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**HEALTH CAMPAIGNS CALENDAR FOR SCHOOLS**

**2021-2022**

**SUMMER TERM 2022**

The following is a list of national events and campaigns that have been put together by Camden’s Health and Wellbeing Team to support PSHE, whole school activities and school-run campaigns.

We will be updating the calendar on a **termly basis**.

All the dates have been confirmed for the **Summer term 2022** however some of the dates, themes and information have not yet been confirmed for the Autumn Term 2022 and Spring term 2023.

For information about support provided by the Camden Health and Wellbeing Team please contact gill.morris@camden.gov.uk

For 2021-22, the Health and Wellbeing Team is suggesting that schools take part in the events shaded orange. We will be sending out resources to support you. However feel free to take part in other events according to your own priorities!

Please note the change in date for the Sustrans Big Walk and Wheel which is now taking place from 21st March to 1st April 2022

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| **21st March – 1st April** **2022** | [Sustrans](http://www.sustrans.org.uk/our-services/who-we-work/teachers/big-pedal) Big Walk and Wheel | The Sustrans Big Walk and Wheel (formerly known as the Big Pedal challenge) is supported by Sustrans and the Bike Hub. During the two-week challenge schools compete to record the greatest number of pupils walking, using a wheelchair, scooting and cycling to school, whilst learning about the benefits of active travel along the way.For information go to [Sustrans Big Walk and Wheel](https://www.sustrans.org.uk/our-blog/projects/uk-wide/schools/sustrans-big-walk-and-wheel/) |

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| **SUMMER TERM 2022**  |
| **APRIL** |
| **7th April** **2022** | [World Health Day](https://www.who.int/campaigns/world-health-day) | In 1948, the First World Health Assembly called for the creation of a World Health Day to mark the founding of WHO. Since 1950, World Health Day has been celebrated every year on 7 April with a different theme. Each theme reflects a priority area of current concern to WHO.The theme for 2022 is yet to be announced. For more information please visit <http://www.euro.who.int/en/about-us/whd> |
| **MAY** |
| **2nd 8th May 2022** | Deaf Awareness Week (DAW) | Deaf Awareness Week aims to promote the positive aspects of deafness, promote social inclusion and raise awareness of the huge range of local organisations that support deaf people and their family and friends.DAW 2022 is focussing on Inclusion Deafness, to explore the entire them of inclusion within our community. [Deaf Awareness Week 2022. - UK Council On Deafness (ukcod.org)](https://ukcod.org/deaf-awareness-week/) |
| **5th May** **2022** | World Asthma Day | World Asthma Day is an annual event organised by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day takes place on the first Tuesday of May. For more information go to [World Asthma Day 2021 - Global Initiative for Asthma - GINA (ginasthma.org)](https://ginasthma.org/wad/) |
| **9th – 15th May****2022** | [Mental Health Awareness Week](http://www.mentalhealth.org.uk/our-work/mentalhealthawarenessweek) | Mental Health Awareness Week (MHAW) is led by the Mental Health Foundation to raise awareness of mental health issues. The theme for 2022 is Loneliness. For more information go to [Mental Health Foundation.](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)  |
| **16th – 20th May 2022** | [Walk](http://www.who.int/mental_health/world-mental-health-day/2016/en/) to School Week | Walk to School Week aims to raise awareness about walking to school by encouraging fun events and activities.  The campaign is organised by Living Streets. The **five-day walking challenge** aimed at primary schools is a fun and engaging week-long activity, raising awareness and celebrating walking for all.[Register your interest](https://livingstreets.netdonor.net/page/85853/data/1) today and be the first to know about the new theme and resources for 2022. For more information please go to [Living Streets.](https://www.livingstreets.org.uk/what-we-do/projects/walk-to-school-week)  |
| **JUNE** |
| **7th – 13th June** **2022** | [Child](http://www.thebiglunch.com) Safety Week  | Child Safety Week is run by the Child Accident Prevention Trust (CAPT) to raise awareness about the risks of child accidents and prevention. The theme for 2022 has yet to be announced. To register for free resources please click [here](https://www.capt.org.uk/csw-sign-up).For more information go to [CAPT](https://www.capt.org.uk/Pages/Category/child-safety-week). |
| **15th June****2022** | [National Bug Busting Day](http://www.chc.org/)(head lice) | National Bug Busting Day is lead by the Community Hygiene Concern. The day aims to keep people informed on how to keep head lice at bay and encourages a specially designed comb that works along with your normal shampoo or conditioner There are 3 dates a year (31 January, **15 June** and 31 October.For more information go to <https://www.chc.org/for-schools/>Other useful site:NHS <https://www.nhs.uk/conditions/head-lice-and-nits/> |
| **17th June 2022** | Clean Air Day | Clean Air Day is the UK's largest air pollution campaign, engaging thousands of people at hundreds of events, and reaching millions more through the media. Led by [Global Action Plan](https://www.globalactionplan.org.uk/), Clean Air Day brings together communities, businesses, schools and the health sector to:* Improve public understanding of air pollution
* Build awareness of how air pollution affects our health
* Explain the easy actions we can all do to tackle air pollution, helping to protect the environment and our health.

