

GETTING THE GRADES VIDEO TUTORIAL SCHEME

Teaching the skills and mindset
for success in the sixth form
2026-27

FEATURING 80+ STUDENT VOICE VIDEOS

6 min videos
fully captioned
discussion activity in the middle
class discussion activity at the end



SEPTEMBER 2026

Awareness events this month

- Youth Mental Health Day- [resources resources](#)
- Sexual Health Week) - [Brook Sexual Health events](#)

	Year 12	Year 13
Week 1	<p>MAKING THE LEAP</p> <p>LEAP FROM GCSE 1: REALISING THE CHALLENGES VIDEO</p> <p>LEAP FROM GCSE 2: UNDERSTANDING YOUR SUBJECT VIDEO</p> <p><i>Optional support material</i> From pupil to student activity PDF download</p>	<p>MAKING THE LEAP</p> <p>LEAP FROM 12 – 13 VIDEO</p>
Week 2	<p>ENGAGEMENT</p> <p>EXTRACURRICULAR 1: SEIZE OPPORTUNITIES VIDEO</p> <p>EXTRACURRICULAR 2: BENEFITS OF EXTRACURRICULAR ACTIVITIES VIDEO</p> <p><i>Optional support material</i> Shaping your extra-curricular experiences in the sixth form PDF download</p>	<p>PERSONAL STATEMENT revisited</p> <p>PERSONAL STATEMENTS 1: THE PROCESS VIDEO</p> <p>PERSONAL STATEMENTS 2: MOTIVATION FOR THE COURSE VIDEO</p> <p>PERSONAL STATEMENTS 3: PREPARATION THROUGH ACADEMIC EXPERIENCES VIDEO</p> <p>PERSONAL STATEMENTS 4: PREPARATION THROUGH OTHER EXPERIENCES VIDEO</p> <p>+</p> <p>APPLYING FOR MEDICINE VIDEO</p> <p>APPLYING TO OXFORD & CAMBRIDGE VIDEO</p> <p><i>Optional support material</i> How to reflect on your super-curricular research PPT download</p>
Week 3	<p>ORGANISATION</p> <p>MAKING THE BEST START IN YEAR 12 VIDEO</p> <p>ORGANISATION OF FOLDERS AND NOTES VIDEO</p> <p><i>Optional support material</i> How organised are you? Rate yourself - PDF - download</p>	<p>CHANGING HABITS</p> <p>CHANGING HABITS: CUES, ROUTINES, REWARDS VIDEO</p> <p><i>Optional support material</i> Changing habits activity (2 page PDF) download Changing habits - PPT from Atomic Habits book download</p>

Week 4	INDEPENDENT LEARNING INDEPENDENT LEARNING: DOING MORE THAN JUST HOMEWORK VIDEO <i>Optional support material</i> Independent Learning Resources Checklist PDF - download Independent Learning cartoon exercise PDF - download Rate your independent learning skills PDF - download	COLLABORATION & MAKING THE MOST OF SIXTH FORM SIXTH FORM COMMUNITY 1: SUPPORTING ONE ANOTHER
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OCTOBER 2026

Awareness events this month

- Black History Month - PPT - [download](#)

	Year 12	Year 13
Week 5	<p>GOALS</p> <p>MOTIVATION 1: IMPORTANCE OF A GOAL VIDEO</p> <p><i>Optional support material</i> 'Having a career goal' research task PDF - download</p>	<p>MOTIVATION</p> <p>MOTIVATION 2: FINDING WAYS TO KEEP GOING VIDEO</p>
Week 6	<p>GROWTH MINDSET</p> <p>GROWTH MINDSET 1: MINDSETS EXPLAINED VIDEO</p> <p>GROWTH MINDSET 2: WHY DOES YOUR MINDSET MATTER? VIDEO</p> <p><i>Optional support material</i> Growth mindset questionnaire activity PDF download</p> <p>Growth Mindset - responding to feedback download</p>	<p>GROWTH MINDSET revisited</p> <p>GROWTH MINDSET 3: RISK, RESILIENCE AND FEEDBACK VIDEO</p> <p><i>Optional support material</i> Growth mindset – confidence PPT - download</p> <p>Growth mindset – danger of praise PPT - download</p>
Week 7	<p>WORK ETHIC</p> <p>IMPORTANCE OF YEAR 12: A FOUNDATION FOR YEAR 13 VIDEO</p> <p><i>Optional support material</i> Blank study schedule to use – PDF download Helping student design a weekly study schedule PDF download</p>	<p>WORK ETHIC</p> <p>PUTTING IN THE HOURS VIDEO</p> <p><i>Optional support material</i> Blank study schedule to use – PDF download Helping student design a weekly study schedule PDF download 9 Day Challenge - do some studying over half term PPT download</p>
HALF TERM		

