**Legend key:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrition & exercise** | **RSHE** | **PSHE** | **Mental health** | **Safeguarding** | **HAT members**  **Health improvement training calendar 2021/22**     |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Nutrition & exercise** | **RSE** | **PSHE** | **Mental health** | **Safeguarding** | | Training workshops are free to HAT members and £85 for all other schools unless specified. | | | | |   **Health improvement training calendar 2018/19** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **September 2021** | | | | | **October 2021** | | | | | **November 2021** | | | | | | | | |  |
| **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | **Tues** | | **Weds** | | **Thurs** | | **Fri** |  |  |
|  |  | **1** | **2** | **3** |  |  |  |  | 1 | 1 | | 2  **Anti-bullying week resources and ideas** | | 3  **A whole school approach to M.H** | **4**  **Managing your everyday anxieties** | | 5  **YMHFA (Support Staff)** |  |  |
| **6 *Start of Term*** | **7** | **8** | **9** | **10** | 4 | 5 | **6**  **Relaxation and mindfulness** | 7  **Statutory RHSE: what schools need to know** | 8 | 8 | 9 | | 10  **PSHE Network (primary)** | | **11**  **PSHE Network (high)** | | 12  **YMHFA (Support Staff)** |  |  |
| **M.H awareness** | |
| **13** | **14** | **15** | **16** | **17** | 11 | **12**  **CEOP Training** | 13  **Ofsted and Prevent Duty** | 14  **Induction for new PSHE leads** | 15 | 15 | 16 | | **17** | | 18 | | 19 |  |  |
| **Mental Health Network** |
| **20** | **21** | **22**  **DSL Network** | **23** | **24** | **18** | 19 | 20  **HAT 1 and drop-in** | 21  **Mental Health Network** | 22 | 22 | 23  **Contextual Safeguarding** | | **24**  **DSL Network** | | 25  **A whole school approach to Relationships, Sex & Health Education** | | 26 |  |  |
| **Managing stress at work** | |
| **27** | **28** | **29** | **30** |  | 25 ***Half-Term*** | 26 | 27 | 28 | 29 | 29 | 30 | |  | |  | |  |  |  |
| **December 2021** | | | | | **January 2021** | | | | | **February 2021** | | | | | | | | |  |
| **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | **Tues** | | **Weds** | | | **Thurs** | **Fri** |  |  |
|  |  | 1  **HSL briefing** | 2 | 3 | **3** | 4 ***Start of Term*** | 5 | 6 | **7** |  | 1  **Train the trainer: delivering effective RSHE staff training** | | 2  **A whole school approach to M.H** | | | 3  **How to implement a successful packed lunch policy** | 4 |  |  |
| **Safer internet day** | | |
| **DSL Network** | | |
| 6 | 7 | 8 | 9 | 10 | 10 | 11 | 12  **Delivering effective RSHE** | 13  **Managing low mood** | 14 | 7 | 8 | | 9  **PSHE Network (primary)** | | | **10**  **PSHE Network (high)** | 11 |  |  |
| **Ofsted and Prevent Duty** | | |  |
| 13 | 14 | **15** | 16 | **17 *End of Term*** | 17 | 18 | 19  **Mental Health Network** | 20  **Safer Internet Day resources and ideas** | 21 | 14 ***Half-Term*** | 15 | | 16 | | | 17 | 18 |  |  |
| 20 ***Winter Holidays*** | 21 | 22 | 23 | 24 | 24 | 25 | 26  **Parental engagement in online learning** | **27**  **HAT 2 and drop-in** | 28 | 21 **Train the trainer: delivering effective RSHE parent workshops** | 22 | | 23  **M.H awareness** | | | 24 | 25 |  |  |
| 27 | 28 | 29 | 30 | 31 | 31 |  |  |  |  | 28 |  | |  | | |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **March 2022** | | | | | **April 2022** | | | | | | **May 2022** | | | | | |  |
| **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | | **Tues** | **Weds** | **Thurs** | **Fri** |  |  |
|  | 1 | **2**  **Relaxation and mindfulness** | **3**  **Ideas to encourage pupils to move more** | 4 |  |  |  |  | 1 ***End of Term*** | **2 *May Day*** | | **3** | 4  **Mental Health Network** | 6 | 6 |  |  |
| **Ofsted and Prevent Duty** |
| 7 | 8 | 9  **Sleep hygiene** | **10**  **How to become a successful eco-school** | 11 | 4 ***Easter Holidays*** | 5 | **6** | 7 | 8 | **9** | | 10 | 11  **PSHE Network (primary)** | 12  **PSHE Network (high)** | 13 |  |  |
| 14 | 15 | 16  **Managing your everyday anxieties** | 17  **How to achieve Sugar Smart School status** | 18 | 11 | 12 | 13 | 14 | 15 | **16** | | 17 | 18  **Final HAT workshop** | 19 | 20 |  |  |
| **DSL Network** |
| 21 | 22 | 23  **Managing low mood** | 24 | 25 | **18** | 19 | 20  **M.H Awareness Week resources and ideas** | 21  **HSL drop-in** | 22 | 23 | | 24 | 25 | 26 | 27 |  |  |
| 28 | 29 | 30  **Managing stress at work** | 31 |  | 25  **HAT workshop 3** | 26 | 27 | 28 | 29 | 30 ***Half-Term*** | | 31 |  |  |  |  |  |
| **DSL Network** |
| **June 2022** | | | | | **July 2022** | | | | | | **August 2022** | | | | | |
| **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Mon** | | **Tues** | **Weds** | **Thurs** | **Fri** |
|  |  | **1** ***Half-Term*** | 2 | 3 |  |  |  |  | 1 | **1** | | **2** | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 4 | 5 | **6** | **7**  **HAT celebration event** | 8 | **8** | | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 | **15** | | 16 | 17 | 18 | 19 |
| 20 | 21 | 22  **DSL Network** | 23 | 24 | **18** | 19 | 20 | 21 | 22 | 22 | | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |  | 25 | 26 | 27 ***End of Term*** | 28 | 29 | 29 | | 30 | 31 |  |  |