



# KING HENRY VIII SCHOOL

*Ysgol Brenin Harri'r VIII*

## Health & Happiness Calendar 2019-2020

*Lechyd a Hapusrwydd*

23 <sup>rd</sup> September	<i>Relationships 'International Day of Peace</i>
7 <sup>th</sup> October	<i>World Mental Health Day</i>
21 <sup>st</sup> October	<i>Wonder Week</i>
4 <sup>th</sup> November	<i>Men's Mental Health Awareness</i>
11 <sup>th</sup> November	<i>Anti-Bullying Week</i>
18 <sup>th</sup> November	<i>Sugar Awareness Week (KS3), Alcohol Awareness Week (KS4), Road Safety Week (KS5)</i>
9 <sup>th</sup> December	<i>World Human Rights Day</i>
27 <sup>th</sup> January	<i>Young Carers Week</i>
3 <sup>rd</sup> February	<i>Internet Safety Week</i>
10 <sup>th</sup> February	<i>Random Acts of Kindness Week</i>
8 <sup>th</sup> March 9 <sup>th</sup> March	<i>International Women's Day Sport Relief</i>
20 <sup>th</sup> March	<i>International Day of Happiness</i>
23 <sup>rd</sup> March	<i>Wonder Week</i>
27 <sup>th</sup> April	<i>Keeping Healthy and Happy during the examination season</i>
11 <sup>th</sup> May	<i>Mental Health Awareness Week – UK</i>
18 <sup>th</sup> May	<i>Walk to School Week</i>
22 <sup>nd</sup> June	<i>National School Sports Week</i>