NOVEMBER 2026

Awareness events this month

- Guy Fawkes Night (5/11/25) - dangers of fireworks - [watch](#)
- Stress Awareness day - use Week 10 for Year 13 on feeling overwhelmed
- Anti-bullying week (w/b 10/11/25) opening with [Odds Socks Day](#)

	Year 12	Year 13
Week 8	<p>STUDY SKILLS - NOTE TAKING</p> <p>TAKING NOTES 1: IN LESSONS</p> <p>TAKING NOTES 2: AFTER LESSONS</p> <p><i>Optional support material</i> How to take Cornell notes watch</p> <p>How to take different styles of notes - PDF guide to share with students - download</p>	<p>STUDY SKILLS - NOTE TAKING Revisited</p> <p>TURNING IT AROUND IN YEAR 13</p>
Week 9	<p>STUDY SKILLS - REVISION</p> <p>REVISION 1: RECALLING CONTENT VIDEO</p> <p>REVISION 2: MORE TIPS FOR RECALL VIDEO</p> <p><i>Optional support material</i> Tutorial activity to accompany video PDF download</p> <p>How to make a flashcard - PPT - download</p>	<p>BEHAVIOUR: MUTUAL RESPECT</p> <p>SIXTH FORM COMMUNITY 2: A POSITIVE ENVIRONMENT FOR EVERYONE</p> <p>OXBRIDGE INTERVIEWS</p>
Week 10	<p>STUDY SKILLS (REVISION) & NEXT STEPS (WORK EXPERIENCE)</p> <p>IMPORTANCE OF NOTES 3: REVISION-READY NOTES VIDEO</p> <p>REVISION 3: APPLICATION AND PRACTICE VIDEO</p> <p>Optional WORK EXPERIENCE 1: FINDING WORK EXPERIENCE VIDEO</p>	<p>MENTAL HEALTH: FEELING OVERWHELMED</p> <p>MENTAL HEALTH : FEELING OVERWHELMED VIDEO</p>

<p>Week 11</p>	<p>WORK ETHIC</p> <p>IMPORTANCE OF YEAR 12: PREDICTED GRADES VIDEO</p>	<p>MENTAL HEALTH: SLEEP</p> <p>MENTAL HEALTH: THE IMPORTANCE OF GOOD SLEEP VIDEO</p> <p><i>Optional support material</i> YOUTUBE VIDEOS What happens when we sleep? watch Effects of sleep deprivation watch Sleep is essential for learning PPT - download 5 ways to improve your sleep watch</p>
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NOVEMBER



DECEMBER 2026

Awareness events this month

- Christmas quiz PPT - [download](#)

	Year 12	Year 13
Week 12	<p>STUDY SKILLS: USING STUDY PERIODS</p> <p>STUDY PERIODS 1: AVOIDING DISTRACTIONS</p> <p>STUDY PERIODS 2: WORKING EFFECTIVELY</p>	<p>STAYING HEALTHY</p> <p>SIXTH FORM COMMUNITY 3: MUTUAL RESPECT AND HAVING A VOICE</p>
Week 13	<p>STUDY SKILLS: ASKING FOR HELP</p> <p>ASKING FOR HELP: TEACHERS</p> <p>ASKING FOR HELP: OTHER STUDENTS</p>	<p>STUDY SKILLS revisited</p> <p>ASKING FOR HELP: TEACHERS</p> <p>ASKING FOR HELP: OTHER STUDENTS</p>
Week 14	<p>NEXT STEPS: EPQ & PREP FOR UNIVERSITY</p> <p>LOOKING AHEAD: MAKING THE MOST OUT OF SIXTH FORM</p> <p><i>Optional video</i> EPQ: CHALLENGES AND ADVICE VIDEO</p> <p><i>Optional support material</i> EPQ -How to avoid plagiarism - watch EPQ - Study skills resources by UEA download EPQ and general thinking skills - Thinking fast and slow: thinking about thinking! PPT download</p>	<p>STAYING HEALTHY</p> <p>TIPS FOR STAYING HEALTHY 1: SLEEP DIET AND EXERCISE VIDEO</p> <p>TIPS FOR STAYING HEALTHY 2: TAKING BREAKS, PHONES AND SOCIAL MEDIA VIDEO</p>
END OF TERM		

JANUARY 2027

Awareness days this month

- Holocaust Memorial Day (January) PPT - [download](#)

This has a slide on Israel-Gaza and addresses the rise in antisemitism and anti muslim incidents since 7 October 2024. The rest is on Jewish holocaust as well as other genocides around the world e.g. Rwanda.