For more information on Clean Air Day and for free resources please click [here](https://www.cleanairday.org.uk/about-clean-air-day).  |
| **20th – 26th June 2022** | Refugee Week | Refugee Week is the UK’s largest festival celebrating the contribution of refugees and promoting understanding of why people seek sanctuary. The theme for 2022 has yet to be announced. For further details please go to <https://refugeeweek.org.uk/> |
| **13th – 17th June 2022** | Healthy Eating Week | The aim of the British Nutrition Foundation (BNF) Healthy Eating Week is to bring the UK together for a dedicated week, focusing on key health messages and promoting healthy habits to ‘find your healthier’ you’. In 2021 this message will be supported by five themes across the week:1. Know the facts
2. Make a healthier choice
3. Plan for success
4. Be the chef
5. Keep moving

To find out more please click [here](https://www.nutrition.org.uk/healthyliving/hew.html)  |
| **20th – 26th June 2022** | [National School Sport Week](http://www.youthsporttrust.org/events-awards/events/national-school-sport-week.aspx) | National School Sport week is an opportunity to encourage pupils to be more active and take part in PE and school sport. In 2021 the theme was ‘Together again’. The theme for 2022 has yet to be announced.To register and for more information go to [Youth Sport Trust](https://www.youthsporttrust.org/national-school-sport-week)  |
| **20th – 24th June****2022** | School Diversity Week | This week aims to raise awareness about diversity and LGBT+ equality, supported by *Just Like Us.*Please click [here](https://jlu.force.com/s/school-diversity-week-signup) to sign up for your free toolkit for School Diversity Week 2022.For more information go to [Just Like Us | School Diversity Week](https://www.justlikeus.org/school-diversity-week) |

