

Health improvement training calendar 2018/19

October 2018					November 2018					December 2018				
Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
1	2	3	4 Young leaders workshop (high school pupils)	5				1	2		4	5 An introduction to mindfulness	6	7
8	9	10 Mental health awareness	11	12	5	6 Female Genital Mutilation briefing	7	8 Mental health: a whole school approach	9 HSL submission deadline 1	10 Pupil well-being & mental health - what governors need to know	11	12 5-minute daily HIT for schools	13	14
15	16	17	18 Anti-bullying week resources and ideas.			13 Induction for new PSHE coordinators	14	15	16	17	18	19	20	21 HSL submission deadline 2
22	23	24	25	26	19 Road Safety Week	20	21	22	23	24	25	26	27	28
29	30 HSL awards briefing	31			26	27	28 PSHE network (Primary)	29 PSHE network (High)	30	31				
January 2019					February 2019					March 2019				
Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
			3	4					1					1
7	8	9	10		4 Children's mental health week	5 Is your school Ofsted ready? How to embed SMSC, British Values, safeguarding and PSHE	6 International day of zero tolerance for FGM	7 How to implement a successful packed lunch policy Time to Talk Day	8	4	5 PSHE network (High)	6 PSHE network (Primary)	7 Proven ways to reduce obesity	8
14	15	16	17 Mental health network	18	11	12	13 Talking to parents about mental health	14 Improving the dining room experience Playground Zoning		11	12 How to deliver effective RSE staff training How to deliver effective RSE parent workshops Healthy RSE - preparing secondary schools	13 Healthy relationships and sex education - preparing secondary schools for RSE.	14	15
21 HIT Conference	22	23 Self-harm & eating disorders	24 HSL drop in	25	18	19	20 Organic food growing at school	21	22	18	19	20	21	22
28	29	30	31 Daily Mile fun & fundraising		25	26	27	28		25	26 Effective RSE- what is it?	27 Understanding stress & anxiety	28	29
April 2019					May 2019					June 2019				
Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
1 Stress awareness month	2	3	4	5			1 Emotional wellbeing needs of LGBT pupils	2	3	3	4	5 Updating your RSE policy	6	7
8	9	10	11	12	6	7	8	9	10	10 Healthy Eating Week	11	12	13	14 HSL submission deadline 4
15	16	17	18	19	13 Mental health awareness month	14	15	16	17	17	18	19 Mental health network	20 Preparing for statutory RSE	21
22	23	24 Teaching mental health -high Schools	25	26	20 Walk to school week	21	22 HSL drop-in	23	24 HSL deadline submission 3	24	25 PSHE network (Primary)		27 PSHE network (High)	28
29	30				27	28	29	30	31					