	Year 12	Year 13
Week 15	STUDY SKILLS: FEEDBACK FEEDBACK 1: RESPONDING TO FEEDBACK VIDEO FEEDBACK 2: MAKING THE MOST OF FEEDBACK VIDEO	STUDY SKILLS: FRIENDS AS SUPPORT POSITIVE FRIENDSHIPS VIDEO
Week 16:	NEXT STEPS: VISITING UNIVERSITIES & WORK ETHIC ATTENDING LESSONS: VALUING EACH ONE VIDEO VISITING UNIVERSITIES 1: GETTING ORGANISED, VISITING EARLY AND CHOOSING VIDEO	STUDY SKILLS: FRIENDS AS A DISTRACTION & ATTENDING LESSONS REVISITED DISTRACTING FRIENDSHIPS VIDEO ATTENDING LESSONS: VALUING EACH ONE VIDEO revisited
Week 17	STUDY SKILLS: LEARNING EFFECTIVELY DEVELOPING UNDERSTANDING 1: MAKING THE MOST OF LESSONS VIDEO	NEXT STEPS: PREPARING FOR UNIVERSITY FIRST TERM CHALLENGES VIDEO DEVELOPING UNDERSTANDING 2: DEEPENING SUBJECT KNOWLEDGE VIDEO <i>Optional support material</i> Improving your understanding - self-reflection questionnaire download
Week 18	MENTAL HEALTH: RESILIENCE MENTAL HEALTH: 'FAILURE' IS NORMAL VIDEO <i>Optional support material</i> Cheating in exams and valuing feedback PPT to go with 'Failure' is normal video - download	MENTAL HEALTH: RESILIENCE MENTAL HEALTH: 'FAILURE' IS NORMAL VIDEO revisited <i>Optional support material</i> Cheating in exams and valuing feedback PPT to go with 'Failure' is normal video download



JANUARY



FEBRUARY 2027

Awareness events this month

- National Apprenticeship Week - use Net6 materials Weeks 20
- Student Volunteering Week - book a gap year talk or charity
- Safer Internet Day - [download](#)
- Valentines Day - Why Valentine's Day PPT [download](#); Poem - [download](#)

	Year 12	Year 13
Week 19	<p>STUDY SKILLS: TIME MANAGEMENT</p> <p>RECOGNISING AND AVOIDING PROCRASTINATION</p> <p><i>Optional support material</i> Barriers to learning activity – PDF - download</p> <p>Understanding and tackling procrastination PPT download</p>	<p>MAKING THE MOST OF SIXTH FORM</p> <p>LOOKING BACK: MAKING THE MOST OF SIXTH FORM VIDEO</p>
Week 20	<p>NEXT STEPS</p> <p>NEXT STEPS 1: CONSIDERING AN APPRENTICESHIP VIDEO</p> <p>NEXT STEPS 2: CHOOSING AND FINDING APPRENTICESHIPS VIDEO</p> <p>NEXT STEPS 3: APPLYING FOR APPRENTICESHIPS VIDEO</p> <p><i>Optional support material</i> Preparing for job interviews watch</p> <p><i>Optional additional material</i> 9 Day Challenge - do some studying over half term PPT download</p> <p>infographic download</p>	<p>NEXT STEPS</p> <p>EMPLOYABILITY 1: ADVICE FROM A RECENT GRADUATE VIDEO</p> <p>or</p> <p>VISITING UNIVERSITIES 2: FIRM AND INSURANCE revisited</p> <p><i>Optional additional material</i> 9 Day Challenge - do some studying over half term PPT download</p> <p>infographic download</p>
HALF TERM		
Week 21	<p>STUDY SKILLS: TIME MANAGEMENT</p> <p>DISTRACTIONS: PHONES AND SOCIAL MEDIA</p>	<p>STUDY SKILLS: TIME MANAGEMENT</p> <p>DISTRACTIONS: PHONES AND SOCIAL MEDIA revisited with a Year 13 focus in the workbook</p>

MARCH 2027

Awareness events this month

- World Book Day - see week 22
- National Careers Week
- International Women's Day - [download](#)

