**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 |  |  |