

Aspire Wellbeing Overview 2023-24 v1.

| Term | Autumn 1 (8 weeks) | | Autumn 2 (7 weeks) | | Spring 1 (5 weeks) | | Spring 2 (5 weeks) | Summer 1 (7 weeks) | Summer 2 (7 weeks) |
|---------------------------------------|---|--------------------------|---|----------------------|---|--------------|--|---|--|
| Golden Threads | Respectful Relationships | Living in Modern Britain | Emotional Wellbeing | Families & Parenting | Careers & Your Future | Social Media | Keeping Safe & Healthy | Financial Choices | Managing Change & Transition |
| Key Awareness Dates | September 10 th Suicide Prevention Day 18-24 th Happiness at Work Week October Black History Month 5 th World Teacher Day 10 th World Mental Health Day | | November 1 st Stress Awareness Day 19 th International Men's Day December 5 th International Volunteer Day | | January 15 th Blue / Brew Monday 27 th Holocaust Memorial Day February 1 st Time to Talk Day 2 nd Race Equality 5-11 th Children's Mental Health Awareness Week 20 th International Day of Happiness | | March 1 st Self Injury Awareness Day (SIAD) 8 th International Women's Day 15 th World Sleep Day tbc Eating Disorder Awareness Week | April 2 nd Autism Awareness Day 7 th World Health Day May 1 st -31 st National Walking Month Tbc Mental Health Awareness Week | June LGBT Pride Month Men's Health Awareness Week July |
| Aspire (Mental Health & Wellbeing) | Dreams and Goals <ul style="list-style-type: none"> Aspirations & Goals Resilience Self-Development Self-Managers Revision and study skills Perseverance | | STEPS <ul style="list-style-type: none"> Recognising the signs of stress & anxiety Making our thoughts work for us Staying focused & calm Time management & making revision effective Setting goals / Motivation Getting it right on the day of the exam | | Mental Wellbeing: Recognising problems and seeking support (1) <ul style="list-style-type: none"> Mental health and mental illness Breaking down mental health stigma Panic disorder / panic attacks Anxiety Maintaining positive mental health | | Mental Wellbeing: Recognising problems and seeking support (2) <ul style="list-style-type: none"> Mental health and sleep hygiene Self-Injury / Self Harm Body image, social media & eating disorders Male body image Suicide Prevention | Dealing with Stress <ul style="list-style-type: none"> Exam Stress and Anxiety Stress and Exam Performance Stress: Life events, exercise and sleep Recognising Burnout Stress Management and Self-care Stress and Relaxation | Transition <ul style="list-style-type: none"> Post Exam Blues Healthy Lifestyle: Choices approaching adulthood <ul style="list-style-type: none"> Maintaining a healthy lifestyle Physical activity and positive mental wellbeing Everyday stressors and triggers in adult life Maintaining positive mental health into adulthood |
| Key Resource Links | Jigsaw PSHE E C Publishing Oak Academy Mentally Healthy Schools AQA Unit Awards: Psychology & Wellbeing | | | | | | | | |