	Year 12	Year 13
Week 22	<p>STUDY SKILLS: READING & NEXT STEPS: CAREERS</p> <p>EMPLOYABILITY 2: THE VALUE OF WORK EXPERIENCE AND RESILIENCE VIDEO for National Careers Week</p> <p><i>Optional support material</i> How to improve your vocabulary - Youtube video for World Book Day - watch Developing a wider vocabulary PDF for World Book Day download</p>	<p>STUDY SKILLS: MANAGING EXAM ANXIETY</p> <p>REDUCING EXAM ANXIETY 1: BUILDING UP TO EXAMS VIDEO</p>
Week 23	<p>MENTAL HEALTH: STRESS</p> <p>MENTAL HEALTH 1: STRESS, COMMUNICATION AND SUPPORT VIDEO</p>	<p>MENTAL HEALTH: STRESS</p> <p>MENTAL HEALTH 3: STRESS, SOCIAL MEDIA AND EXAMS NEW VIDEO</p>
Week 24	<p>MENTAL HEALTH: PERFECTIONISM</p> <p>PERFECTIONISM 1: RECOGNISING PERFECTIONISM VIDEO</p> <p><i>Optional support material</i> Questions to ask yourself PDF - download Is perfectionism holding you back PPT - download</p>	<p>UNIVERSITY PREPARATION: ACCOMMODATION</p> <p>ACCOMMODATION AT UNIVERSITY VIDEO</p> <p><i>Optional support material</i> Understanding stress questionnaire PDF download</p>
Week 25	<p>MENTAL HEALTH: PERFECTIONISM</p> <p>PERFECTIONISM 2: PURSUING EXCELLENCE NOT PERFECTIONISM</p> <p>PERFECTIONISM 3: SOLUTIONS - IS A GROWTH MINDSET BETTER?</p> <p>17 day challenge - do some studying over Easter PPT download</p>	<p>UNIVERSITY PREPARATION: BUDGETING</p> <p>BUDGETING AT UNIVERSITY VIDEO</p> <p><i>Optional support material</i> Budgeting activity - template and typical costs download</p> <p>17 day challenge - do some studying over Easter PPT download</p>



APRIL 2027

Awareness events this month

- Stress Awareness Month - use Week 26

	Year 12	Year 13
Week 26	<p>MENTAL HEALTH: REDUCING STRESS</p> <p>MENTAL HEALTH 2: REDUCING STRESS VIDEO</p> <p><i>Optional support material</i></p> <p>Understanding stress questionnaire PDF download</p>	<p>NEXT STEPS: STARTING UNIVERSITY</p> <p>STARTING UNIVERSITY 1: PREPARATION AND 1ST DAY VIDEO</p> <p>STARTING UNIVERSITY 2: FRESHERS' WEEK VIDEO</p>
Week 27	<p>NEXT STEPS: UNIVERSITY</p> <p>NEXT STEPS 4: CONSIDERING UNIVERSITY VIDEO</p>	<p>NEXT STEPS: RESULTS DAY & CLEARING</p> <p>RESULTS DAY 1: THE DAY BEFORE VIDEO</p> <p>RESULTS DAY 2: GRADES AND PLACES</p> <p>RESULTS DAY 3: THE CLEARING PROCESS VIDEO</p>
EASTER		

MAY 2027

Awareness events this month

- Mental Health Awareness Day

	Year 12	Year 13
Week 28	<p>NEXT STEPS: UNIVERSITY</p> <p>NEXT STEPS 5: CHOOSING THE RIGHT UNIVERSITY COURSE VIDEO</p> <p><i>Optional support material</i> Degree courses with the same title can be very different – PDF - download</p>	<p>STUDY SKILLS: MANAGING EXAM ANXIETY</p> <p>REDUCING EXAM ANXIETY 2: EXAMS DAYS VIDEO</p>
Week 29	<p>NEXT STEPS: UNIVERSITY</p> <p>VISITING UNIVERSITIES 2: FIRM AND INSURANCE VIDEO</p> <p>Optional videos APPLYING FOR OXFORD AND CAMBRIDGE VIDEO APPLYING FOR MEDICINE VIDEO</p>	<p>MOTIVATION</p> <p>Youtube video - speech from Michelle Obama on taking exams/next steps (11 mins but can play shorter clip) watch</p>
Week 30	<p>STUDY SKILLS: TECHNOLOGY</p> <p>TECHNOLOGY: MAKING IT USEFUL FOR STUDYING VIDEO</p>	<p>EXAMS / REVISION / STUDY LEAVE</p>

