



# Walk In My Shoes 2019/20 Year Planner



## Events

### Mission Possible

#### School Achievement Awards

The Mission Possible School Achievement Awards is a Walk in My Shoes (WIMS) initiative dedicated to celebrating and acknowledging the work schools do to promote positive mental health. Applications open in January 2020.

### Frame of Mind Short Film Competition

Our Frame of Mind Short Film Competition aims to improve awareness about mental health and to remove the stigma associated with mental health difficulties. Applications open in October 2019.

### #MindYourSelfie Day

Each year on #MindYourSelfie Day, we call on the public to post a selfie to their social media accounts, using the hashtag #MindYourSelfie, as a way to promote positive mental health and encourage a conversation around mental health. Why not get your entire school involved? The next #MindYourSelfie Day is set for April 2020, with lots of great ways for your school to take part.

### WIMS FM



Walk in My Shoes Radio (WIMS FM) is Ireland's only pop-up radio station, dedicated solely to the promotion of positive mental health. Run by St Patrick's Mental Health Services during World Mental Health Week each October, WIMS FM broadcasts over 70 hours of live shows from a pop-up studio at St Patrick's University Hospital. Schools can get involved in our *School Special Programme* which airs during the week. Visit [walkinmyshoes.ie](http://walkinmyshoes.ie) for more information.

