

School Mental Health Promotion Calendar

Grades 7-12

Your month-by-month resource guide

This at-a-glance resource designed for grades 7-12 highlights days of significance with connections to mental health, as well as themes that may be important in school communities. These themes/dates may offer opportunities to embed mental health promotion and literacy within the daily life of schools and provide supports when students may be seeking them. Please note that this is not an exhaustive list of the events and themes that may be significant to your board and school community. Feel free to add to and personalize this calendar, and to adapt the content for other grades.



Additional events and themes important to our school community



August	September	October	November
<p>In this month...</p> <ul style="list-style-type: none"> back to school transition building connection and community 	<p>In this month...</p> <ul style="list-style-type: none"> back to school transition building connection and community <p>September 10</p> <ul style="list-style-type: none"> World Suicide Prevention Day <p>September 25</p> <ul style="list-style-type: none"> Franco-Ontarian Day (building connection and community) <p>September 30</p> <ul style="list-style-type: none"> Orange Shirt Day / National Day for Truth and Reconciliation (supporting Indigenous students, awareness and allyship) 	<p>1st full week of the month</p> <ul style="list-style-type: none"> Mental Illness Awareness Week (mental health supports) <p>October 10</p> <ul style="list-style-type: none"> World Mental Health Day <p>3rd Wednesday of the month</p> <ul style="list-style-type: none"> International Pronouns Day (supporting 2S/LGBTQIA+ students, awareness and allyship, mental health supports) 	<p>In this month...</p> <ul style="list-style-type: none"> OSSLT (mental health, stress) <p>1st week of the month</p> <ul style="list-style-type: none"> Treaties Recognition Week (supporting Indigenous students, awareness and allyship) <p>November 8</p> <ul style="list-style-type: none"> Indigenous Veterans Day (supporting Indigenous students, awareness and allyship, mental health supports) <p>November 11</p> <ul style="list-style-type: none"> Remembrance Day (mental health supports) <p>November 13</p> <ul style="list-style-type: none"> World Kindness Day (awareness and allyship) <p>November 13-19</p> <ul style="list-style-type: none"> Transgender Awareness Week (supporting 2S/LGBTQIA+ students, awareness and allyship, mental health supports) <p>3rd week of the month</p> <ul style="list-style-type: none"> Bullying Awareness and Prevention Week (mental health supports)



December	January	February	March
<p>December 3</p> <ul style="list-style-type: none"> International Day of Persons with Disabilities (supporting students accessing special education services and supports, awareness and allyship) <p>Winter break</p> <ul style="list-style-type: none"> holiday stress for some students disconnection from routine and supports (mental health support) increased access to digital technology and substance use 	<p>In this month...</p> <ul style="list-style-type: none"> exam stress winter blahs (mental health) 	<p>In this month...</p> <ul style="list-style-type: none"> Black History Month (supporting Black students, awareness and allyship) course selection (stress) winter blahs (mental health) <p>February 11</p> <ul style="list-style-type: none"> Safer Internet Day (digital technology) <p>February 17</p> <ul style="list-style-type: none"> Random Acts of Kindness Day (awareness and allyship) <p>3rd Monday of the month</p> <ul style="list-style-type: none"> Family Day (building connection and community) 	<p>In this month...</p> <ul style="list-style-type: none"> OSSLT (mental health, stress) <p>1st full week of the month</p> <ul style="list-style-type: none"> Black Mental Health Week (supporting Black students, awareness and allyship, mental health supports) <p>March Break</p> <ul style="list-style-type: none"> disconnection from routine and supports (mental health supports) increased access to digital technology and substance use <p>March 31</p> <ul style="list-style-type: none"> National Indigenous Languages Day (supporting Indigenous students, awareness and allyship)
April	May	June	July
<p>April 7</p> <ul style="list-style-type: none"> World Health Day (mental health and mental illness, mental health supports) <p>April 22</p> <ul style="list-style-type: none"> Earth Day (building connection and community, climate change stress) 	<p>In this month...</p> <ul style="list-style-type: none"> Mental Health Week (mental health supports) grade 9 EQAO (mental health, stress) <p>1st week of the month</p> <ul style="list-style-type: none"> Education week (building connection and community) <p>May 6</p> <ul style="list-style-type: none"> Belonging – National Day to End Bullying (mental health supports) <p>May 17</p> <ul style="list-style-type: none"> International Day Against Homophobia, Biphobia, and Transphobia (supporting 2S/LGBTQIA+ students, awareness and allyship, mental health supports) 	<p>In this month...</p> <ul style="list-style-type: none"> National Indigenous History Month (supporting Indigenous students, awareness and allyship) Pride month (supporting 2S/LGBTQIA+ students, awareness and allyship, mental health supports) grade 9 EQAO (mental health, stress) exam stress prom stress for some students transition disconnection from routine and supports (mental health supports) <p>June 20</p> <ul style="list-style-type: none"> World Refugee Day (building connection and community, mental health supports) <p>June 21</p> <ul style="list-style-type: none"> National Indigenous Peoples Day (supporting Indigenous students, awareness and allyship) <p>June 24</p> <ul style="list-style-type: none"> Saint-Jean-Baptiste Day (building connection and community) 	<p>Summer break</p> <ul style="list-style-type: none"> increased access to digital technology and substance use disconnection from routine and supports (mental health supports)