JUNE 2027

Awareness events this month

- Loneliness Awareness Week - MIND advice - [watch](#); MIND website for students - [read](#)
- Healthy Eating Week & Diabetes Awareness Week - Healthy eating - [watch](#); Living with teenage diabetes - [watch](#); Preventing Type 2 diabetes - [watch](#)
- Healthy eating infographic - [visit](#)
- Pride month PPT - [download](#)

	Year 12	Year 13
Week 31	<p>NEXT STEPS: WORK EXPERIENCE</p> <p>WORK EXPERIENCE 2: BEING ON WORK EXPERIENCE VIDEO</p> <p>WORK EXPERIENCE 3: MAKING THE MOST OF WORK EXPERIENCE VIDEO</p>	EXAMS
Week 32	<p>NEXT STEPS: NEW PERSONAL STATEMENT FORMAT</p> <p>PERSONAL STATEMENTS 1: THE PROCESS VIDEO</p> <p>PERSONAL STATEMENTS: SECTION 1 - MOTIVATION FOR THE COURSE VIDEO</p> <p>PERSONAL STATEMENTS: SECTION 2 - PREPAREDNESS FOR THE COURSE VIDEO</p> <p>PERSONAL STATEMENTS: SECTION 3 - PREPARATION THROUGH OTHER EXPERIENCES VIDEO</p> <p><i>Optional support material</i></p> <p>Writing a personal statement for highly competitive universities PDF download</p> <p>How to reflect on your super-curricular research PPT download</p> <p>Where to look for help with your personal statement PPT download</p>	EXAMS
Week 33	<p>NEXT STEPS: CAREERS</p> <p>EMPLOYABILITY 2: THE VALUE OF WORK EXPERIENCE AND RESILIENCE VIDEO</p> <p>EMPLOYABILITY 3: NETWORKING AND MAKING THE MOST OF WHAT YOU'VE GOT VIDEO</p> <p>EMPLOYABILITY 4: FINDING A JOB V KEEPING UP WITH STUDIES VIDEO</p> <p><i>Optional support material</i></p> <p>Writing your CV download</p> <p>Sell This! activity download</p>	EXAMS

	<p>Shaping your extra-curricular experiences for a CV download</p> <p>How to build a LinkedIn profile video watch</p> <p>Writing a CV & covering letter watch</p>	
Week 34	<p>WORK ETHIC</p> <p>MAKE THE MOST OF THE SUMMER VIDEO</p>	

Extra support material

Extra study skills resource - speed reading skills PDF - [download](#)

Thinking more creatively – tutorial activity PDF - [download](#)

Oracy and comprehension - Who am I? 20 famous people who faced adversity PDF - [download](#)

Personal Statements - super-curricular guides

Accounts and finance PPT - [download](#)

Biology/bio medicine PPT - [download](#)

Business PPT - [download](#)

Chemistry PPT - [download](#)

Computing / IT PPT - [download](#)

Creative arts PPT - [download](#)

Criminology PPT - [download](#)
Data Analysis PPT - [download](#)
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Education PPT - [download](#)
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Maths PPT - [download](#)
Media studies PPT - [download](#)
Medicine PPT - [download](#)
Modern Foreign Languages PPT - [download](#)
Nursing & midwifery PPT - [download](#)
Pharmacy and pharmacology PPT - [download](#)
Philosophy PPT - [download](#)
Physics PPT - [download](#)
Politics PPT - [download](#)
Psychology PPT - [download](#)
Social work PPT - [download](#)
Sociology PPT - [download](#)
Surveying and Property - [download](#)
Sport PPT - [download](#)

Specialised University courses

Applying for medicine - student voice video - [watch](#)
Other health related courses from universities - [watch](#)
Applying for Oxbridge - student voice video - [watch](#)
Oxbridge interviews - student voice videos - [watch](#)

MENTAL HEALTH REVISITED: COPING WITH YEAR 13

Looking back: making the most of sixth form - [student voice video](#) - [watch](#)
Thinking ahead: making the most of sixth form - [student voice video](#) - [watch](#)
Self-esteem and learning PDF - [download](#)

POST 18 PREPARATION - EMPLOYABILITY VIDEOS

How to write a C.V. PPT - [download](#)

INTERVIEWS

Nursing interview advice - [download](#)
Teaching interviews advice - [download](#)
Medical interviews advice - [download](#)

