



# AWARENESS THEMES, DAYS AND EVENTS

	EVENTS
January	<p><b>18- 24<sup>th</sup> – Sugar Awareness Week</b></p> <p>Time to focus on reducing sugar and calorie intake to lead a healthier lifestyle.</p> <p><a href="#">Find out more &gt;</a></p> <p><b>27<sup>th</sup> – Holocaust Memorial Day</b></p> <p>A day to remember the millions of people murdered in the Holocaust</p> <p><a href="#">Find out more &gt;</a></p> <p><b>30<sup>th</sup> – 6<sup>th</sup> (February) - National Storytelling Week</b></p> <p>Celebrating the magic of stories to pupils at all key stage ages.</p> <p><a href="#">Find out more &gt;</a></p> 
February	<p><b>1<sup>st</sup> – 7<sup>th</sup> - Children’s Mental Health Week</b></p> <p>To highlight the importance of young people’s mental health, this year’s theme is “express yourself”. It’s about finding ways to share feelings, thoughts and ideas.</p> <p><a href="#">Find out more &gt;</a></p> <div style="display: flex; align-items: center;">  <div> <p><b>1<sup>st</sup>-28<sup>th</sup> - LGBT History Month</b></p> <p>Promoting equality and diversity, this year’s theme is body, mind and spirit and linked to the PSHE curriculum.</p> <p><a href="#">Find out more &gt;</a></p> </div> </div> <p><b>4<sup>th</sup> - World Cancer Day</b></p> <p>Focusing on progress in combatting cancer, this year’s theme is “I am and I will”.</p> <p><a href="#">Find out more &gt;</a></p> <p><b>4<sup>th</sup> - Time to talk Day</b></p> <p>To help get the nation talking – a day dedicated to mental health.</p> <p><a href="#">Find out more &gt;</a></p>

## February

### 8<sup>th</sup> – 14<sup>th</sup> – National Apprenticeship Week

A week dedicated to bringing together employers and apprentices across the UK

[Find out more >](#)

### 8<sup>th</sup>-14<sup>th</sup> - Student Volunteering Week

Celebrating the impact of student volunteers and encouraging students to get involved with civic life.

[Find out more >](#)

### 9<sup>th</sup> - Safer Internet Day

To promote the safe and positive use of digital technology.

[Find out more >](#)



### 12<sup>th</sup> – Chinese New Year

The Chinese festival that celebrates the beginning of their new year. This year, it's the year of the Ox.

[Find out more >](#)

### 14<sup>th</sup> - International Book Giving Day

To With the aim of getting books into the hands of as many children as possible, there are lots of free books available through The Learning Exchange.

[Find out more >](#)

### 17<sup>th</sup>-23<sup>rd</sup> - National Random Acts of Kindness Week

Encourage your students to take that extra step in being thoughtful and brightening someone else's day.

[Find out more >](#)



### 22<sup>nd</sup> – 7<sup>th</sup> (March) - Fairtrade Fortnight

A time for schools to come together and learn how people grow and create our food and drink

[Find out more >](#)

## March

### 1<sup>st</sup> – 6<sup>th</sup> - National Careers Week

To promote the importance of good careers education in schools and colleges

[Find out more >](#)



## March

### 1<sup>st</sup> – 7<sup>th</sup> – Beat Eating Disorders Awareness Week

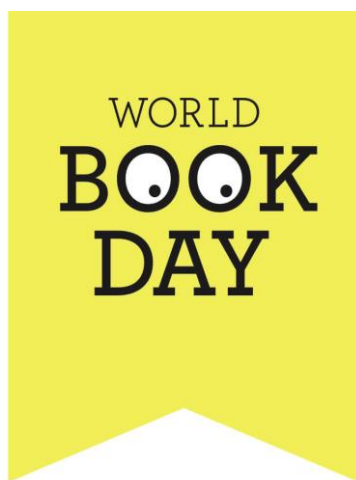
Increasing awareness and understanding of eating disorders and how to tackle them.

