

Key Wellbeing, PSHE & Cultural Dates Calendar 2024/25








- Overview of the Academic Year
- List of Important Dates
- Detailed Planner Pages
- Free Monthly Resources



youhq
by LIFE ON TIME

2024 / 2025 Calendar






SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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29	30					

OCTOBER

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NOVEMBER

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DECEMBER

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JANUARY

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FEBRUARY

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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2024 / 2025 Calendar

September 2024:

- 10th - World Suicide Prevention Day
- 12th - End Digital Poverty Day
- 14th - World First Aid Day
- 15th - Int. Day of Democracy
- 21st - Int. Day of Peace
- 22nd - Autumn Equinox
- 26th - European Day of Languages

October 2024:

ADHD Awareness Month

Black History Month

- 5th - World Teacher Day
- 6th - National Poetry Day
- 10th - World Mental Health Day
- 12th - Hate Crime Awareness Week begins
- 16th - Recycling Week begins
- 17th - World Values Day
- 18th - World Food Day
- 31st - Halloween // Diwali

November 2024:

Islamophobia Awareness Month

Movember

- 5th - Bonfire Night
- 11th - Armistice Day
- 11th - Anti Bullying Week begins
- 13th - World Kindness Day
- 17th - Road Safety Week begins
- 19th - Int. Men's Day

December 2024:

- 1st - World AIDS Day
- 2nd - Int. Day for the Abolition of Slavery
- 3rd - Int. Day of People with Disabilities
- 10th - Human Rights Day
- 12th - Christmas Jumper Day 2024
- 22nd - Winter Solstice
- 24 - 25th - Christmas
- 25th - Hanukkah begins
- 31st - Hogmanay

January 2025:

- 24th - International Day of Education
- 25th - Burns Night
- 27th - Holocaust Memorial Day
- 29th - Lunar New Year

February 2025:

LGBT+ History Month

- 3rd - Children's Mental Health Week begins
- 6th - Time to Talk Day
- 17th - Int. Day of Women in Science
- 28th - Ramadan begins

March 2025:

Women's History Month

- 1st - Self Injury Awareness Day
- 3rd - World Wildlife Day
- 6th - World Book Day 2025
- 8th - Int. Women's Day (IWD)
- 20th - Int. Day of Happiness // Spring Equinox
- 30th - Eid Al-Fitr begins

April 2025:

Stress Awareness Month

- 2nd - UN World Autism Day
- 7th - World Health Day
- 12th - Passover begins
- 13th - Sikh New Year
- 20th - Easter
- 22nd - Earth Day // Stephen Lawrence Day

May 2025:

Exam Season begins

- 12th - Mental Health Awareness Week begins
- 21st - World Meditation Day

June 2025:

Pride Month

Gypsy, Roma and Traveller History Month


- 1st - Volunteers' Week begins
- 8th - World Oceans Day
- 14th - World Blood Donor Day
- 20th - World Refugee Day
- 21st - Summer Solstice
- 22nd - Windrush Day
- 26th - RSE Day

July 2025:

- 18th - Nelson Mandela Day
- 18th - South Asian Heritage Month begins
- 25th - World Drowning Day
- 30th - International Day of Friendship // World Day Against Human Trafficking

september 2024

Resources of the Month:
[Discussing Suicide in Schools with Compassion & Confidence \(Webinar !\[\]\(5bd3139e49b8ec618dddaa46174de8b0_img.jpg\)\)](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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29	30					

Key Wellbeing / Cultural Dates:







- 10th - World Suicide Prevention Day
- 12th - End Digital Poverty Day
- 14th - World First Aid Day
- 15th - Int. Day of Democracy
- 21st - Int. Day of Peace
- 22nd - Autumn Equinox
- 26th - European Day of Languages

Notes:

october 2024

Resources of the Month:
[Tips for Wellbeing from an Alternative Provision Perspective \(Blog 📝\)](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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27	28	29	30	31 		


Key Wellbeing / Cultural Dates:


ADHD Awareness Month
 Black History Month




- 5th - World Teacher Day
- 6th - National Poetry Day
- 10th - World Mental Health Day
- 12th - Hate Crime Awareness Week begins
- 16th - Recycling Week begins
- 17th - World Values Day
- 18th - World Food Day
- 31st - Halloween // Diwali

