

Wellbeing Assemblies

	Monday	Together we can...
What	Well being and Mental health Focus on "To equip children with the skills they need to lead happy, healthy and fulfilled lives."	
Who	SEND team	
Week 1 Sept 6th	New Beginnings First Day Back – Inside Out	Be awesome
Week 2 Sept 13th	Working together	Be a team player
Week 3 Sept 20th	5 ways to Wellbeing Rainbow Room https://youtu.be/_gJ5V525SCk https://www.startnowcornwall.org.uk/five-ways-to-wellbeing/	Keep ourselves healthy
Week 4 Sept 27th	Self Soothe Boxes https://www.youtube.com/watch?v=OyfgodSSdV4&feature=emb_title	Take time out
Week 5 Oct 4th	Dyslexia Awareness Week https://www.bdadyslexia.org.uk/support-us/awareness-events/dyslexia-awareness-week/dyslexia-week-2021 https://youtu.be/11r7CFIK2sc	Support ourselves and each other
Week 6 Oct 11th	World Mental Health Day (10 th) 5 Ways to Wellbeing Self Soothe Boxes	Keep ourselves safe
Week 7 Oct 18th	ADHD awareness month (October) 15 th DLD awareness day	Understand each other
Half Term		
Week 8 Nov 1st	Emotional Regulation Zones of Regulation Inside Out	Look out for each other
Week 9 Nov 8th	World Kindness Day 13 th November RAOK	Be Kind
Week 10 Nov 15th	Anti-bullying Week https://www.youtube.com/watch?v=siFPHXxYCZI https://hampshirecamhs.nhs.uk/videos-podcasts/ https://hampshirecamhs.nhs.uk/videos-podcasts/ https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2021-one-kind-word	Respect each other
Week 11 Nov 22nd	20 th November World Children's Day	Help Others
Week 12 Nov 29th	3 rd December International Day of Persons with Disabilities	Celebrate difference
Week 13 Dec 6th	10 th December Human Rights Day	Make a difference
Week 14 Dec 13th	Looking after your Wellbeing through the holidays	Be strong
Christmas Holidays		

Week 15 Jan 3rd	Bank Holiday	
Week 16 Jan 10th	Have you filled a bucket today	Be kind
Week 17 Jan 17th	Respecting differences – Protected characteristics at child level	Be ourselves
Week 18 Jan 24th	National Storytelling Week Linked to positive mental health	Express ourselves
Week 19 Jan 31st	Mental Health Refresher	Be Supportive
Week 20 Feb 7th	Children’s Mental Health Week Safer Internet Day – Tuesday Jon Hill	Keep safe
Week 21 Feb 14th	Mindfulness Random Acts of Kindness week	Be Kind
Week 22 Feb 28th	Mindfulness part 2	Look out for each other
Week 23 March 7th	World Book Day – share books linked to MH International Women’s Day	Change the World!
Week 24 March 14th	Friendship	Be a good friend
Week 25 March 21st	Down Syndrome Awareness Day	Respect everyone
Week 26 March 28th	Autism Awareness Day 2 nd April	Celebrate difference
Week 27 April 4th	Growth Mindset	Have a positive mindset
Week 28 April 25th	International Dance Day	Act with compassion
Week 29 May 2nd	Bank Holiday Eid Deaf awareness	Care
Week 30 May 9th	National Children’s Day	Care
Week 31 May 16th	International Day of Families	Be proud
Week 32 May 23	Mindfulness	Take time out
Week 33 June 6th	Queen’s Platinum Jubilee	Respect
Week 34 June 13th	Healthy Eating Week	Be healthy
Week 35 June 20 th Rainforest Days 20-22	World Refugee Day World Music Day	Empathise

Week 36 June 27 th	Consent	Ask
Week 37 July 4 th	World Emoji Day Feelings and emotions	Understand feelings
Week 38 July 11 th	Transition	Get ready for change
July 18 th	Moving On	Embrace Change