[Find out more >](#)

### 4<sup>th</sup> – 11<sup>th</sup> - National Salt Awareness Week

To raise awareness of the importance to health of regulating salt intake and assessing how much salt you're eating. This year's theme is More Flavour, Less Salt!

[Find out more >](#)



### 4<sup>th</sup> – World Book Day

Buy lots of selected titles for young people at just £1 per book.

[Find out more >](#)

### 5<sup>th</sup> – 14<sup>th</sup> - British Science Week

To celebrate all things science

[Find out more >](#)

### 8<sup>th</sup> - International Woman's Day

This year's theme is "Choose to Challenge" – an equal word is an enable world.

[Find out more >](#)

### 15<sup>th</sup> – 21<sup>st</sup> – Nutrition and Hydration Week

Focusing on the importance of drinking plenty of water and eating healthy foods. Find

[Find out more >](#)

### 16<sup>th</sup> – Young Carers Action Day


Moved from January and renamed from Young Carers Awareness Day to Young Carers Action Day, this day is dedicated to celebrating our young carers and highlighting the challenges they face.

[Find out more >](#)

### 19<sup>th</sup> - World Sleep Day

A celebration of sleep and a call to action on important issues related to sleep

[Find out more >](#)

<p><b>March</b></p>	<p><b>19<sup>th</sup> – Red Nose Day / Sports Relief / Comic Relief</b> A day dedicated to raising money for important causes nationally and internationally <a href="#">Find out more &gt;</a></p> <p><b>27<sup>th</sup> – 4<sup>th</sup> (April) Passover</b></p> 
<p><b>April</b></p>	<p><b>1<sup>st</sup>-30<sup>th</sup> - National Stress Awareness month</b> A chance to identify and reduce the stress factors in li <a href="#">Find out more &gt;</a></p> <p><b>3<sup>rd</sup> - 5<sup>th</sup> - Easter weekend</b></p> <p><b>Dates TBC - Family Safety Week</b> A week highlighting the measures families can take to keep themselves safe <a href="#">Find out more &gt;</a></p> <p><b>7<sup>th</sup> – World Health Day</b> To mark the anniversary of the foundation of the WHO in 1948. <a href="#">Find out more &gt;</a></p> <p><b>17<sup>th</sup> – 21<sup>st</sup>– National Parks Week</b> Raising public awareness about Britain’s national parks. <a href="#">Find out more &gt;</a></p> <p><b>22<sup>nd</sup> - Earth Day</b> This year’s theme is “Restore our Earth”. <a href="#">Find out more &gt;</a></p>
<p><b>May</b></p>	<p><b>1<sup>st</sup>- 8<sup>th</sup> - Time for a Cuppa</b> Helping to raise awareness about dementia, the perfect time for students, their friends and families to get together over a hot drink. <a href="#">Find out more &gt;</a></p> <p><b>1<sup>st</sup>- 31<sup>st</sup> - Local and Community History Month</b> A month to encourage people to investigate, discover and explore their local history <a href="#">Find out more &gt;</a></p>

**May****1<sup>st</sup>- 31<sup>st</sup> - National Walking Month**

Be active for good health! A month focusing on getting Britain walking, highlighting all the mental and physical benefits it can bring.

[Find out more >](#)

**6<sup>th</sup> – 13<sup>th</sup> Sun Awareness Week**

To raise awareness of the long term harm caused by the sun and to promote safety when outside

[Find out more >](#)

**6<sup>th</sup> – 13<sup>th</sup> Red Cross Week**

Celebrating the role the Red Cross plays in emergency response situations.