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| **AUTUMN TERM 2022 – not yet been fully updated for 2022 as some information not yet available** |
| **OCTOBER**  |
| **10th October**  | [World Mental Health Day](http://www.who.int/mental_health/world-mental-health-day/2016/en/) | This is organised by the World Health Organisation and aims is to raise awareness about mental health and wellbeing.  For more information go to [World Mental Health Day](https://www.mentalhealth.org.uk/campaigns/world-mental-health-day).Other useful sites[www.youngminds.org.uk](http://www.youngminds.org.uk) champions young people’s mental health and wellbeing [www.mind.org.uk](http://www.mind.org.uk) advice and support on mental health problems[www.minded.org.uk](http://www.minded.org.uk) (e-learning)[www.time-to-change.org.uk](http://www.time-to-change.org.uk) tackles the stigma of mental health [www.rethink.org](http://www.rethink.org) challenging attitudes towards mental health |
| **9th – 16th October**  | National Hate Crime Awareness Week | The aim is to bring people together to take action against hate crime. The week is organised by 17-24-30 NationalHCAW.For more information on National Hate Crime Awareness Week go to <https://nationalhcaw.uk/> |
| **22nd October**  | Show Racism the Red Card-Wear Red Day | The annual “**Wear Red Day**” is led by Show Racism the Red Card. The national day of action encourages schools, businesses and individuals to wear red and make a donation to support the charity to be able to run anti-racism workshops with young people.For more information go to [The Red Card](https://www.theredcard.org/wear-red-day). |
| **25th October**  | Allergy Awareness Week | Backed by Allergy UK & sometimes sponsored by 3rd party organizations Allergy Awareness Week aims to raise awareness about allergies & highlights the difficulties people with allergies experience. Details have not yet been updated for 2022. For more information visit [It’s Allergy Awareness Week! | Allergy UK | National Charity](https://www.allergyuk.org/news/its-allergy-awareness-week/) |
| **31st October** | [National Bug Busting Day](http://www.chc.org/)(head lice) | National Bug Busting Day is lead by the Community Hygiene Concern. The day aims to keep people informed on how to keep head lice at bay and encourages a specially designed comb that works along with your normal shampoo or conditioner. There are 3 dates a year (31 January, 15 June and 31 October)For more information go to <https://www.chc.org/for-schools/>Other useful site:NHS <https://www.nhs.uk/conditions/head-lice-and-nits/> |
| **NOVEMBER**  |
| **8th – 12th November** | [National School Meals Week](http://thegreatschoollunch.co.uk) | During this week the school meals industry celebrates school food, which is organised by the Lead Association for Catering in Education.For more information go to [The Great School Lunch.](http://www.thegreatschoollunch.co.uk)  |
| **15th – 19th November** | [Anti-Bullying Week](http://www.anti-bullyingalliance.org.uk/anti-bullying-week) | Anti-Bullying Week in England is coordinated by the Anti-Bullying Alliance. The theme for Anti-Bullying Week 2021 is ‘One Kind Word’. There will also be an “odd socks” day on Monday 15th November 2021. For more information and resources go to [Anti Bullying Alliance Anti Bullying Week 2021](https://www.anti-bullyingalliance.org.uk/anti-bullying-week)Other useful sites:[www.kidscape.org.uk](https://www.kidscape.org.uk/resources/)  |
| **15th – 21st November** | [Alcohol Awareness Week](http://www.alcoholconcern.org.uk/what-we-do/campaigns/alcohol-awareness-week/) | This week is led by Alcohol Concern to help people reduce their alcohol consumption. The theme for 2021 is “**Alcohol and Relationships”**For more information go to [Alcohol Change UK](https://www.alcoholconcern.org.uk/alcohol-awareness-week) |
| **15th – 21st November** | [Road Safety Week](http://www.roadsafetyweek.org.uk/) | This week is run by Brake and involves millions of people around the UK taking action for safer roads. The theme for 2021 is **‘Road Safety Heroes’**For more information and to register for a free ‘2021’ online Action Pack go to [Road Safety Week Action Pack](http://www.roadsafetyweek.org.uk/action-pack)  |
| **DECEMBER**  |
| **1st December**  | [World Aids Day](http://www.worldaidsday.org) | World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV. Visit the [National Aids Trust](http://www.nat.org.uk/Publications/Teachers-resources.aspx) for resources.For more information go to [Worlds Aids Day](http://www.worldaidsday.org). |
| **3rd December**  | [International Day of Persons with Disabilities](http://www.un.org/en/events/disabilitiesday/) | International Day of Persons with Disabilities aims to create real opportunities for people with disabilities. The aim of the campaign aims to invest and empower people – in jobs, health, nutrition, education, and social protection. The theme for 2021 has not yet been announced. For more information please visit [International Day of Disabilities](https://idpwd.org/)  |
