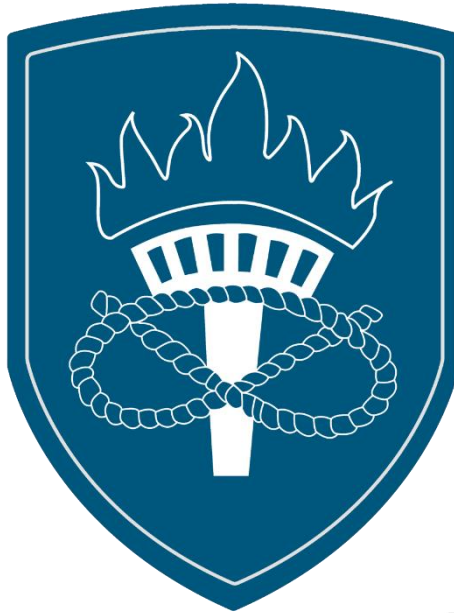




Barr Beacon School
'Proud to Succeed'

Barr Beacon School Mental Health and Wellbeing
Calendar
2025 - 2026

Month	Mental Health	Wellbeing
September 2025	10th September - World Suicide Prevention Day Hosted by International Association for Suicide Prevention and the World Health Organisation, the purpose of the day is to raise awareness of how to prevent suicide. Charity events throughout the year will raise money for Papyrus in support of suicide prevention in teenagers. Wellbeing Tip provided on Padlet and in Assembly every week. Your Voice Matters – Half Termly All pupils will have the chance to take part in a whole school survey once a half term. Feedback from this will be feedback to pupils along with a You Said, We Did action so that pupils know how our community will continue to be developed.	Welcome new staff in staff briefing 22nd September Breakfast Baps served for staff 29th September – National Teaching Assistant Day Time to Talk (Staff) 3.15 - 4.00 Shakespeare Room Staff Workload and Wellbeing Ambassadors meeting Fortnightly after school staff social Friday pm Share Trust benefits/Signpost SAS
October 2025	10th October – World Mental Health Day World Mental Health Day is a great opportunity to raise awareness of mental health problems and start conversations. Each year a theme is set by the World Federation for Mental Health. Whole school focus on how to stay mentally healthy through assemblies/top tips and whole school events for staff and pupils. Mental Health and Wellbeing Ambassadors provided the assemblies and form activities for the week. A Bake Sale was hosted to raise money for Papyrus.	World Teacher Day: 5th October 2025—Thank a teacher emails, cards and staff shout outs. Matrix Academy Trust Day: celebration of staff. The trust day is an opportunity for all staff trust wide to come together and spend a day celebrating the past year and looking forward to the academic year ahead. If you haven't been to one of these events yet, they are put together to celebrate our staff and reflect on all the wonderful things going on in our schools. Fortnightly after school staff social Friday PM Flu jabs Check when wellbeing checks happen too

November 2025	14-18th Anti-bullying week Antibullying Ambassadors raised awareness of the dangers of bullying and its last impact. During this week, pupils were invited to come together for Odd Sock Day to show solidarity. 20th November – Year 11 PSHE Day – with focus on making healthy and sensible choices	Fortnightly after school staff social Red week - Mock Marking – No CPD time for moderation and standardisation 4th November World Kindness day 5th November - Staff Lunch 14th November Awards Evening – Key Stage 4 – Sutton Coldfield Town Hall 14th November Random acts of Kindness : Staff to randomly be given a member of staff to show kindness to. This can be through a postcard/gift*/support but must be anonymised. *No expectation of cost unless staff wish. Time to Talk? Thank a TA Day – check the date – think it is September
December 2025	Christmas Assemblies Key Stages come together for Christmas fun and laughter, competition in their houses in inter-house games. Christmas Bauble Decorations Pupils came together to decorate baubles for the school Christmas Tree and raise money for Papyrus. Charity Ambassadors collected gifts for others at Christmas Time.	5th December Staff Christmas Social Staff Pantomime 18th December Breakfast Baps served for staff 17th December Staff Christmas Dinner Fortnightly after school staff social
January 2026	20th January Community Champions Launch Matrix Academy Trust launches its pupil Community Champions forum to raise money for Papyrus.	Weekly Staff Shout Outs – Monday Morning Briefing Fortnightly Social: open invite to all staff to join colleagues for drinks. 5th January Staff lunch 15th January – Blue Monday - ‘brew Monday’ coffee morning for staff 8-8:40 iCentre. 26th-28th January Whitemoor Lakes – Year 7 Residential (All Year 7 pupil invited) to take part in outdoor activities and wellbeing! Team games and camp fires with pupils and staff collectively allowing quality time together!
February 2026	w/c 2nd February Children’s Mental Health Week	Weekly Staff Shout Outs – Monday Morning Briefing

