



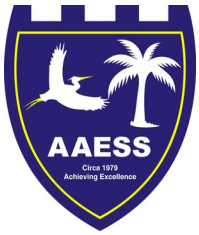
Al Ain English Speaking School Wellbeing Calendar 2023-2024

Term 1: August - December 2023

Event	Time of Year	Focus	What will we do?	Activities
Back to school	August 2023	<ul style="list-style-type: none"> - Bringing the school community back together - Welcoming new starters - Preparing for the year ahead 	<p>Whole school assembly</p> <p>Individual activities to help teachers and pupils to get to know each other</p> <p>CPD week</p> <p>Social events for new as well as all staff</p>	<p>Whole School training sessions</p> <p>New Staff: Social at Golf club Pool Day at Rugby club Quiz night</p> <p>All staff: Wellness awareness sessions</p> <p>CPD week Foot Golf</p>
Weekly Wellness	Once a week for a 30 minute session	<p>Each week- 1 lesson</p> <p>Each month- 1 celebration day.</p>	<p>School leadership teams will plan, coordinate and run weekly initiatives related to wellness.</p> <p>Using primary parliament to assist.</p>	<p>Weekly wellness activities related to a given theme, bespoke and or in general.</p>
Al Ain Amblers Open Day	9th September	<p>Al Ain Amblers rugby community holding an open day to welcome new staff and welcome back existing members of the community.</p>	<p>-AAESS shares information regarding this event, encouraging staff to take part.</p>	<p>Promotions for AAESS staff.</p>



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Wellness Audit	2nd- 13th September	Assessing the mental health needs of students and staff, to support in planning for the year.	Wellbeing survey for staff and pupils	Wellness questionnaires to be completed by staff and pupils. Responses analysed and action plan to be developed and initiated
20 days of Wellbeing Challenge.	11th September	Working with staff and students to take part in a 20 day wellbeing challenge to complete tasks to encourage all to take care of their wellbeing.	Encouraging staff and pupils to take part in the challenge. Reward for students for completing the challenge- wellbeing award? Encourage children to send in pictures of them completing activities at home.	Staff and children share pictures of and ideas of the wellbeing challenges.
World Gratitude Day	21st September	-Explaining the word gratitude. -Understanding how to be grateful. -Listen to gratitude affirmations	Discuss the meaning of being grateful and things that we are grateful for. Discuss different scenarios of where we should be grateful for what we have etc. Moral studies lesson being aimed at gratitude.	Gratitude letters. Write thank you notes to staff. Take a gratitude break Gratitude scavenger hunt Gratitude jar Gratitude colouring
World Teachers Day	5 th October 2023	- Teacher appreciation - Staff wellbeing - Teacher stress management	Celebration day for teachers – celebration assembly, activities etc. - Demonstrate commitment to staff wellbeing - Staff wellbeing activities	Staff Wellness Day at school Breakfast? Lunch?



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World Mental Health day	Tuesday 10 th October 2023	Theme for 2023 – Mental Health is a universal human right - Mental health awareness - Human rights awareness - Self-care strategies - Social and emotional skills	- Hold a wellbeing celebration day - Develop staff knowledge on groups that may be more likely to be at risk. - Run activities/lessons focused on improving students’ social and emotional skills.	Mental Wellbeing Assemblies Mental Wellbeing activities and whole school initiatives
Cancer Awareness Day	13th October	Creating an awareness for cancer research.	Secondary - Pink Day at school - Ribbons across the school - Pink day related activities - Student council work across whole school	Secondary children come dress in something pink Pink day activities in secondary Ribbons across the school Primary - lesson on cancer awareness
Midterm Break	14th-23rd October			
International Stress Awareness week	1 st – 5 th November 2023	- Handling stress - Self-care strategies - Mindfulness - Work-life balance	- Staff meeting on staff wellbeing and stress at work - Risk assessment on staff stress in the school - Staff training on stress management - Emphasise support pathways for staff struggling with stress.	Workshops and webinars on how to effectively deal with stress as well as mitigate stress at work.



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World Kindness Day	13 th November 2022 (11th November at school)	<ul style="list-style-type: none"> - Kindness - Understanding - Tolerance - Empathy - Kind and healthy relationships 	What does kindness look like in practice from a Pupil Staff Parent perspective	<ul style="list-style-type: none"> - Hold a celebration day - Run classroom activities focused on kindness - Explore kindness in the context of friendships and relationships. - Kindness poster competition in primary - Encourage random acts of kindness activities in secondary
Anti-bullying Week	13 th – 17 th November 2023	Theme for 2023- Make a noise about bullying <ul style="list-style-type: none"> - Bullying – on or offline - Respect - Friendships and kindness - Peer pressure - Social media 	<ul style="list-style-type: none"> - Hold all-school assemblies to mark the week - Ensure students know what to do if they are a bystander to bullying. - Explore the characteristics of healthy, kind relationships in lessons - Review our school’s anti-bullying policy. - CPD sessions for staff 	https://anti-bullyingalliance.org.uk/aba-our-work/united-against-bullying-uab-programme Numerous activities throughout the week; such as: Odd socks; crazy hair etc. (To be finalised closer to the time)
UAE National day Celebrations	28th /29th November	UAE 52 years old	Traditional National day celebrations	National Day - Programme and activities to be confirmed
End of term	15th December			

