

My Journey Primary School Calendar – Spring 2026

Event key

- My Journey Hampshire
- Road Safety
- Other travel related
- Non-travel related

January

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
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

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					Spring into Action campaign launch								
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				Great Big School Clean										Beep Beep! Day					World Poetry Day				Big Walk and Wheel!				Modeshift STARS submission deadline			Earth Hour	
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					

My Journey Primary 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 you could incorporate the message into a science 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.

Spring into Action (W16-18) – Share My Journey's [Spring into Action Toolkit 2026](#), daily ideas to encourage families to travel actively.

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) – Read [A Wild Walk to School](#) (KS1) and [A Right Royal Adventure](#) (KS2) with your pupils.

Beep Beep! Day (R5, R9, R18, CU7) – [Sign up](#) and help teach important road safety basics to very young children, including [pedestrian skills](#).

World Poetry Day (C16-18) – Encourage pupils to practice their creative writing with an [acrostic poem](#) about their favourite way to travel actively.

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.

Big Walk and Wheel (C5) – [Take part](#) and inspire your pupils to make active journeys to school. A [Bling Your Bike Day](#) could be fun!

Great Big School Clean (W16-18) – Encourage children to care for their surroundings on their journeys to and from school by promoting the Great Big School Clean. From 13 February 2026, you can make a [school-wide litter collecting](#) pledge and 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.