

Autumn Term

School Wellbeing Calendar 2023



This comprehensive calendar is designed to support your school in promoting wellbeing and mental health awareness. It provides information on important awareness days and suggests surveys to capture relevant insights from pupils, staff, and parents.

* **Remember** while we suggest specific dates for running these surveys, it's important to remember that these dates are flexible and can be tailored to the needs of your setting. You have the freedom to adjust the timing to ensure maximum participation and relevance for your school community. By following these steps, tailored to your unique context, you can gain valuable data and implement targeted strategies to enhance the wellbeing of your school community.

September 2023

Run a Survey

Assign one of our recommended benchmarking surveys one - two weeks into the year. This gives pupils chance to settle in and creates a baseline so you can identify need, measure impact, and evaluate progress over the year.

- The Stirling Children's Wellbeing Scale
KS2 KS3 KS4
- The Student Subjective Wellbeing Questionnaire
KS2 KS3 KS4
- KINDL (Kid, Kiddy, Kiddo)
KS1 KS2 KS3 KS4

International Literacy Day

This year's International Literacy Day will be celebrated worldwide under the theme, 'Promoting literacy for a world in transition: Building the foundation for sustainable and peaceful societies'.

Find out more - [click here](#)
Key Surveys - Attitudes to Reading - [click here](#)
- Reading and Transition - [click here](#)
- Staff/Parent Reading Survey - [click here](#)

World Suicide Prevention Day

Find out more - [click here](#)

Roald Dahl's Birthday

International Week of Happiness at Work

Find out more - [click here](#)
Key Surveys - HSE Stress Indicator - [click here](#)
- Work Related Quality of Life - [click here](#)

National Fitness Day

Find out more - [click here](#)
Key Surveys - Attitudes to Physical Activity - [click here](#)
- Time Spent Being Active - [click here](#)

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Start of term	2
3	4 Run a survey	5	6	7	8 International Literacy Day	9
10 World Suicide Prevention Day	11	12	13 Roald Dahl's Birthday	14	15	16
17	18	19 International Week of Happiness at Work	20	21	22	23
24	25 National Fitness Day	26	27	28	29	30
31						



A 4-Step Guide to 'benchmarking' over the Autumn Term

Step 1

Assign a survey

There are hundreds of measures covering all types of areas across the wellbeing spectrum, so we recommend doing a little bit of research before deciding on the measure to use. When it comes to 'benchmarking', we recommend you run one of 3 surveys:



"KINDL (Kid, Kiddy, Kiddo)"

This is a popular survey used to measure **Physical wellbeing, emotional wellbeing, self-esteem, family, friends and everyday functioning.**



"The Stirling Children's Wellbeing Scale"

Our most popular survey for schools looking to run a 'temperature check' and create a snapshot overview of wellbeing. It provides insight into the **emotional and psychological wellbeing** of pupils.



"The Student Subjective Wellbeing Questionnaire"

This survey looks at 4 key areas of school life and wellbeing: school connectedness and belonging, academic efficacy, joy of learning and educational purpose.

Step 2

Produce a report

Once you have collected the data, you are ready to look at the results! You can still produce an informative report to share findings with other teachers and stakeholders as a basis to open conversations and inform your school strategy.

For a sample report - [click here](#)

Step 3

Create an action plan

Having assigned the surveys, collated the data and produced your report, it's time to look at the next steps in your wellbeing journey.

Use our template to formulate an action plan for your school based on findings - [click here](#)

Step 4

Evaluate Impact

Repeat the benchmark surveys to evaluate the impact of your actions and measure progress made over the term. Depending on your findings, you can use additional surveys to gain deeper insight and monitor specific target areas at whole-school, cohort, group, or individual level, as well as support your whole school approach throughout the year.

October 2023

Walk to School Month
Find out more - [click here](#)
[Key Survey](#) - [School Travel Model](#) - [click here](#)

Black History Month
This national celebration aims to promote and celebrate Black contributions to British society, and to foster an understanding of Black history in general.
Find out more - [click here](#)

National Work-life Week
Find out more - [click here](#)
[Key Survey](#) - [Workplace Wellbeing Snapshot](#) - [click here](#)

World Teacher Day
Find out more - [click here](#)
[Key Survey](#) - [Teacher Subjective Wellbeing](#) - [click here](#)

World Smile Day
Find out more - [click here](#)
[Key Survey](#) - [Kindness Survey Pupils/Staff/Parents](#) - [click here](#)

World Mental Health Day
World Mental Health Day aims to 'raise awareness of mental health issues around the world and mobilise efforts in support of mental health.' This year's theme is celebrating the power of community kindness.

