

Inspire / Respire Wellbeing Overview 2023-24.

| 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 |
| Inspire / Respire (Mental Health & Wellbeing) | Dreams & Goals <ul style="list-style-type: none"> Aspirations Interpersonal Skills Resilience Self-Development Self-Managers Self-Confidence | | Positive approaches to mental wellbeing: <ul style="list-style-type: none"> Kindness and helping others Peer Pressure Healthy Balance Relationships and Goals Me, my goals and my health Work / Life Balance | | Social Media & Mental Health <ul style="list-style-type: none"> Sleep Social Media and Online Stress Social Media Addiction Social Media and Self-esteem Social Media and Validation | | Mental Wellbeing: Impact of our actions on our mental wellbeing <ul style="list-style-type: none"> Everyday stress triggers we can try to control Issues with schoolwork Eating Disorders Body Shaming Body Image & social media | Healthy Me: <ul style="list-style-type: none"> My Health MOT Extraordinary Minds Charity and Volunteering Sleep Hygiene and Mental Health Maintaining Positive Mental Health Supporting others with their mental health | Transition to Year 11 / GCSE <ul style="list-style-type: none"> Revision skills How can we make the best of our short-term and long term memories? What is plagiarism? Perseverance and Procrastination How can we minimise stress levels and improve our exam performance? |
| Key Resource Links | Jigsaw PSHE E C Publishing Oak Academy Mentally Healthy Schools AQA Unit Awards: Psychology & Wellbeing | | | | | | | | |