

November bulletin

Men Mental Health Awareness Month is an annual event that takes place in November, every year. It's important to show learners of all levels that their emotions are not something to be ashamed of. There are many reasons why someone may suffer from poor mental health, but opening up conversations around this is key to helping reduce the stigma around this and to encourage men to seek support.

There are various things you can do if you're struggling with your mental health, one of which is speaking with a professional. Talking to anyone – be it a friend, family member, your GP or a mental health charity, is so important.

[ANDYSMANCLUB - It's Okay To Talk](#)

[Men's Mental Health Awareness Month | Twinkl Events](#)

Islamophobia Awareness Month. It aims to educate people on what Islamophobia is and how it manifests within our society and wider culture. It also aims to educate people on the culture and lived experiences of Muslims to break down barriers and reduce prejudice.

[Islamophobia Awareness Month - a school leader's guide](#)

4th-8th Stress Awareness Week is a week to raise awareness about the damaging effects of stress and promote a better understanding of how to manage stress effectively.

[Stress Awareness Day/Week 2025: 3-7 November | Mates in Mind](#)

One of the most widely celebrated events in the UK, Bonfire Night is celebrated every year on the 5th of November. It is also known as Guy Fawkes Day and Firework Night.

[Bonfire Night 2025 - Primary Resources & Event Information](#)

Transgender Awareness. The aim of Transgender Awareness Week is to promote trans visibility and make people who aren't transgender understand the discrimination that trans people face.

[Transgender Awareness Week 2025 | Twinkl Event - Twinkl](#)

[Guidance for schools to support trans young people | WCPP](#)

Anti bullying. National Bullying Prevention Month encourages people to recognise the signs of bullying, support those who are being bullied, and work together to create a culture of kindness and empathy. Through education, awareness events, and social media campaigns, this month aims to empower individuals to stand up against bullying and to advocate for policies that protect individuals from harassment and abuse.

[School bullying | Sub-topic | GOV.WALES](#)

[Odd Socks Day Ideas | Anti-Bullying Week - Twinkl](#)



11th Remembrance Day. This day honours the soldiers. Remembrance Day is celebrated every year on the 11th of November. This is because during WW1, the conflict ended “at the eleventh hour of the eleventh day of the eleventh month”.

[Remembrance Day 2025 - Information and Teaching Resources](#)

17th – 21st National safeguarding adult’s week. Throughout the week, we’re encouraging people to take a closer look at their approach to prevention. We want individuals and organisations to ensure that prevention is embedded in their policies and procedures. There are free online seminars throughout the week, please visit : [Safeguarding Adults Week 2025 - Links, Resources, and More - Ann Craft Trust](#)

[2025 – National Safeguarding Adults Awareness Week | Safeguarding Southend Partnership](#)