Find out more - [click here](#)
[Key Surveys](#) - [Life Satisfaction Scale Pupils](#) - [click here](#)
- [Self Efficacy Scale Staff](#) - [click here](#)
- [Wellbeing Survey Parents](#) - [click here](#)

SUN	MON	TUE	WED	THU	FRI	SAT
1 Walk to School Month	2 National Work-life Week	3	4	5 World Teacher Day	6 World Smile Day	7
Black History Month						
8	9	10 World Mental Health Day	11	12	13	14
15	16	17	18	19	20	21
22	23 Half Term	24	25	26	27	28
29	30	31 Halloween				

November 2023

Stress Awareness Week
Find out more - [click here](#)
[Key Surveys](#) - [Spence Children's Anxiety Pupils](#)- [click here](#)
- [Perceived Stress Scale Pupils](#)- [click here](#)
- [The HSE Stress Scale Staff](#) - [click here](#)

Stress Awareness Day
Find out more - [click here](#)

Remembrance Day
Find out more - [click here](#)

Anti-Bullying Week
Anti-bullying week kicks off with 'odd socks' day. This year's theme is Make A Noise About Bullying.
Find out more - [click here](#)
[Key Surveys](#) - [Child Relationship Survey](#) - [click here](#)
- [E-Safety](#) - [click here](#)
- [Online Safety and Social Media](#) - [click here](#)

World Kindness Day
On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organisations.
Find out more - [click here](#)
[Key Surveys](#) - [Kindness Survey Pupils](#) - [click here](#)
- [Kindness Survey Staff](#) - [click here](#)
- [Kindness Survey Pupils](#) - [click here](#)

16 Days of Activism Against Gender Violence
Find out more - [click here](#)

SUN	MON	TUE	WED	THU	FRI	SAT
		Stress Awareness Week	1 Stress Awareness Day	2	3	4
5 Bonfire Night	6	7	8	9	10	11 Remembrance Day
12	13 Anti-bullying Week	14	15	16	17	18
		World Kindness Day				
19	20	21	22	23	24	25 16 Days of Activism Against Gender Violence
26	27	28	29	30		

December 2023

Human Rights Day

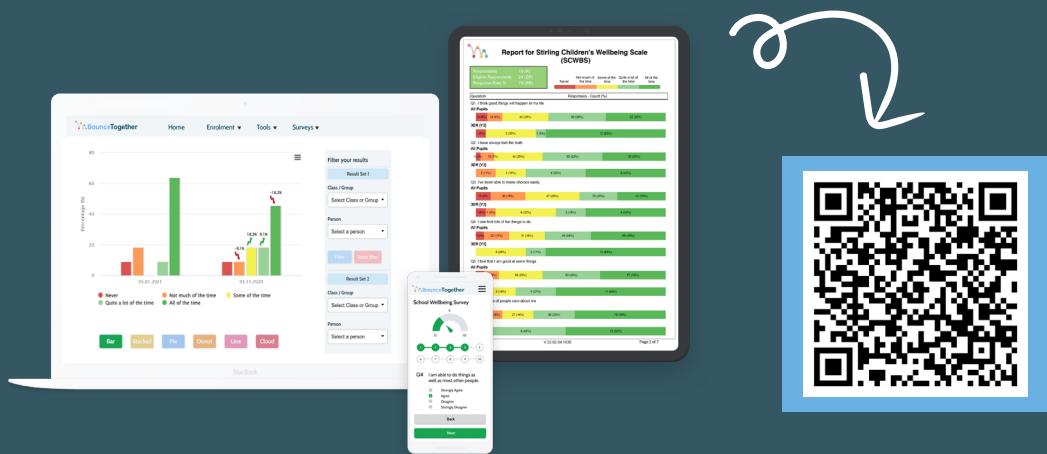
10 December 2023 marks the 75th anniversary of one of the world's most groundbreaking global pledges: the Universal Declaration of Human Rights (UDHR). This landmark document enshrines the inalienable rights that everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Find out more - [click here](#)

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Hannukkah	8	9
10 Human Rights Day	11	12	13	14	15	16
17	18	19	20	21	22 Holiday	23
24	25 Christmas Day	26	27	28	29	30
31						



Interested to find out more?

Whether you are already measuring wellbeing in school or looking to get started, we are confident our platform can make a difference! Join one of our regular group webinars to find out why hundreds of likeminded schools are choosing to work with BounceTogether:



Book a demo today

www.bouncetogether.co.uk

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