

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 <u>ACE Aware Bitesize</u>	24 <u>Growing Stronger Skilled (1-4pm)</u>	25	26	27
28	29	30	EMHT Termly Meetings - speak to your practitioner MHST or Seedlings Practitioner to see what is available this term.			

MAY

2025

STAFF & PUPIL PINCH POINTS

Summer Assessments

SATs & KS4/5 exams start

“Every child deserves a champion; an adult who will never give up on them, who understands the power of connection and insists that they become the best they can possibly be.” - Rita Pierson

MON	TUE	WED	THU	FRI	SAT	SUN
- Access <u>Self-care plans</u> to support <u>exam and assessment stress</u>. <u>National Share a Story Month</u>			1 9.15 -11.15 AM	2	3	5
5	6	7	8	9 Nurture Programme begins LCC parenting team	10	11 National Children's Day
12	13 <u>Growing stronger Leadership</u> (full day).	14 15:30-17:00 Wave 11 Review Meeting	15	16	17	18
Mental Health Awareness Week. Theme for 2025 is Community. To link in with national limerick day (12th May), can you write your own limerick linking to mental health and resilience?						
19	20 MHST Transition TTT	21 MHST Transition TTT	22	23	24	25
Liverpool Schools' Parliament Eco Week. More information can be found here.						
26	27	28	29	30	31	

JUNE

2025

STAFF & PUPIL PINCH POINTS

End of year reports

KS4/5 Exams

Low mood over not getting into the desired school or college

“We never know which lives we influence, or when or why.” -

Stephen King

MON	TUE	WED	THU	FRI	SAT	SUN
- Pride Month - Transition Workshops - please see Transition Briefing for details.						1
2	3 <u>ACE Aware Bitesize</u>	4	5 <u>ROAR Response to racial trauma (face to face)</u> <u>09:30-16:30</u>	6	7	8
9	10 Talking Teens begins LCC parenting team	11	12	13	14	15
16 MHST Transition TTT	17 MHST Transition TTT	18 Talking Teens begins LCC parenting team	19 <u>WSA Network Online Knowledge Exchange Event 15:00-17:00</u>	20	21	22
23	24 10:00-11:00 Yr 6 Transition Live Session A	25 <u>ACEs Conference Full Day</u>	26 13:30-14:30 Yr 6 Transition Live Session	27	28	29
World Wellbeing Week.						
30	<u>Bitesize Trainings</u> are available on a rolling weekly timetable.					

JULY

2025

STAFF & PUPIL PINCH POINTS

Fatigue and reaching burnout

Managing endings and change

“ I like a teacher who gives you something to take home to think about besides homework.” -

Lily Tomlin

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2 Year 6 Transition Day	3	4	5	6
7	8 <u>Understanding and supporting crisis and risk in schools 10:00- 11:00</u>	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
• Transition Summer Schools will take place across secondary schools. More information can be found here.						
28	29	30 <u>Growing stronger Leadership (full day)</u>	31			

2025

Lack of support during the school holidays

Exam results

Anxiety over the return to school

Exam results

Anxiety over the return to school



"The meaning of life is to find your gift. The purpose of life is to give it away." - Pablo Picasso

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
Transition Summer Schools will take place across secondary schools. More information can be found here.						
4	5	6	7	8	9	10
<u>ACE Aware</u> <u>Bitesize</u>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
We will be holding a Whole School Approach to Mental Health Conference in the Autumn term - details to follow.						