

Legend key:

Nutrition & exercise	RSHE	PSHE	Mental health	Safeguarding	HAT members
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# HEALTH IMPROVEMENT TRAINING CALENDAR 2023/24

September 2023					October 2023					November 2023				
Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
				1	2	3		5	6			1 Anti-bullying Week Ideas, 3.45-4.45pm Virtual	2	3
4	5	6	7	8	9	10	11 PSHE Network 1 (Primary): 4-5:30pm F2F	12	13	6	7 PSHE Network 1 (High):4-5:30pm F2F		9 New PSHE SOW Launch Event: 12:30 –3pm F2F	10
11	12	13	14	15	16 Induction Meeting for new PSHE Leads 3:45-5pm, Virtual	17	18 MH Network: 3.30-5pm Virtual	19 HAT 1: 1.30-3pm Virtual	20	13	14	15		17
18	19	20	21	22	23	24	25	26	27	20	21	22	23	24
25	26	27	28	29	30	31 Green schools' network 1: 3.45-4.50pm Virtual				27	28		30 Nudging pupils to eat healthier lunches. 3.30-5pm, Virtual	
													Youth Mental Health First Aid, 9-5pm, F2F	
December 2023					January 2024					February 2024				
Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
				1 Youth Mental Health First Aid: 9-5pm, F2F	1	2	3	4	5				1 Taking a mental health audit of your school 3:30 – 5pm, Virtual	2
4	5	6 The Ofsted focus on PSHE 3:45-5pm Virtual	7 HSL award lightning trainings: 3.30-5pm Virtual	8	8	9	10	11	12	5	6	7 MH Network: 3 -5pm F2F	8 HAT 2: 1.30-3pm Virtual	9
11	12	13	14	15	15	16	17 How to get the Eco schools award: 3.30-5pm Virtual	18 Introduction to CYP mental health 3.00-5pm, F2F	19	12	13	14	15	16
18	19	20	21	22	22	23 Green schools network 3.45-4.50pm, Virtual	24 PSHE Network 2 (Primary): 4-5:30pm F2F	25 Tackling Harmful Sexual Behaviour 3:45-5:15pm, F2F	26	19	20 Teaching FGM as part of the Ealing SOW, 3:30-5:30pm F2F		22 Dove body image workshop 3.30-4.30pm Virtual	23
25	26	27	28	29	29	30	31			26	27 HIT Conference: 9-5pm, F2F	28		

March 2024					April 2024					May 2024				
Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
				1	1	2	3	4	5			1	2	3
4	5 PSHE Network 2 (High): 4-5:30pm F2F	6 RSHE – Train the trainer- Staff training: 3.45-5pm F2F	7 Parental engagement in online safety: 3.30- 5pm Virtual	8	8	9	10	11	12	6	7	8	9 HAT 3: 1.30-3pm, Virtual Staff wellbeing – managing your own mental health 3:30-5pm Virtual	10
11	12	13 Joint DSL and PSHE Network Meeting: 12.00-1.30pm F2F	14	15	15	16	17	18	19	13	14	15 How to create healthy classroom environments: 3.45-4:45pm Virtual	16	17
18	19 Green schools network 3: 3.45-4.50pm Virtual	20 RSHE – Train the trainer- Parent workshops: 3.45-5pm, Virtual Parent’s mental health 3.30-5pm Virtual	21	22	22	23	24	25	26	20	21	22 MH Network 3.30-5pm Virtual	23 How to deliver a Healthy Eating Week 3.45-4.4pm Virtual	24
25	26	27	28	29	29	30				27	28	29	30	31
June 2024					July 2024					August 2024				
Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
3	4	5 PSHE Network 3 (Primary): 4-5:30pm F2F	6	7	1	2	3	4	5				1	2
10	11	12 Helping teachers support parents with online safety: 3.45-5.15pm F2F	13	14	8	9	10	11	12	5	6	7	8	9
17	18	19 High School PSHE Network Conference 2-5pm, F2F	20	21	15	16	17	18	19	12	13	14	15	16
24	25	26	27	28	22	23	24	25	26	19	20	21	22	23
					29	30	31			26	27	28	29	30