Notes:

november 2024

Resource of the Month:
[Empathy Bingo](#) (Activity - Teacher Pack )



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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24	25	26	27	28	29	30


Key Wellbeing / Cultural Dates:


Islamophobia Awareness Month
 November

- 5th - Bonfire Night
- 11th - Armistice Day
- 11th - Anti Bullying Week begins
- 13th - World Kindness Day
- 17th - Road Safety Week begins
- 19th - Int. Men's Day

Notes:

december 2024

Resource of the Month:
[Calm your mind in 5](#) (Podcast )




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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29	30	31 				



- Key Wellbeing / Cultural Dates:**
- 1st - World AIDS Day
 - 2nd - Int. Day for the Abolition of Slavery
 - 3rd - Int. Day of People with Disabilities
 - 10th - Human Rights Day
 - 12th - Christmas Jumper Day 2024
 - 22nd - Winter Solstice
 - 24 - 25th - Christmas
 - 25th - Hanukkah begins
 - 31st - Hogmanay

Notes:

january 2025

Resource of the Month:
[Dopamine Menu \(Activity - Worksheet !\[\]\(b9308d3c0c6157ec19ea349dd7d3dff2_img.jpg\)\)](#)




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:





- 24th - International Day of Education
- 25th - Burns Night
- 27th - Holocaust Memorial Day
- 29th - Lunar New Year

Notes:

february 2025

Resources of the Month:
[Putting the Physical back at the heart of Education](#) (Webinar )



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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23	24	25	26	27	28 	

Key Wellbeing / Cultural Dates:


LGBT+ History Month

- 3rd - Children's Mental Health Week begins
- 6th - Time to Talk Day
- 17th - Int. Day of Women in Science
- 28th - Ramadan begins

Notes:

march 2025

Resources of the Month:
 The Sleep Flow Chart (Poster 🌸)
[A4 Blue](#) | [A4 Pink](#) | [A3 Blue](#) | [A3 Pink](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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23	24	25	26	27	28	29

Key Wellbeing/Cultural Dates:

Women's History Month







- 1st - Self Injury Awareness Day
- 3rd - World Wildlife Day
- 6th - World Book Day 2025
- 8th - Int. Women's Day (IWD)
- 20th - Int. Day of Happiness // Spring Equinox
- 30th - Eid Al-Fitr begins

Notes:

april 2025

Resource of the Month:
[Seven Tips for Exam Revision](#)
 (Handout & Poster 📌)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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27	28	29	30			

Key Wellbeing/Cultural Dates:


Stress Awareness Month

- 2nd - UN World Autism Day
- 7th - World Health Day
- 12th - Passover begins
- 13th - Sikh New Year
- 20th - Easter
- 22nd - Earth Day // Stephen Lawrence Day

Notes:

may 2025

Resource of the Month:
[Movement and Mindfulness \(Video !\[\]\(5bd3139e49b8ec618dddaa46174de8b0_img.jpg\)\)](#)



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11	12 	13	14	15	16	17
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25	26	27	28	29	30	31

Key Wellbeing/Cultural Dates:

Exam Season begins

- 12th - Mental Health Awareness Week begins
- 21st - World Meditation Day

Notes:

june 2025

Resource of the Month:
[Mindfulness Colouring Pages](#) (Activity 🎨)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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22 ⚓	23	24	25	26 👩👧👦	27	28
29	30					


Key Wellbeing/Cultural Dates:




- Pride Month
 Gypsy, Roma and Traveller History Month
- 1st - Volunteers' Week begins
 - 8th - World Oceans Day
 - 14th - World Blood Donor Day
 - 20th - World Refugee Day
 - 21st - Summer Solstice
 - 22nd - Windrush Day
 - 26th - RSE Day

Notes:

july 2025

Resource of the Month:
[Summer Wellbeing Playlist](#) (Music 🎧)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 	19	20
21	22	23	24	25 	26	27
28	29	30	30 	31		

Key Wellbeing/Cultural Dates:

- 18th - Nelson Mandela Day
- 18th - South Asian Heritage Month begins
- 25th - World Drowning Day
- 30th - International Day of Friendship // World Day Against Human Trafficking

Notes: