



OUR LADY OF LOURDES

CATHOLIC MULTI-ACADEMY TRUST

Calendar of events for staff

SEPTEMBER & OCTOBER

Wellbeing events

Early Sep

Welcome Back: Wellbeing Focus

Reconnect, pause, update on support

05 Oct

World Teachers' Day

Recognise the vocation of teaching

10 Sep

World Suicide Prevention Day

Reflect quietly; share support info (CST: dignity of life)

10 Oct

World Mental Health Day

Raise awareness across the staff team

21 Sep

International Day of Peace

Offer a moment of silence or prayer for harmony

Late Oct

Switch Off Week

Encourage unplugged breaks and defined work time



NOVEMBER & DECEMBER

Wellbeing events

06 Nov

National Stress Awareness Day

Promote rest, boundaries, and self-kindness

12 Nov

National MHFAider Day

Celebrate the impact of MHFAiders

Nov

Movember

Focus on men's mental health awareness and dialogue without judgement

Dec

Advent Pause Week

Quiet space for staff prayer or reflection (CST: spiritual nourishment)

Dec

Advent Wellbeing Calendar

Daily gestures of gratitude, joy, or acts of kindness



JANUARY & FEBRUARY

Wellbeing events



Early Jan

New Year Wellbeing Resolutions

Set gentle intentions: sleep, movement, prayer, balance

13 Jan

Brew Monday

Casual catch-ups over coffee

03 - 09 Feb

Time to Talk Day

Encourage open conversations and listening

06 Feb

Children's Mental Health Week

A reminder of our pastoral role (CST: preferential option for children)

MARCH

Wellbeing events

01 Mar

Self-Injury Awareness Day

Gentle reminders of self-harm support

Early Mar

Eating Disorders Awareness Week

Promote body positivity with sensitivity

26 Mar

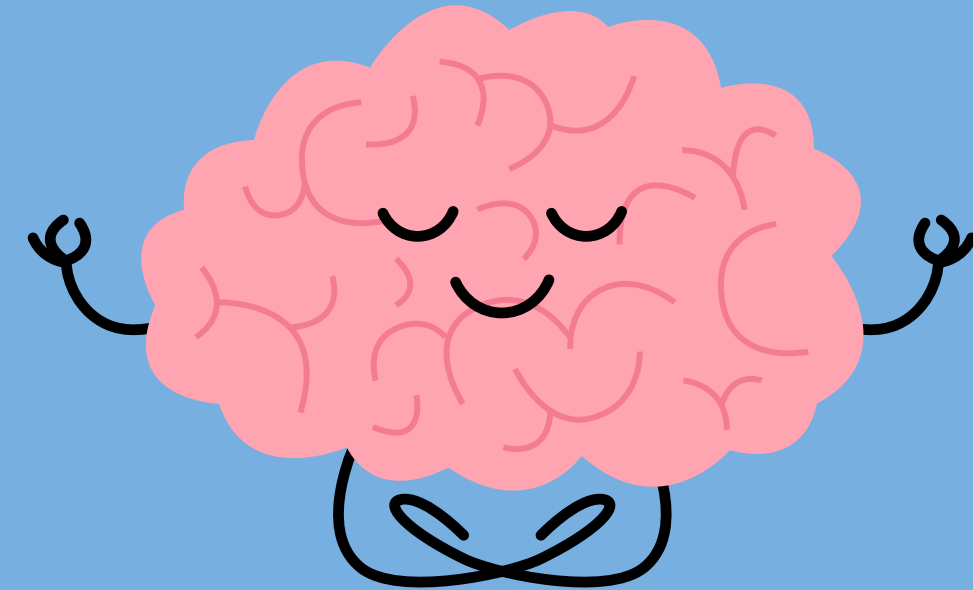
International Gambling Harms Awareness Day

Share resources and reduce stigma

17 - 23 Mar

Neurodiversity Celebration Week

Celebrate neurodiverse strengths



20 Mar

International Day of Happiness

Celebrate joy, share compliments and gratitude

30 Mar

World Bipolar Day

Awareness and staff wellbeing reminder

APRIL & MAY

Wellbeing events

Apr

Stress Awareness Month

Share weekly rest and wellness ideas

02 Apr

World Autism Awareness Day

Promote inclusion and understanding

07 Apr

World Health Day

Explore holistic care (CST: stewardship of the human person)

07 May

World Maternal Mental Health Day

Recognise perinatal mental health challenges

12 - 18 May

Mental Health Awareness Week

Theme: Belonging; gratitude and support

15 May

International Day of Families

Acknowledge domestic and school community ties

19 - 25 May

European Mental Health Week

Broader solidarity and awareness



JUNE & JULY

Wellbeing events

01 - 07 Jun

Volunteers' Week

Honour service-minded staff (CST: solidarity)

24 Jul

International Self-Care Day

Host wellness workshops, mindfulness sessions, and gratitude activities.

09 - 15 Jun

International Men's Health Week

Include aspects of mental health alongside Movember

Jul

End of Year Thanksgiving

Share thanks and staff affirmations

09 - 15 Jun

Carer's Week

Care-focused acknowledgement and support

Jul

Wellbeing Celebration

Recognise kindness, resilience, and mutual care

21 Jun

International Day of Yoga

Promote balance and mental peace through movement

