



Whole-school  
SCARF

**Calendar of health and wellbeing awareness days – 2022-23**

<b>September</b>	Saturday 10th September	<u>World Suicide Prevention Day</u>
	19 <sup>th</sup> to 25 <sup>th</sup> September	<u>International Week of Happiness at Work</u>
	Wednesday 21 <sup>st</sup> September	<u>National Fitness Day</u>
<b>October</b>	All October	<u>International Walk to School Month</u>
	All October	<u>Black History Month</u>
	Wednesday 5 <sup>th</sup> October	<u>World Teachers' Day</u>
	Monday 10 <sup>th</sup> October	<u>World Mental Health Day</u>
	10 <sup>th</sup> to 14 <sup>th</sup> October	<u>National Work Life Week</u>
<b>November</b>	7 <sup>th</sup> to 11 <sup>th</sup> November	<u>International Stress Awareness Week</u>
	Wednesday 2 <sup>nd</sup> November	<u>National Stress Awareness Day</u>
	Sunday 13 <sup>th</sup> November	<u>World Kindness Day</u>
	14 <sup>th</sup> to 18 <sup>th</sup> November	<u>Anti-bullying Week</u>
<b>December</b>	No awareness days	
<b>January</b>	No awareness days	

<b>February</b>	6 <sup>th</sup> to 12 <sup>th</sup> February	<u>Children's Mental Health Week</u>
	Thursday 2 <sup>nd</sup> February	<u>Time to Talk Day</u>
	Tuesday 7 <sup>th</sup> February	<u>Safer Internet Day</u>
	Friday 10 <sup>th</sup> February	<u>Wear your scarf to school day</u>
	20 <sup>th</sup> to 26 <sup>th</sup> February	<u>Eating Disorders Awareness Week</u>
<b>March</b>	Wednesday 8 <sup>th</sup> March	<u>International Women's Day</u>
	Friday 17 <sup>th</sup> March	<u>World Sleep Day</u>
	Friday 17 <sup>th</sup> March	<u>Red Nose Day</u>
	Thursday 30 <sup>th</sup> March	<u>World Bipolar Day</u>
<b>April</b>	All April	<u>Stress Awareness Month</u>
	Friday 7 <sup>th</sup> April	<u>World Health Day</u>
<b>May</b>	10 <sup>th</sup> to 16 <sup>th</sup> May	<u>Mental Health Awareness Week</u>
	15 <sup>th</sup> to 19 <sup>th</sup> May	<u>Walk to School Week</u>
	Sunday 21 <sup>st</sup> May	World Meditation Day
	Sunday 21 <sup>st</sup> May	<u>World Day for Cultural Diversity</u>
<b>June</b>	12 <sup>th</sup> to 18 <sup>th</sup> June	<u>Men's Health Week</u>
<b>July</b>	Sunday 30 <sup>th</sup> July	<u>World Friendship Day</u>
<b>August</b>	No awareness days	