YEAR 11 SUPPORT VIDEOS

[Choosing a sixth form: why stay on video](#)

[Choosing A-Levels video](#)

PARENTS OF YEAR 12 AND 13 VIDEOS - NO ACCESS CODE REQUIRED

[Advice for parents: Independence and Communication video](#)

Designed to be played when grade reports are released throughout the year

[Advice for parents: Grades and coping with pressure video](#)

Designed to be played around the time when students receive internal grade reports close to exam season

PARENTS OF YEAR 11 VIDEOS - NO ACCESS CODE REQUIRED

[Advice for parents: choosing sixth form courses video](#)

STUDY SKILLS

7 Principles of learning PDF - [download](#)

Self-reflection Intervention Questionnaire - [download](#)

Barriers to learning PDF - [download](#)

THINKING, CREATIVITY & ORACY SKILLS

Rebus challenges – differentiated tutorial activity – PDF - [download](#)

Thinking more creatively – tutorial activity PDF - [download](#)

20 essential skills for dealing with a post truth world PPT - [download](#)

Who am I? 20 famous people who faced adversity PDF - [download](#)

LITERACY SKILLS - HUMANITIES

Common spelling mistakes activity PDF - [download](#)

Commas and adverbs in sentences PDF - [download](#)

PEEL and PETER paragraphs PDF - [download](#)

Command words in essay titles PDF - [download](#)

Alternative words to 'said' PDF - [download](#)

Command language in examination questions PDF - [download](#)

Conventions of style in essays PDF - [download](#)

Expanding your exam-related vocabulary PDF - [download](#)

Grammar, spelling and vocabulary PDF - [download](#)

Helpful starters and connectives PDF - [download](#)

LITERACY SKILLS – SCIENCES

Using commas in science PDF - [download](#)

Using connectives and punctuation PDF - [download](#)

PEEL and PETER paragraphs PDF - [download](#)

Using an apostrophe in science: when to use it's and its PDF - [download](#)

Explaining how to explain in science PDF - [download](#)

Logical science paragraphs PDF - [download](#)

Logical order and using connectives in science PDF - [download](#)

Punctuation in in Science PDF - [download](#)

Using the correct linking words in science PDF - [download](#)

Writing clearly in science PDF - [download](#)

Righting wrongs in science (part 1) PDF - [download](#)

Righting wrongs in science (part 2) PDF - [download](#)

Righting wrongs in science (part 3) PDF - [download](#)



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CONFERENCES	RESOURCES	NEWSLETTERS
NETWORK	WEBINARS	SUPPORT
UNIVERSITY UPDATES	USEFUL ORGANISATIONS	

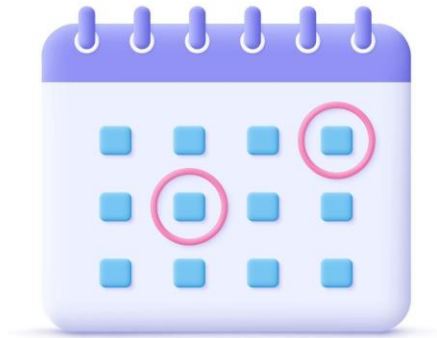
'Good people, helping good people.'
Head of Sixth Form, Hornsea School and Language College



MEMBERSHIP DETAILS - [CLICK HERE](#)

BECOME A MEMBER - [CLICK HERE](#)

awareness days for sixth forms



September

Youth Mental Health Day
Recycling Week

October

Breast cancer Awareness Month
Black History Month
Sexual Health Week

November

Guy Fawkes Night
Stress Awareness day
Talk Money Week
Anti-bullying week opening with Odds Socks Day
Road safety Week

December

Christmas

January

National Mentoring Month
Veganuary
Festival of Sleep Day
World Religion Day
National Reading Day
Holocaust Memorial Day

February

Time to talk day
World Cancer day
Children's Mental Health Week
National Apprenticeship Week
Student Volunteering Week
Sexual Abuse and Sexual Violence Awareness Week
Safer Internet Day
Valentines Day
Random Acts of Kindness Day
Eating Disorders Awareness Week
Boost your self esteem month

March

World Book Day
Comic Relief
National Careers Week
Mother's Day

April

Stress Awareness Month

May

Mental Health Awareness Week
Walk to School Week

June

Loneliness Awareness Week
Healthy Eating Week & Diabetes Awareness Week
Father's Day

July

Plastic Free July
Alcohol Awareness Week