



TURVES GREEN BOYS' SCHOOL

Staff Wellbeing and Mental Health Calendar

September 2023

- Tea, coffee and cakes in the staff room – Drop in for a chat
- Cake Baking – Staff Rotation
- Whole school staff meal – Inset day
- Dedicated teaching and learning planning time
- Weekly – Staff Sports and Fitness Sessions
- Suicide Prevention and the World Health Organisation, to raise awareness of how to prevent suicide

October 2023

- Thank you cards for all staff and TA shout outs
- Cake Baking – Staff Rotation
- World Mental Health Day to raise awareness of mental health problems and start conversations
- Top tips for mental health for all staff
- Tea and coffee and cakes in the staff room – Drop in for a chat
- Weekly – Staff Sports and Fitness Sessions

November 2023

- International Stress Management Association (ISMAUK), this day aims to raise awareness of the stress in the workplace and strategies to address it
- Cake Baking – Staff Rotation
- Random acts of kindness for staff and pupils
- Anti-Bullying Alliance to reinforce anti-bullying messages in school.
- Weekly – Staff Sports and Fitness Sessions

December 2023

- Staff Christmas meal – Tilly's Treats, Secret Santa, Raffle, Thank-You Cards
- Cake Baking – Staff Rotation
- Staff Christmas Outing
- Weekly – Staff Sports and Fitness Sessions
- Matrix Academy Trust Day – Wellbeing and recharge
- Wellness Challenge – Walking Football – to support our house charity - Age UK

January 2024

- Tea, coffee and cakes in the staff room – Drop in for a chat
- Cake Baking – Staff Rotation
- Whole school staff meal – Inset day
- Dedicated teaching and learning planning time
- Weekly – Staff Sports and Fitness Sessions
- Whole School Medical Training



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February 2024

- Staff and pupils encouraged to talk about mental health
- Cake Baking – Staff Rotation
- Promote their mental health and wellbeing through lessons and the 5 top tips for mental health
- Weekly – Staff Sports and Fitness Sessions
- Staff Health Checks and Flu Jabs – Optional
- Pupil to staff thank you cards, Headteacher thank you cards – Recognising staff

March 2024

- 'March' the Month – For Prostate Cancer – 11,000 steps per day challenge
- Cake Baking – Staff Rotation
- Mental health and well-being this week
- Wellness Challenge – Walking Football – to support our house charity - Age UK
- Weekly – Staff Sports and Fitness Sessions
- Easter staff outing and meal – Tilly's Easter Treats

April 2024

- Well-being walk – 13 Mile Trek – House Charity Event
- Cake Baking – Staff Rotation
- Stress Awareness Month - Increase awareness of the causes, signs and coping strategies for stress. Staff leaflets and information
- World Health Day - Assemblies and form time activities. Staff wellbeing CPD
- Weekly – Staff Sports and Fitness Sessions

May 2024

- Cake Baking – Staff Rotation
- Weekly – Staff Sports and Fitness Sessions
- Celebrating cultural diversity – Food celebrations for staff – tastes of the world
- Well-being walk – Trek for Charity
- May half-term – Staff Meal
- Pupil to staff thank you cards, Headteacher thank you cards – Recognising staff

June/July 2024

- End of year meal – Tilly's Treats, Raffle, Thank-You Cards
- Cake Baking – Staff Rotation
- Staff End of Year Outing
- Promote the importance of volunteering and have activities throughout the week to celebrate voluntary organisations.
- Weekly – Staff Sports and Fitness Sessions