

Autumn Term

School Wellbeing Calendar 2025

This calendar is designed to support your school in promoting wellbeing and mental health awareness. It provides information on important awareness days and suggests surveys to capture relevant insights from pupils, staff, and parents.

* **Remember** while we suggest specific dates for running these surveys, it's important to remember that these dates are flexible and can be tailored to the needs of your setting. You have the freedom to adjust the timing to ensure maximum participation and relevance for your school community. By following these steps, tailored to your unique context, you can gain valuable data and implement targeted strategies to enhance the wellbeing of your school community.



September 2025



Run a Survey

Assign one of our recommended benchmarking surveys two weeks into the year. This gives pupils chance to settle in and will provide a universal measure of wellbeing to inform your strategy. This baseline measure can also help you track progress.

- The Stirling Children's Wellbeing Scale
- The Student Subjective Wellbeing Questionnaire
- KINDL (Kid, Kiddy, Kiddo)

Download Surveys - [Click Here](#)



International Literacy Day

This year's theme is, 'Promoting multilingual education Literacy for mutual understanding and peace'.

Find out more - [click here](#)
Attitude to Reading Survey - [Click Here](#)



World Suicide Prevention Day

Find out more - [click here](#)



National Fitness Day

The UK's biggest celebration of health and fitness.

Find out more - [click here](#)
Attitude To Physical Activity Scale - [Click Here](#)



National Inclusion Week

Dedicated to celebrating inclusion and taking action to build inclusive workplaces and schools.

Find out more - [click here](#)
Work Related Quality of Life Scale - [Click Here](#)
Pupil Belonging Surveys - [Click Here](#)



National Teaching Assistant Day

Find out more - [click here](#)

| SUN | MON | TUE | WED | THU | FRI | SAT |
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Train Students in the Psychology of Wellbeing

Give students the skills to improve wellbeing across school with our peer-led psychology of wellbeing course. They'll learn evidence-based techniques, embed them in daily life, and run campaigns to share them with their peers.

Find out more - [Click Here](#)

SWAP

October 2025

● Black History Month

Find out more - [click here](#)

● World Smile Day

Find out more - [click here](#)

Surveys for pupils and staff - [Click Here](#)

● World Teachers' Day

Find out more - [click here](#)

Surveys for staff - [Click Here](#)

● International Week of Happiness at Work

A movement towards greater work happiness grows, for both organisations and individuals.

Find out more - [click here](#)

Surveys for pupils, staff, and parents - [Click Here](#)

● Dyslexia Awareness Week

Find out more - [click here](#)

Reading Surveys for Pupils - [Click Here](#)

● World Mental Health Day

The objective is to raise awareness of mental health issues and to mobilise efforts of support.

Find out more - [click here](#)

Surveys for pupils, staff, and parents - [Click Here](#)

● National Work Life Week

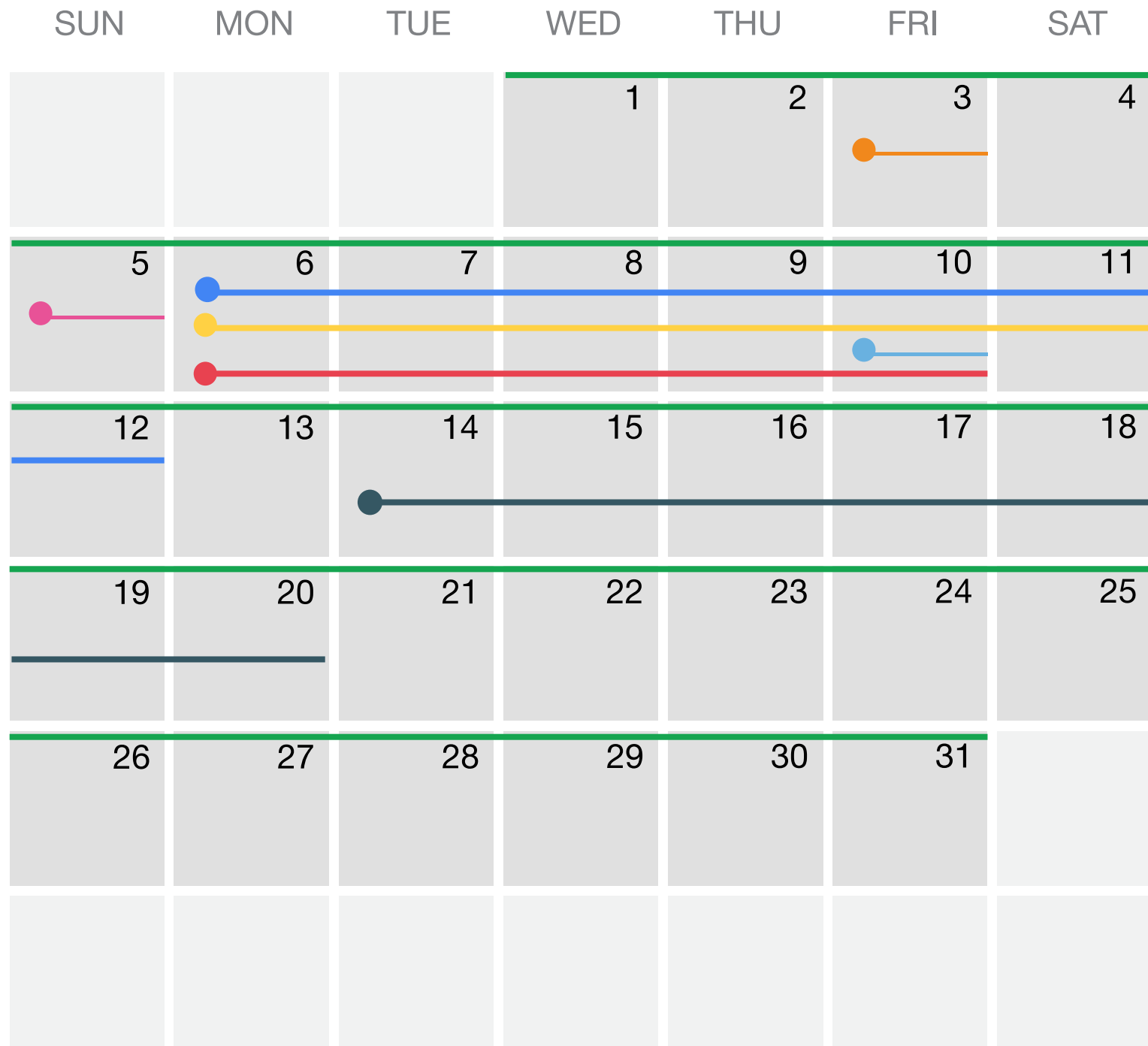
To get both employers and employees talking about wellbeing at work and work-life balance.

Find out more - [click here](#)

Surveys for staff, and parents - [Click Here](#)

● Recycle Week

Find out more - [click here](#)



November 2025

● Stress Awareness Week

To raise awareness of stress around the world and to improve the ways in which stress is managed.

Find out more - [click here](#)

Perceived Stress Scale Pupils - [Click Here](#)

The HSE Stress Scale Staff - [Click Here](#)

● Remembrance Day

Find out more - [click here](#)

● Anti Bullying Week

The week will kick off with Odd Socks Day on Monday 10th, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.

Find out more - [click here](#)

The Child Relationship Survey - [Click Here](#)

E-Safety Survey - [Click Here](#)

● World Kindness Day

An opportunity to highlight good deeds in the community and the common thread of kindness.

Find out more - [click here](#)

Kindness Survey pupils, staff, parents - [Click Here](#)

● Road Safety Week

Share important road safety messages and join our call for safe roads for everyone.

Find out more - [click here](#)

Transport to school surveys - [Click Here](#)

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| 30 | 31 | | | | | |

December 2025



Grief Awareness Week

A compassionate and important day dedicated to raising awareness about grief, providing support to those who are grieving, and fostering a better understanding of the grieving process.

Find out more - [click here](#).



Human Rights Day

A day dedicated to promoting and celebrating the fundamental rights and freedoms that all individuals are entitled to, regardless of their nationality, gender, race, religion, or background.

Find out more - [click here](#).



Christmas Jumper Day

A festive and charitable holiday tradition that encourages people to don their most colorful and whimsical holiday sweaters, often adorned with jolly designs and festive motifs.

Find out more - [click here](#).

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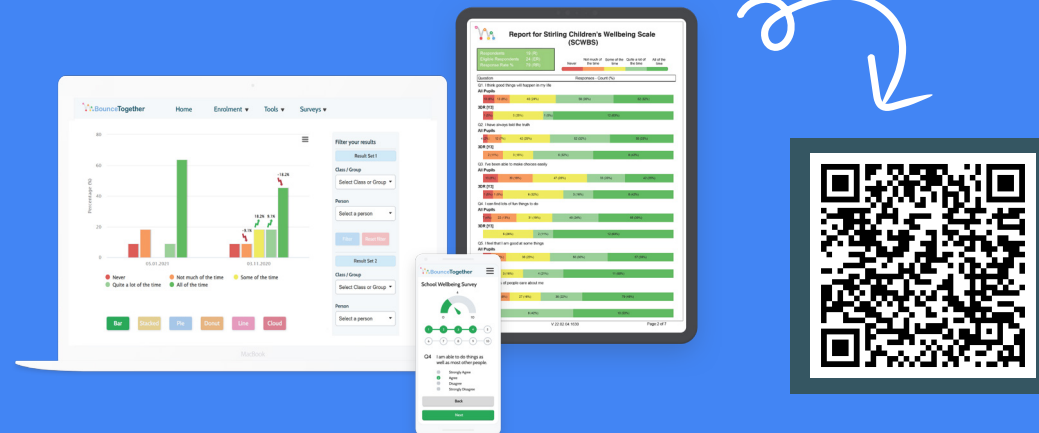
SWAP



Did you know you can run your first wellbeing survey for **FREE**?

Take the first step towards smarter, data-informed pupil support this term.

- Full access to BounceTogether for 2 months
- One evidence-based pupil wellbeing survey
- Clear, simple reporting at school, class, and pupil level
- Real-time alerts for safeguarding concerns (including CPOMS integration)



www.bouncetogether.co.uk