

JANUARY

2025

STAFF & PUPIL PINCH POINTS

UCAS Application Deadlines

Return to school worries

Target setting

“You don't have to see the whole staircase, just take the first step.”

Martin Luther King

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
- EMHT Termly Meetings - speak to your practitioner MHST or Seedlings Practitioner to see what is available this term. - Story Barn on the road (The Reader) - Schools can enrol to complete the <u>Rainbow Flag award</u> (LGBTQ+ inclusion national framework for schools) - Altru Drama company will be touring their <u>KS2 online safety</u> performance throughout the term/						
6	7	8	9	10	11	12
13	14 Reading for Pleasure Steering Group 15:30	15	16 <u>REACT Low Mood TTT</u>	17	18	19
20	21 <u>ROAR for Primary Schools</u>	22	23	24	25	26
27 <u>Growing Stronger ACEs Leadership training</u>	28 <u>Mental Health Support Overview Bitesize</u>	29 WSA Steering Group	30	31	<u>Growing Stronger ACE Aware</u> <u>Growing Stronger ACE Skilled</u> <u>Growing Stronger ACE Leadership</u>	

FEBRUARY

2025

STAFF & PUPIL PINCH POINTS

Worry about school places

Loneliness an isolation around valentines day

Assessment/Course Work

“If you are always trying to be normal, you will never know how amazing you can be”

Maya Angelou

MON	TUE	WED	THU	FRI	SAT	SUN
- LGBTQ+ History Month - Children’s Mental Health Week 3rd-9th February. Theme is ‘Know Yourself, Grow Yourself’ - Altru Drama company <u>Play, Post, Share, Repeat</u> tour. - Schools can enrol to complete the <u>Rainbow Flag award</u> (LGBTQ+ inclusion national framework for schools)					1	2
3 CMHW Daily Xpress 10:00-10:30	4 <u>NOW Fest at St George’s Hall</u>	5 <i>World Read Aloud Day</i> CMHW Daily Xpress 13:30 NOW Fest	6 LFC CMHW Daily Xpress 09:30-10:00 (Primary) & 13:30-14:00 (KS3) Now Festival	7	8	9
10 <u>Children’s Festival of Reading</u>	11 Children’s Festival of Reading	12 Children’s Festival of Reading	13 Children’s Festival of Reading	14 Children’s Festival of Reading	15	16
17	18	19	20	21 <i>Care Day</i>	22	23
24	25	26	27 <u>Managing Challenging Conversations</u> <u>Bitesize</u>	28	29	30
- Story Barn on tour - Kooth Assemblies <u>Bitesize Trainings</u> - Growing Stronger ACEs training						



MARCH

2025

STAFF & PUPIL PINCH POINTS

School places announced

SATs & Exam Preparation

Teacher stress towards exams

“The greatest weapon against stress is our ability to choose one thought over another.”

William Jame

MON	TUE	WED	THU	FRI	SAT	SUN
• Kooth Exam Stress Workshops					1	2
3	4 Secondary WSA Network	5 ROAR response to racial trauma	6 Primary WSA Networks World Book Day	7	8 International Women’s Day	9
10 Empathy Week 10- 14th March	11	12	13 ROAR ACEs and Trauma- informed practice Wear Blue for Bobby Day	14	15	16
17	18	19 REACT Body Image TTT	20	21 World Poetry Day	22	23
24	25	26	27 Critical Incident Training 09:00-11:00	28	29	30
31		• Young Carer’s Action Day (13th March)				

APRIL

2025

STAFF & PUPIL PINCH POINTS

Exam preparation stress

Family Expectations

Fear about next steps & transition

“Don’t let what you cannot do
interfere with what you can do.”

John Wooden

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
- Book in Kooth Exam Stress Sessions - National <u>Stress Awareness Month</u>						
7 <i>World Health Day</i>	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 <i>Earth Day</i>	23	24	25	26	27
28	29	30	EMHT Termly Meetings - speak to your practitioner MHST or Seedlings Practitioner to see what is available this term.			