide Prevention and the World Health Organisation, the purpose of the day is to raise awareness of how to prevent suicide.

National Teaching Assistants' Day: 16th September 2022— thank you cards and TA shout outs.

October 2022

World Teacher Day: 5th October 2022

Tea, coffee and cakes in the staffroom and Thank a Teacher emails and cards and staff shout outs.

World Mental Health Day: 10 October 2022

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.

Whole school focus on how to stay mentally healthy through assemblies/top tips and whole school events for staff and pupils.

November 2022

National Stress Awareness Day:

Usually at the start of the month, and 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.

World Kindness Day

Random acts of kindness for staff and pupils.

Anti-Bullying week:

Hosted by the Anti-Bullying Alliance, this is a great opportunity to reinforce anti-bullying messages in your school. Celebrated through assemblies, displays, odd socks day, learning for life lessons and form time activities.



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