



# OUR LADY OF LOURDES

CATHOLIC MULTI-ACADEMY TRUST

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Calendar of events for students

# SEPTEMBER & OCTOBER

## Wellbeing events

**Early Sep**

### **Mental Health Induction**

Tutor time input: Where to go for help / peer mentors introduced

**10 Sep**

### **World Suicide Prevention Day**

Assembly theme: "You Matter" (CST: dignity)

**10 Oct**

### **World Mental Health Day**

Non-uniform or colour day; tutor time reflection on wellbeing and kindness

**Oct**

### **Black History Month**

Celebrate identity; link to inclusion and belonging (CST: solidarity)



# NOVEMBER & DECEMBER

Wellbeing events



**06 Nov**

## **National Stress Awareness Day**

PSHE session on managing anxiety and coping with school stress

**13 - 19 Nov**

## **Anti-Bullying Week**

Workshops on kindness, courage, and standing up for others (CST: peace & the common good)

**Dec**

## **Advent Reflection**

Tutor time journal or "kindness chain" challenge

**Dec**

## **Christmas Gratitude Wall**

Focus on hope, giving, and being a blessing to others

# JANUARY & FEBRUARY

## Wellbeing events

**Early Jan**

### **New Year, New You (Wellbeing Goals)**

Assemblies on purpose, balance, and goal-setting for mind, body, and spirit

**13 Jan**

### **Brew Monday**

Peer mentoring check-ins; tutor time chat prompts

**03 - 09 Feb**

### **Children's Mental Health Week**

Workshops on emotions, self-confidence, and friendship building

**06 Feb**

### **Time to Talk Day**

Form time activity: "What helps you feel listened to?"





# MARCH

## Wellbeing events

**01 Mar**

### Self-Injury Awareness Day

Tutor/PSHE activity: raise awareness, provide gentle signposting to support services

**10 - 16 Mar**

### Brain Awareness Week

Activities like mindful colouring, brain puzzles, and stress awareness

**02 Mar**

### World Teen Mental Wellness Day

Promote peer check-ins, self-care tips, stress-check activities

**14 Mar**

### University Mental Health Day

For upper years: support transitions, resilience-building for life after school

**Early Mar**

### Eating Disorders Awareness Week

PSHE or form time discussion on body image, media pressure, and healthy self-worth

**17 - 23 Mar**

### Neurodiversity Celebration Week

Student panel or tutor showcase celebrating diverse thinkers

**10 - 16 Mar**

### National Sleep Awareness Week

Optional focus: "sleep and learning"; tutor-time tips for rest and concentration

**20 Mar**

### International Day of Happiness

Celebrate joy, share compliments and gratitude

# APRIL & MAY

## Wellbeing events



**Apr**

### **Stress Awareness Month**

Tutor time tips: breathing exercises, managing pressure, making revision manageable

**07 Apr**

### **World Health Day**

PE and RE crossover: What does it mean to care for your body, mind, and soul?

**12 - 18 May**

### **Mental Health Awareness Week**

Focus on friendship, social media use, and feeling connected (CST: community)

**May**

### **Outdoor Wellbeing Day**

Nature walks, prayer in creation, journaling or art outdoors

# JUNE & JULY

## Wellbeing events

**01 - 07 Jun**

### **Volunteers' Week**

Promote acts of service: CAFOD, school council or local community action  
(CST: service & solidarity)

**09 - 15 Jun**

### **Carers Week**

Highlight support for young carers; create a peer resource board

**July**

### **End-of-Year Reflection**

Journaling task or tutor-led liturgy on growth, gratitude, and your God-given gifts

**July**

### **Summer Self-Care Toolkit**

Provide each student with a booklet of reflection, journaling, creative activities, and prayer prompts