[Find out more >](#)

**10<sup>th</sup> – 16<sup>th</sup> – Mental Health Awareness Week**

Hosted by the Mental Health Foundation, this Week focuses on raising awareness about mental health and what we can do to help ourselves and our loved ones who maybe struggling with their mental health

[Find out more >](#)

**10<sup>th</sup>- 16<sup>th</sup> - National Vegetarian Week**

A chance to learn more about vegetarian food and the added benefits it may bring

[Find out more >](#)

**10<sup>th</sup>-23<sup>rd</sup> - Foster Care Fortnight**

To celebrate and recognise the important work foster carers provide

[Find out more >](#)

**13<sup>th</sup> - Eid-ul-Fitr****17<sup>th</sup> - National Children's Day**

A focus on the importance of raising happy and healthy children

[Find out more >](#)

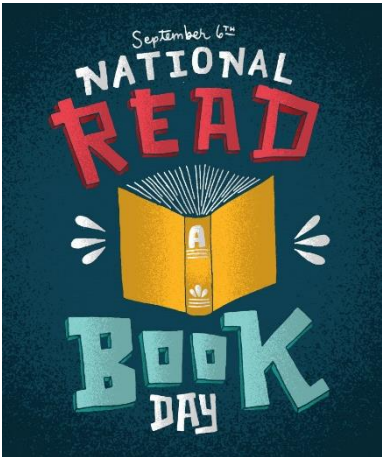
**18-24<sup>th</sup>– Walk to School Week**


To encourage students to walk to school

[Find out more >](#)




<p><b>May</b></p>	<p><b>21<sup>st</sup> – World Meditation Day</b></p> <p><b>28<sup>th</sup> - World Hunger Day</b> To raise awareness for the 800 million people who do not have enough food to eat <a href="#">Find out more &gt;</a></p>
<p><b>June</b></p>	<p><b>1<sup>st</sup> - 7<sup>th</sup> – Volunteers week</b> To celebrate and thank volunteers throughout the UK <a href="#">Find out more &gt;</a></p> <p><b>6<sup>th</sup> – 12<sup>th</sup> - Bike Week</b> An annual celebration to showcase cycling and the benefits of being more active <a href="#">Find out more &gt;</a></p> <p><b>8<sup>th</sup>-14<sup>th</sup> – National Diabetes week</b> Working towards a future without diabetes. <a href="#">Find out more &gt;</a></p> <p><b>14<sup>th</sup> – 20<sup>th</sup> – Refugee Week</b> To celebrate the contribution of refugees to the UK <a href="#">Find out more &gt;</a></p> <p><b>19<sup>th</sup> – 27<sup>th</sup> - National Picnic Week</b> Pack a rug and your favourite nibbles and head outdoors to enjoy eating al fresco. There are benefits to eating outside and with other people. <a href="#">Find out more &gt;</a></p>
<p><b>July</b></p>	<p><b>11<sup>th</sup> - World Population Day</b> To focus attention on the urgency and importance of population issues <a href="#">Find out more &gt;</a></p> <p><b>17<sup>th</sup> - World Emoji Day</b> We use emojis every day, so why not celebrate them? <a href="#">Find out more &gt;</a></p> <p><b>19<sup>th</sup> – 23<sup>rd</sup> - Eid-ul-Adha</b></p>

<b>July</b>	<p><b>30<sup>th</sup> – International Day of Friendship</b> Through friendship we can develop bonds of trust and camaraderie between people regardless of race or beliefs</p> <p><a href="#">Find out more &gt;</a></p>
<b>August</b>	<p><b>12<sup>th</sup> - International Youth Day</b> Organised by the UK, International Youth Day recognises the challenges faced by young people and the important role they play</p> <p><a href="#">Find out more &gt;</a></p>
<b>September</b>	<p><b>1<sup>st</sup> – 14<sup>th</sup> – Getting to know you week</b> It's a new school year and time to get to know your new classmates or new friends!</p> <p><b>5<sup>th</sup> - International Day of Charity</b> To celebrate the positive work of charities globally</p> <p><a href="#">Find out more &gt;</a></p> <p><b>6<sup>th</sup> – National Read a Book Day</b> Research shows that spending just 10 minutes a day reading and sharing stories with children can make a crucial difference to their lives, now and in the future.</p> <p><b>10<sup>th</sup> - World Suicide Prevention Day</b> Suicide is preventable, not inevitable.</p> <p><a href="#">Find out more &gt;</a></p> <p><b>16<sup>h</sup> - Yom Kippur</b></p> <p><b>21<sup>st</sup> - International Day of Peace</b> A day dedicated to recognising the importance of building a culture of peace</p> <p><a href="#">Find out more &gt;</a></p> 