| September                             | October                          | November                          | December                  | January                                | February                    | March                             | April                    | May                        | June                          |
|---------------------------------------|----------------------------------|-----------------------------------|---------------------------|----------------------------------------|-----------------------------|-----------------------------------|--------------------------|----------------------------|-------------------------------|
| SU 1                                  | TU 1                             | FR 1                              | SU 1                      | WE 1<br>New Year's Day/First Fortnight | SA 1                        | SU 1<br>Self-Injury Awareness Day | WE 1                     | FR 1<br>Green Ribbon Month | MO 1<br>June Bank Holiday     |
| MO 2                                  | WE 2                             | SA 2                              | MO 2                      | TH 2                                   | SU 2                        | MO 2                              | TH 2                     | SA 2                       | TU 2                          |
| TU 3                                  | TH 3                             | SU 3                              | TU 3                      | FR 3                                   | MO 3                        | TU 3                              | FR 3                     | SU 3                       | WE 3                          |
| WE 4                                  | FR 4                             | MO 4                              | WE 4                      | SA 4                                   | TU 4                        | WE 4                              | SA 4                     | MO 4<br>May Bank Holiday   | TH 4                          |
| TH 5                                  | SA 5<br>World Teacher's Day      | TU 5                              | TH 5                      | SU 5                                   | WE 5                        | TH 5                              | SU 5                     | TU 5                       | FR 5<br>World Environment Day |
| FR 6                                  | SU 6                             | WE 6                              | FR 6                      | MO 6                                   | TH 6                        | FR 6                              | MO 6                     | WE 6                       | SA 6                          |
| SA 7                                  | MO 7<br>WIMS FM                  | TH 7                              | SA 7                      | TU 7                                   | FR 7                        | SA 7                              | TU 7<br>World Health Day | TH 7                       | SU 7                          |
| SU 8                                  | TU 8                             | FR 8                              | SU 8                      | WE 8                                   | SA 8                        | SU 8<br>International Women's Day | WE 8                     | FR 8                       | MO 8                          |
| MO 9                                  | WE 9                             | SA 9                              | MO 9                      | TH 9                                   | SU 9                        | MO 9                              | TH 9                     | SA 9                       | TU 9                          |
| TU 10<br>World Suicide Prevention Day | TH 10<br>World Mental Health Day | SU 10                             | TU 10<br>Human Rights Day | FR 10                                  | MO 10                       | TU 10                             | FR 10<br>Good Friday     | SU 10                      | WE 10                         |
| WE 11                                 | FR 11                            | MO 11                             | WE 11                     | SA 11                                  | TU 11<br>Safer Internet Day | WE 11                             | SA 11                    | MO 11                      | TH 11                         |
| TH 12                                 | SA 12                            | TU 12                             | TH 12                     | SU 12                                  | WE 12                       | TH 12                             | SU 12<br>Easter Sunday   | TU 12                      | FR 12                         |
| FR 13                                 | SU 13                            | WE 13                             | FR 13                     | MO 13                                  | TH 13                       | FR 13                             | MO 13<br>Easter Monday   | WE 13                      | SA 13                         |
| SA 14                                 | MO 14                            | TH 14                             | SA 14                     | TU 14                                  | FR 14<br>Valentine's Day    | SA 14                             | TU 14                    | TH 14                      | SU 14                         |
| SU 15                                 | TU 15                            | FR 15                             | SU 15                     | WE 15                                  | SA 15                       | SU 15                             | WE 15                    | FR 15                      | MO 15                         |
| MO 16                                 | WE 16<br>World Food Day          | SA 16                             | MO 16                     | TH 16                                  | SU 16                       | MO 16                             | TH 16                    | SA 16                      | TU 16                         |
| TU 17                                 | TH 17                            | SU 17                             | TU 17                     | FR 17                                  | MO 17                       | TU 17<br>St. Patrick's Day        | FR 17                    | SU 17                      | WE 17                         |
| WE 18                                 | FR 18                            | MO 18                             | WE 18                     | SA 18                                  | TU 18                       | WE 18                             | SA 18                    | MO 18                      | TH 18                         |
| TH 19                                 | SA 19                            | TU 19<br>International Men's Day  | TH 19                     | SU 19                                  | WE 19                       | TH 19                             | SU 19                    | TU 19                      | FR 19                         |
| FR 20                                 | SU 20                            | WE 20<br>Universal Children's Day | FR 20                     | MO 20                                  | TH 20                       | FR 20                             | MO 20                    | WE 20                      | SA 20                         |
| SA 21<br>World Gratitude Day          | MO 21                            | TH 21                             | SA 21                     | TU 21                                  | FR 21                       | SA 21                             | TU 21                    | TH 21                      | SU 21                         |
| SU 22                                 | TU 22                            | FR 22                             | SU 22                     | WE 22                                  | SA 22                       | SU 22                             | WE 22                    | FR 22                      | MO 22                         |
| MO 23                                 | WE 23                            | SA 23                             | MO 23                     | TH 23                                  | SU 23                       | MO 23                             | TH 23                    | SA 23                      | TU 23                         |
| TU 24                                 | TH 24                            | SU 24                             | TU 24                     | FR 24                                  | MO 24                       | TU 24                             | FR 24                    | SU 24                      | WE 24                         |
| WE 25                                 | FR 25                            | MO 25                             | WE 25<br>Christmas Day    | SA 25                                  | TU 25                       | WE 25                             | SA 25                    | MO 25                      | TH 25                         |
| TH 26                                 | SA 26                            | TU 26                             | TH 26<br>St. Stephens Day | SU 26                                  | WE 26                       | TH 26                             | SU 26                    | TU 26                      | FR 26                         |
| FR 27                                 | SU 27                            | WE 27                             | FR 27                     | MO 27                                  | TH 27                       | FR 27                             | MO 27                    | WE 27                      | SA 27                         |
| SA 28                                 | MO 28<br>October Bank Holiday    | TH 28                             | SA 28                     | TU 28                                  | FR 28                       | SA 28                             | TU 28                    | TH 28                      | SU 28                         |
| SU 29                                 | TU 29                            | FR 29                             | SU 29                     | WE 29                                  | SA 29                       | SU 29                             | WE 29                    | FR 29                      | MO 29                         |
| MO 30                                 | WE 30                            | SA 30                             | MO 30                     | TH 30                                  |                             | MO 30                             | TH 30                    | SA 30                      | TU 30                         |
|                                       | TH 31<br>Halloween               |                                   | TU 31<br>New Year's Eve   | FR 31                                  |                             | TU 31                             |                          | SU 31                      |                               |

## Resources

### Film Resource And Teacher's Guide

This resource was created for teachers to use in the classroom with their students. The film has a 'pause, play' system where teachers can 'pause' the film and refer to their 'teacher's manual'. The manual consists of questions which teachers can ask their students, along with important points to reiterate.

### Downloadable Classroom Resources Include:

- ☆ Mindfulness Exercises
- ☆ Wellness Wall
- ☆ Activities For Your Selfie-steem
- ☆ Mindfulness Colouring
- ☆ Wellbeing Journal
- And More....

All resources can be accessed online

### WIMS School Portal

The School Portal is a private online platform that enables schools to highlight and share what they are doing in their classroom, school and community to promote mental health and wellbeing. You can find more information and learn how to access the School Portal on our website, [walkinmyshoes.ie](http://walkinmyshoes.ie).

To keep up-to-date on all WIMS activities, you can sign up to our eNewsletter on [walkinmyshoes.ie](http://walkinmyshoes.ie).

[www.walkinmyshoes.ie](http://www.walkinmyshoes.ie)



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