Key Wellbeing, PSHE & Cultural Dates Calendar2023/24

- Overview of the Academic Year
- List of Important Dates
- Detailed Planner Pages
- Free Monthly Resources





2023 / 2024 Calendar

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2023 / 2024 Calendar

September 2023:

- 9th World First Aid Day
- 10th World Suicide Prevention Day
- 15th International Day of Democracy
- 22nd Autumn Equinox
- 25th Yom Kippur
- 26th European Day of Languages

October 2023:

ADHD Awareness Month

Black History Month

- 5th World Teacher Day
- 6th National Poetry Day
- 10th World Mental Health Day
- 18th World Food Day
- 19th World Values Day
- 31st Halloween

November 2023:

Movember

- 13th World Kindness Day
- 13th Anti Bullying Week begins
- 16th Road Safety Week begins
- 19th International Men's Day
- 23rd Thanksgiving (USA)

December 2023:

- 3rd International Day of People with Disabilities
- 7th Hanukkah begins
- 10th Human Rights Day
- 22nd Winter Solstice
- 25th Christmas Day

January 2024:

- 24th International Day of Education
- 27th Holocaust Memorial Day

February 2024:

LGBT History Month

- 1st Time to Talk 2024
- 5th 11th Children's Mental Health Week
- 10th Lunar New Year
- 11th International Day of Women in Science
- 17th Random Acts of Kindness Day
- 21st International Mother Language Day
- 26th Empathy Week begins

March 2024:

Women's History Month

- 1st Self Injury Awareness Day
- 7th World Book Day 2024
- 8th International Women's Day (IWD)
- 11th Ramadan begins
- 20th International Day of Happiness // Spring Equinox
- 31st Easter Sunday

April 2024:

Stress Awareness Month

- 5th Passover begins
- 7th World Health Day
- 10th Eid al-Fitr begins
- 14th Sikh New Year
- 16th World Voice Day
- 22nd Earth Day // Stephen Lawrence Day

May 2024:

Exam Season begins

- 21st World Meditation Day
- 28th World Hunger Day

June 2024:

Pride Month

Gypsy Roma and Traveller History Month

- 5th World Environment Day
- 8th World Oceans Day
- 17th Eid al-Adha begins
- 19th Juneteenth
- 21st Summer Solstice // World Humanist Day
- 22nd Windrush Day
- 27th RSE Day

July 2024:

Plastic Free July

- 17th World Day for International Justice
- 18th Nelson Mandela Day
- 18th South Asian Heritage Month begins
- 25th World Drowning Day
- 30th International Day of Friendship // World Day Against Human Trafficking



september 2023

Resource of the Month:

youHQ's Back to School Playlist



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Key Wellbeing / Cultural Dates:

- 9th World First Aid Day
- 10th World Suicide Prevention Day
- 15th International Day of Democracy
- 22nd Autumn Equinox
- 25th Yom Kippur
- 26th European Day of Languages



october 2023

Resources of the Month:

The 80th Birthday Exercise (KS3 & KS4) & 'Understanding Values' Worksheet



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

ADHD Awareness Month Black History Month

- 5th World Teacher Day
- 6th National Poetry Day
- 10th World Mental Health Day
- 18th World Food Day
- 19th World Values Day
- 31st Halloween

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november 2023

Resource of the Month:

Random Acts of Kindness Game



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Key Wellbeing / Cultural Dates:

Movember

- 13th World Kindness Day
- 13th Anti Bullying Week begins
- 19th Road Safety Week begins
- 19th International Men's Day
- 23rd Thanksgiving (USA)



december 2023

Resource of the Month:

'Introduction to Mindfulness' Podcast



SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY	SUNDAY
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Key Wellbeing / Cultural Dates:

- 3rd International Day of People with Disabilities
- 7th Hanukkah begins
- 10th Human Rights Day
- 22nd Winter Solstice
- 25th Christmas Day



january 2024

Resource of the Month:

'Is My Goal SMART?' Worksheet (KS3 - 5)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

- 1st New Year's Day
- 24th International Day of Education
- 27th Holocaust Memorial Day



february 2024

Resource of the Month:

'Calm your mind in 5' Podcast



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

LGBT History Month

- 1st Time to Talk 2024
- 5th 11th Children's Mental Health Week
- 10th Lunar New Year
- 11th International Day of Women in Science
- 17th Random Acts of Kindness Day
- 21st International Mother Language Day
- 26th Empathy Week begins



march 2024

Resource of the Month:

Movement and Mindfulness Exercise Video



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing/Cultural Dates:

Women's History Month

- 1st Self Injury Awareness Day
- 7th World Book Day 2024
- 8th International Women's Day (IWD)
- 11th Ramadan begins
- 20th International Day of Happiness // Spring Equinox
- 31st Easter Sunday

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april 2024

Resource of the Month:

'How can you look after yourself as a teacher?' Podcast



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Key Wellbeing/Cultural Dates:

Stress Awareness Month

- 5th Passover begins
- 7th World Health Day
- 10th Eid al-Fitr begins
- 14th Sikh New Year
- 16th World Voice Day
- 22nd Earth Day // Stephen Lawrence Day



may 2024

Resource of the Month:

'Seven Tips for Exam Revision' Poster



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing/Cultural Dates:

Exam Season begins

- 21st World Meditation Day
- 28th World Hunger Day



june 2024

Resource of the Month:

'You VS Exam Day' Handout



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Key Wellbeing/Cultural Dates:

Pride Month

Gypsy Roma and Traveller History Month

- 5th World Environment Day
- 8th World Oceans Day
- 17th Eid al-Adha begins
- 19th Juneteenth
- 21st Summer Solstice // World Humanist Day
- 22nd Windrush Day
- 27th RSE Day

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july 2024

Resource of the Month:

Summer Wellbeing Wednesday Playlist



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Key Wellbeing/Cultural Dates:

Plastic Free July

- 17th World Day for International Justice
- 18th Nelson Mandela Day // South Asian Heritage Month begins
- 25th World Drowning Day
- 30th International Day of Friendship // World Day Against Human Trafficking

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