<p><b>October</b></p>	<div data-bbox="480 226 871 528">  </div> <div data-bbox="903 237 1358 427"> <p><b>1<sup>st</sup> – 31<sup>st</sup> - Black History Month</b> To recognise and celebrate the contribution of black people in the UK, past and present <a href="#">Find out more &gt;</a></p> </div> <div data-bbox="472 562 1374 719"> <p><b>4<sup>th</sup> – World Animal Day</b> Heighten awareness about animal issues and encourage people to think how we relate to animals. <a href="#">Find out more &gt;</a></p> </div> <div data-bbox="472 775 895 898"> <p><b>5<sup>th</sup> - World Space Week</b> Celebrating science and technology <a href="#">Find out more &gt;</a></p> </div> <div data-bbox="472 954 1382 1111"> <p><b>5<sup>th</sup> - World Teacher Day</b> To mark progress and reflect on ways to counter the remaining challenges for the promotion of the teaching profession <a href="#">Find out more &gt;</a></p> </div> <div data-bbox="472 1167 1318 1290"> <p><b>7<sup>th</sup>- 12<sup>th</sup> - Dyslexia Awareness Week</b> To bring attention to the issues that dyslexic people face on a daily basis <a href="#">Find out more &gt;</a></p> </div> <div data-bbox="472 1346 903 1424"> <p><b>10<sup>th</sup> - World Mental Health Day</b> <a href="#">Find out more &gt;</a></p> </div> <div data-bbox="472 1480 1062 1603"> <p><b>16<sup>th</sup> - World Food Day</b> To end world hunger and to promote healthy diets <a href="#">Find out more &gt;</a></p> </div>
<p><b>November</b></p>	<div data-bbox="472 1693 608 1727"> <p><b>4<sup>th</sup> Diwali</b></p> </div> <div data-bbox="472 1783 959 1816"> <p><b>5<sup>th</sup> Guy Fawkes Day (Bonfire Night)</b></p> </div> <div data-bbox="472 1861 1310 1984"> <p><b>11<sup>th</sup> Armistice Day</b> Commemorating sacrifices of armed forces and civilians in times of war <a href="#">Find out more &gt;</a></p> </div>



<h2>November</h2>	<p><b>12<sup>th</sup> – BBC Children in Need</b> Together, we can change young lives <a href="#">Find out more &gt;</a></p> <p><b>15<sup>th</sup>- 19<sup>th</sup> - Anti bullying Week</b> A week aimed at raising awareness of bullying of young people and to show ways to prevent and respond to it <a href="#">Find out more &gt;</a></p>  <p><b>15<sup>th</sup> – 19<sup>th</sup> – International Education Week</b> A time to celebrate international work in schools. <a href="#">Find out more &gt;</a></p> <p><b>16<sup>th</sup> – 21<sup>st</sup> - Road Safety Week</b> To highlight the importance of road safety when crossing roads <a href="#">Find out more &gt;</a></p> <p><b>19<sup>th</sup> - International Men’s Day</b> <a href="#">Find out more &gt;</a></p> <p><b>27<sup>th</sup> – 5<sup>th</sup> – National Tree Week</b> Marks the start of the planting season and celebrates trees and woods. <a href="#">Find out more &gt;</a></p> <p><b>28<sup>th</sup> – 6<sup>th</sup> (December) – Hanukkah</b></p>
<h2>December</h2>	<p><b>1<sup>st</sup> - World AIDS Day</b> A day dedicated to raising awareness of the global AIDS epidemic</p> <p><b>10<sup>th</sup> - Human Rights Day</b> Part of a global movement to end the abuse and violation of human rights <a href="#">Find out more &gt;</a></p>

## December

### 10<sup>th</sup> - Christmas Jumper Day

An annual event to raise money for 'Save the Children'

[Find out more >](#)

### 21<sup>st</sup> – Winter Solstice (shortest day)

### 25<sup>th</sup> & 26<sup>th</sup> - Christmas Day and Boxing Day



--- Happy new year from the team at *The Parents' Guide to* ---