



## School Health & Wellbeing Project - Health & Wellbeing Awareness Days



TOPIC	DATE(S)	RESOURCES
Eating Disorders Awareness Week	1 <sup>st</sup> -7 <sup>th</sup> March	<a href="https://www.beateatingdisorders.org.uk/edaw">https://www.beateatingdisorders.org.uk/edaw</a>
Self Injury/Harm Awareness Day	1 <sup>st</sup> March	<a href="https://youngminds.org.uk/get-involved/campaign-with-us/success-stories/self-harm-awareness-day/">https://youngminds.org.uk/get-involved/campaign-with-us/success-stories/self-harm-awareness-day/</a>
University Mental Health Day	4 <sup>th</sup> March	<a href="https://www.unimentalhealthday.co.uk/#">https://www.unimentalhealthday.co.uk/#</a>
World Book Day	4 <sup>th</sup> March	<a href="#">NSPCC reading list including subjects ranging from keeping safe to bereavement and loss.</a> <a href="#">Reading Agency list of books that help children stay safe, calm, connected and Hopeful</a>
International HPV Awareness Day	4 <sup>th</sup> March	<a href="https://ipvsoc.org/hpv-day/">https://ipvsoc.org/hpv-day/</a>
No More Domestic Abuse Week	7 <sup>th</sup> -13 <sup>th</sup> March	<a href="https://uksaysnomore.org/aboutuksaysnomore/">https://uksaysnomore.org/aboutuksaysnomore/</a>
International Women's Day	8 <sup>th</sup> March	<a href="https://www.internationalwomensday.com/">https://www.internationalwomensday.com/</a>
No Smoking Day	10 <sup>th</sup> March	<a href="https://campaignresources.phe.gov.uk/resources/campaigns/29-stop-smoking/resources">https://campaignresources.phe.gov.uk/resources/campaigns/29-stop-smoking/resources</a>
Neurodiversity Celebration Week	15 <sup>th</sup> -21 <sup>st</sup> March	<a href="https://www.neurodiversity-celebration-week.com/">https://www.neurodiversity-celebration-week.com/</a>
International School Meals Day	11 <sup>th</sup> March	<a href="http://internationalschoolmealsday.com/">http://internationalschoolmealsday.com/</a>



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<b>Young Carers Action Day</b>	16 <sup>th</sup> March	<a href="https://carers.org/young-carers-action-day-2021/young-carers-action-day-2021-resources?gclid=EAlaIqobChMIhpmyloWQ7wIVYoFQBh2MfQHjEAYASAAEgKnePD_BwE">https://carers.org/young-carers-action-day-2021/young-carers-action-day-2021-resources?gclid=EAlaIqobChMIhpmyloWQ7wIVYoFQBh2MfQHjEAYASAAEgKnePD_BwE</a>
<b>Child Sexual Exploitation (CSE) Awareness Day</b>	18 <sup>th</sup> March	<a href="https://www.stop-cse.org/">https://www.stop-cse.org/</a>
<b>World Sleep Day</b>	19 <sup>th</sup> March	<a href="https://worldsleepday.org/">https://worldsleepday.org/</a> <a href="https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#sleep">https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#sleep</a>
<b>Comic Relief-Red Nose Day</b>	19 <sup>th</sup> March	<a href="https://www.comicrelief.com/rednoseday/">https://www.comicrelief.com/rednoseday/</a>
<b>World Oral Health Day</b>	20 <sup>th</sup> March	<a href="https://www.worldoralhealthday.org/">https://www.worldoralhealthday.org/</a>
<b>International Day of Happiness</b>	20 <sup>th</sup> March	<a href="https://www.dayofhappiness.net/#new">https://www.dayofhappiness.net/#new</a>
<b>World Down Syndrome Awareness Day</b>	21 <sup>st</sup> March	<a href="https://www.worlddownsyndromeday.org/?gclid=EAlaIqobChMI8fzj1oaQ7wIVu2DmCh2aYwDdEAAAYASAAEgJUHPD_BwE">https://www.worlddownsyndromeday.org/?gclid=EAlaIqobChMI8fzj1oaQ7wIVu2DmCh2aYwDdEAAAYASAAEgJUHPD_BwE</a>
<b>World Autism Awareness Week</b>	29 <sup>th</sup> March-4 <sup>th</sup> April	<a href="https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week?gclid=EAlaIqobChMIqaTO8YaQ7wIViLPtCh2vxA9WEAAYASAAEgLVkfd_BwE">https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week?gclid=EAlaIqobChMIqaTO8YaQ7wIViLPtCh2vxA9WEAAYASAAEgLVkfd_BwE</a>