	Mental Health and Wellbeing Ambassadors promote mental health and wellbeing through their assembly on this year's topic of 'My Happy Place'. A Bake Sale with the theme My Happy Place allowed pupils to come together to raise money for Papyrus. All month – Exam stress workshops for Year 11/13	2nd February Breakfast Baps served to staff 3rd February staff training for Hadrian's Wall challenge 7th February Matrix Park Run 5k –Parkrun is an organisation that organises free 5k events every Saturday morning at 9am in various countries and locations. The Matrix Academy Trust parkrun is taking place at Walsall parkrun and will see people from across the trust run, jog or walk a 5k. 24th February - Time to Talk (Staff) 3.15 - 4.00iCentre A relaxed opportunity to come together over tea, or coffee, and meet colleagues from across different departments and take a moment to pause and connect. Nominations for Pearson Teaching Awards – deadline 27th February Show appreciation for staff who go above and beyond. Parent and Carer nominations for Thank a Teacher and Pearson unsung Hero launched. (Deadline for nominations 27th February) Acts of Kindness Week?
March 2026	20th March International Day of Happiness 26th March – Year 11 PSHE Day – with focus on making healthy and sensible choices Neurodiversity Celebration Week – Assemblies 24th March- Time to Talk (Staff) 3.15 - 4.00 Shakespeare Room iCentre A relaxed opportunity to come together over tea, or coffee, and meet colleagues from across different departments and take a moment to pause and connect	Fortnightly Social: open invite to all staff to join colleagues Friday after school Red week - 3rd March – 15th Mock Marking Week – No CPD time for moderation and standardisation 6th March – World Book Day Reading is closely associated with wellbeing: Year 7 will have the chance to use their imagination in the Epic Tales workshops. All pupils will have chance to take part in the Reading Detective activity and assemblies will celebrate reading. English will also support with activities about the World Book Day books! 6th March Staff Stay Survey – no Monday morning briefing time to be used to complete the survey The Stay Survey gives you a voice. It helps us understand what's working well, what helps you feel included, and what supports you to thrive at work. Focusing on strengths and growth, it allows us to build on what's positive and make small improvements that really matter. Weekly Staff Shout Outs – Monday Morning Briefing

		Staff wellbeing group meeting Date to be confirmed- The Staff Wellbeing group meet to plan events for the staff body as well as review any current points raised by members of the team to address and look to put in measure to support wellbeing. Put these in half termly Staff career aspiration meetings commence 13th – 16th March Matrix Paris Trip – Year 8 and 9 pupils and staff come together in the PGL centre outside of Paris as a community to find out more about continental cultures and each other. 12th March Moderation Day – lunch served in the bistro for staff. 25th March – Coventry Cathedral trip – Staff and year 7 pupils have the opportunity to consider their spirituality and visit a place of worship. 21st - 27th March Turing Germany – Year 9 pupils and Staff from across the Matrix Trust come together to find out more about German culture, cuisine, language and traditions, whilst making new friends across our schools. 30th March Staff award ceremony morning briefing followed by celebration breakfast in the bistro
April 2026	Stress Awareness month: Assembly and form activities Wellbeing Hub Staff put on anti-stress workshop for nominated pupils in Year 11. Year 11 Assemblies – focus on anti-stress when preparing for exams in the Golden Nugget Assemblies. World Health Day- April 7th It is celebrated annually, and each year draws attention to a specific health topic of concern to people all over the world.	Fortnightly Social: open invite to all staff to join colleagues after school on a Friday. Weekly Staff Shout Outs – Monday Morning Briefing 14th April – 24th April Turing Canada Year 10 pupils and Staff from across the Matrix Trust come together to find out more about Canadian culture, cuisine, language and traditions, whilst making new friends across our schools. 24th April – staff voice survey - no Monday morning briefing time to be used to complete the survey Staff career aspiration meetings continue Stress Awareness Week – Staff Wellbeing Focus A range of optional activities will be available to support staff wellbeing, including a <i>Tea and Talk drop-in</i>, wellbeing tips, and opportunities for colleagues to pause and connect. If you are feeling stress please remember the SAS service is available to support you.

May 2026	11-17th May Mental Health Awareness Week: Assembly and form activity based around the theme of 'Action'. This means pupils will be invited to think about what actions they need to take to ensure that their mental health is as positive as possible and help is sought when needed. 21st May – World Meditation Day: Form activity on the importance of meditation and mindfulness.	11-17th May Mental Health Awareness Week Time to talk group session: staff can come together informally for tea and coffee and connect with colleagues from across departments. Fortnightly Social: open invite to all staff to join colleagues for drinks at Farmer John's Weekly Staff Shout Outs – Monday Morning Briefing Host a Time to Talk drop-in session after school where staff can come together informally for tea and coffee and connect with colleagues from across departments. 18th May Staff shout outs for summer term 1 prize draw during Monday Morning briefing! Staff career aspiration meetings continue 18th May - staff award ceremony morning briefing followed by celebration breakfast in the bistro Something for staff for Mental Health Awareness Week. Time to Talk? Top Tips? 21st May – World Meditation Day ; Staff are encouraged staff to take a short mindful walk at lunchtime, focusing on breathing and being present. <i>Taking just five minutes to pause, breathe, and reset can improve focus, reduce stress, and support overall wellbeing.</i>
June 2026	Pride Month: June every year A celebration designed to recognise the influence of the LGBTQ+ community. Activities linked to our Beacon Values of Respectful to all and Everyone is Equal. We are Barr Beacon Day – Year 7 Date TBC We are Barr Beacon Day Year 8 Date TBC Culture Day Pride Month: June every year A celebration designed to recognise the influence of the LGBTQ+ community. Activities linked to our STRIVE Values of Respectful to all and Everyone is Equal	Weekly Staff Shout Outs – Monday Morning Briefing Thank a Teacher Day? 17th June 1st June Staff Stay Survey – no Monday morning briefing time to be used to complete the survey 6th June – NO Monday Morning meeting The Stay Survey gives you a voice. It helps us understand what's working well, what helps you feel included, and what supports you to thrive at work. Focusing on strengths and growth, it allows us to build on what's positive and make small improvements that really matter. 11th-17th June Turing Sweden – Pupils and Staff from across the Matrix Trust come together to find out more about Swedish culture, cuisine, language and traditions, whilst making new friends across our schools. 29th – 1st July Borreaton Park – Year 8 Residential

Barr Beacon School Mental Health and Wellbeing Calendar

		All Year 8 pupils invited to take part in outdoor activities and wellbeing supported by staff from Barr Beacon School
July 2026	Wellbeing day 7-10 pupils Pupils will have the opportunity to take part in a range of activities designed to promote enjoyment, connection and positive wellbeing. Pupils will be able to choose from a variety of activities, both within school and off site. Options will include a range of experiences such as adventure activities, a trip to Alton Towers, shopping at Merry Hill, football, and creative activities within school. The aim of the day is to provide pupils with an opportunity to step away from their usual routines, try something new, spend time with friends and staff, and engage in activities that support their overall wellbeing.	Weekly Staff Shout Outs – Monday Morning Briefing 6th July – staff survey no Monday morning meeting time to be used to complete survey Wellbeing Day 19th July Staff award ceremony morning briefing followed by celebration breakfast in the bistro