

April Bulletin

April Fools' Day, celebrated annually on April 1st, is a time-honoured tradition of playful pranks, jokes, and hoaxes. While the date remains the same each year, the hilarity and creativity of the pranks vary widely, bringing laughter and light-heartedness to people around the world.

Stress Awareness Month shines a light on the importance of recognising, managing, and reducing stress in our lives, taking place every April. Stress is a natural response to challenges and pressures, but when left unchecked, it can negatively impact our mental and physical well-being. Stress Awareness Month serves as a reminder to prioritise self-care, seek support, and implement healthy coping strategies.

[Stress Awareness Month April 2025 | Mates in Mind](#)

[The Stress Management Society - From Distress to De-Stress](#)

World Autism Awareness Day, observed annually on April 2nd, is a global initiative dedicated to increasing understanding, acceptance, and support for individuals with autism spectrum disorder (ASD). This significant day serves as a catalyst for promoting inclusion, advocating for equal rights, and celebrating the unique talents and contributions of people with autism.



[World Autism Acceptance Month 2025](#)

Passover, or *Pesach* in Hebrew, is one of the most significant and widely observed Jewish holidays. The first two days (April 12–14) and the last two days (April 19–20) are considered full festival days, with special prayers and restrictions on work. The intermediate days, known as *Chol HaMoed*, are semi-festive and allow for more flexibility.

[What is Passover? - BBC Bitesize](#)

18th Christianity: Good Friday. The holiday remembers the day that Jesus Christ suffered and died, rising three days later on Easter Sunday.

[What is Good Friday and Why Do We Celebrate It?](#)

20th Christianity: Easter Sunday. Easter is the Christian festival that celebrates the Resurrection of Jesus Christ.

[What Is Easter Sunday & Why Do We Celebrate It?](#)

Chinese Language Day falls on 20th April each year, celebrating the richness and beauty of one of the world's oldest and most widely spoken languages. Whether you're a language enthusiast, a student of Chinese culture, or simply curious about the intricacies of the Chinese language, this annual event offers a fascinating glimpse into the linguistic heritage of China.

[UN CHINESE LANGUAGE DAY - April 20, 2025 - National Today](#)

22nd Stephen Lawrence Day. Stephen Lawrence Day is an annual event held each year on April 22 that commemorates the life of Stephen Lawrence, a Black British teenager who was murdered in a racist attack in 1993. It was designated a public holiday by the government in 2018 to honour his memory and to promote racial equality. Stephen Lawrence Day serves as a reminder of the importance of challenging racism and promoting racial equality.

[STEPHEN LAWRENCE DAY - April 22, 2025 - National Today](#)