| **10th December**  | Human Rights Day | Human Rights Day is led by the United Nations and commemorates the day the General Assembly of the UN adopted the Universal Declaration of Human Rights. The theme for 2021 has not yet been announced.For more information visit [Human Rights Day](https://www.un.org/en/observances/human-rights-day) |
| **SPRING TERM 2023 – not yet been fully updated for 2023 as some information not yet available** |
| **JANUARY** |
| **31st January** | [National Bug Busting Day](http://www.chc.org/)(head lice) | National Bug Busting Day is lead by the Community Hygiene Concern. The day aims to keep people informed on how to keep head lice at bay and encourages a specially designed comb that works along with your normal shampoo or conditioner There are 3 dates a year **(31 January,** 15 June and 31 OctoberFor more information go to <https://www.chc.org/for-schools/>Other useful sites:NHS <https://www.nhs.uk/conditions/head-lice-and-nits/> |
| **FEBRUARY**  |
| **February**  | [UK LGBT+ History Month](http://www.lgbthistorymonth.org.uk) | Lesbian Gay Bisexual Trans+ History Month aims to promote equality and diversity and raise awareness on matters affecting the LGBT+ community. The theme for 2022 is **Art In Politics – ‘the arc is long’, and will link to Art on the National Curriculum.** For more information go to [LGBT History Month](http://www.lgbthistorymonth.org.uk).  |
| **7th – 13th February** | Children’s Mental Health Week | Children’s Mental Health Week is an opportunity to **shine a spotlight on the importance of children and young people’s mental health**, taking place in February each year. Schools, community groups, businesses and individuals come together to raise important awareness and vital funds to help more children and young people get the emotional support they need.This year’s theme is “Growing Together”-encouraging children and adults to consider how they have grown, and how they can help others to grow. Sign up for [email alerts](https://www.childrensmentalhealthweek.org.uk/subscribe/) to be the first to hear about Children’s Mental Health Week. For more information please also go to [Children's Mental Health Week (childrensmentalhealthweek.org.uk)](https://www.childrensmentalhealthweek.org.uk/) |
| **8th February**  | [Safer Internet Day](https://www.saferinternetday.org/%22%20%5Ct%20%22_blank) | Safer Internet Day is organised by Insafe to promote safer and more responsible use of online technology. The campaign wants all stakeholders to join together and play their part in creating a better internet for everyone, especially for younger users. TFor more information go to <https://www.saferinternetday.org/>  |
| **MARCH**  |
| **8th March** | [International Women's Day](http://www.internationalwomensday.com/)  | International Women’s Day celebrates women’s achievements throughout history and across nations lead by the United Nations. Also known as the United Nations (UN) Day for Women’s Rights and International Peace. The theme for 2022 has yet to be confirmed. For more information please go to [International Women’s Day.](https://www.internationalwomensday.com/) Relationship enquires for IWD 2022 are now open. Please click [here](https://www.internationalwomensday.com/IWD2021). |
| **11th March**  | [No Smoking Day](http://www.nosmokingday.org.uk/) | Setting a quit date and preparing for it makes you more likely to succeed. Every year, three-quarters of a million people attempt to give up on [No Smoking Day](https://www.bhf.org.uk/heart-health/risk-factors/smoking). Since the campaign’s launch in 1984, No Smoking Day has helped more than 1.5 million people stub their cigarettes out for good.  |
| **18th March**  | Red Nose Day | Comic relief hosts the annual Red Nose Day. School registrations are now open. Please click [here](https://www.comicrelief.com/rednoseday/register/). More information can be found at:<https://www.comicrelief.com> |
| **18th March**  | Stop CSE Awareness Day | The Stop Child Sexual Exploitation Awareness Day aims to highlight the issues surrounding CSE.For more information go to <http://www.stop-cse.org/national-child-exploitation-awareness-day/>Other useful sites:[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)[www.pshe-association.org.uk](http://www.pshe-association.org.uk)[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  |
| **18th March**  | World Sleep Day | World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.<https://worldsleepday.org/> |
| **20th March** | International Day of Happiness | The United Nations International Day of Happiness is coordinated by [Action for Happiness](http://www.actionforhappiness.org/). To access free free resources and join a world-wide community of people taking action for a happier world please go to: [International Day of Happiness - 20 March](https://www.dayofhappiness.net/) |
| **22nd March** | World Water Day | The campaign highlights the importance of freshwater and to advocate for the sustainable management of freshwater resources.  <https://www.worldwaterday.org/> |