

My Journey Secondary School Calendar – Spring 2026

January

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23							31		
						RSPB Big Schools' Birdwatch starts from today until 14 February 2026																									
RED January																															
Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	

Event key

Travel related

Non-travel related

Event key

Travel related

Non-travel related

February

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Time to Talk Day Children's Mental Health Week Half term																											
National Heart Month																											
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa

March

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
World Wildlife Day																														
			World Book Day																											
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu

World Poetry Day

Modeshift STARS submission deadline

Earth Hour

Dates to be confirmed:

March
Sustrans Big Walk and Wheel

March
Great British School Clean

My Journey Secondary School STARS Planner – Spring 2026

January

RED January (W16-18) – Rise Every Day and encourage staff to improve their wellbeing as the new term begins by setting a realistic movement goal for the month of January. Staff could share their goals by walking to work or taking a stroll together at the end of the day. Read about [the benefits of walking and talking](#).

RSPB Big Schools' Birdwatch (W11) – [Register to take part](#) and use the RSPB's differentiated resources to find out which birds visit your local area. You could count birds in your school grounds or walk to a local spot to identify and record the birds.

February

National Heart Month (CU2) – Why not host an assembly focusing on the health benefits of active travel? Or incorporate the message into a science or PSHE lesson, with a focus on health.

Time to Talk Day (W16-18, CU2) – Sometimes it's easier to talk side-by-side, rather than face-to-face. Encourage staff and pupils to have a conversation during the school's daily mile or plan a [Wellbeing Walking Trip](#).

Children's Mental Health Week (PR1, CU2) – There are lots of [resources and activities](#) provided to use in class or to promote to families. It is also a great opportunity to remind your school community about the benefit to our mental health of daily physical activity such as an active journey to school.

March

World Wildlife Day (W16-18) – Challenge your pupils to spot and record the wildlife in your local area. With their input create a local guide which includes relevant [wildlife actions from Hampshire and IOW Wildlife Trust](#).

World Book Day (AQ14) – Create a display in your school library to celebrate books about climate change and air pollution.

World Poetry Day (C16-18) – Encourage pupils to practice their creative writing, have a poetry competition with an active travel theme.

Great British School Clean (W16-18) – Encourage pupils to care for their surroundings on their journeys to and from school by promoting the Great British School Clean. Make a [school-wide litter collecting](#) pledge to receive a digital resource pack. If you can, offer families the use of the school's litter picking equipment or ask your local council if they have litter pickers to borrow.

Earth Hour (AQ1) – Ask pupils and staff to [Give an Earth Hour](#), by swapping a car journey or car sharing. Visit [Earth Hour for Youth](#) for ideas.

Sustrans Big Walk and Wheel (C5) – [Take part](#) and inspire your pupils to make active journeys to school.