



March 2020

Bumper
Issue

THE

Issue 15



Hello from us here at Compass BUZZ. Here in these unprecedented times we wanted to put together an issue that focussed primarily on wellbeing as well as giving you an update as to what's going on within our service. We recognise in times of uncertainty, that it is important to keep our spirits up and look after ourselves. We hope, in this issue to give you some ideas of how you can look after yourselves over the coming weeks.

Whilst we are trying to continue to offer an efficient and effective service to our North Yorkshire schools, in line with government advice and with schools closing on 20 March 2020 we have been directed to cancel training sessions. This means that training sessions including Pupil Wellbeing Champions workshops have had to be cancelled at short notice unfortunately.

We recognise that schools, including staff and pupils / students might be experiencing a lot of worries or have questions about events as they rapidly change.

We are still offering our Request for Support service through our telephone consultations with school staff, offering information, advice and support to help schools support emotional wellbeing and mental health. If you would like to book a telephone consultation, call **01609777662 (option 2)**.

We are still operating our text messaging service BUZZ US for young people **aged 11-18 years** to message in about concerns, questions or difficulties they are having at the moment.

Young people can text BUZZ US on **07520 631168**. The service is open

Monday— Thursday 9.00am—5.00pm, Fridays 9.00am—4.30pm.

Laughter is the best medicine

It can be quite difficult to see the funny in life when faced with uncertainty and worry. News of the coronavirus doesn't seem to leave people with much to laugh about. However humour is very important and is known to have benefits that improves our physical and mental health,. A recent online article cited that laughter strengthens the immune system and also protects us from stress, it can help lighten your worries and keep you connected to others.

And smile...

Knock Knock...
Who's there?
Tank
Tank who?
Your welcome



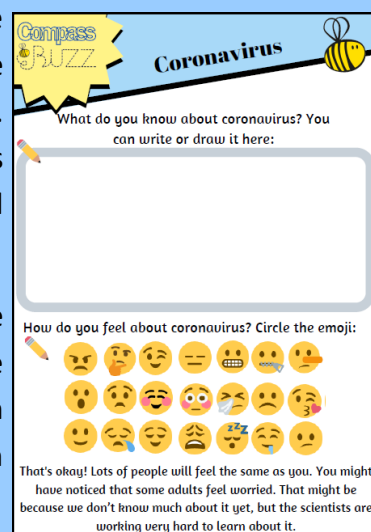
Q: Why do bicycles fall over?

A: Because there too tired

Talking about Coronavirus

It's important to talk to children about coronavirus. Giving them the most up to date information in understandable age related chunks can help reassure them of what they need to do. Reminding children and young people that it is normal to feel worried or anxious at a time like this, it is helpful to remind them of the facts and the things we need to do in order to reduce the spread of the virus. Helping them to understand their emotions and the physical effects our emotions can produce can normalise their reactions. We can also remind them of relaxation strategies and breathing techniques to reduce the physiological signs. Look out for our relaxation section 'Chill and Still' for our favourite techniques.

Compass BUZZ, we have created an easy to use resource which allows the subject to be discussed and also looks at emotions around it. The resource can be shared with parents so they can have discussions with their children and young people at home. You can print off a PDF version to share with children and young people [here](#).



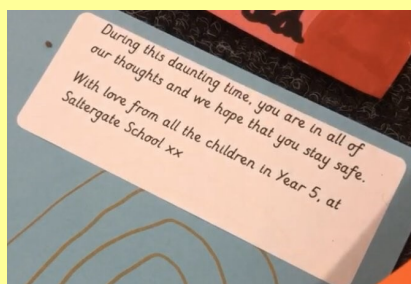
Good Practice

Year 5 pupils at Saltergate Primary School in Harrogate have made notes and posted them through letterboxes in their community to lift spirits and promote happiness.

#connect #give

Tweet your good practice to us

[@Compass BUZZ](#)



Chill and Still

As we have already highlighted, we are aware that in these unprecedented times, children and young people in schools may feel worried and concerned about news and information they might hear about coronavirus. Worry can lead to unwanted thoughts and overwhelming emotions which may cause children and young people to feel upset and scared. Helping them to manage some of these physiological effects can help reduce their impact.

Here are some resources included breathing techniques and relaxation strategies, please share and teach them to the children in your school and share them with parents.

LEAF BREATHING



SQUARE BREATHING



WELLBEING TOOLKIT



SECONDARY WORDSEARCH



PRIMARY WORDSEARCH



Being Well in a Time of Crisis

There is a lot of talk about the need to self isolate in order to delay the spread of coronavirus. Here is the NHS advice on this [here](#). With talk of home working and school closures, this can cause people to worry. Whilst it is important to follow the advice and protect people from the virus, it is equally important that we look after ourselves. Here is a link to a [BBC article](#) on families coping with self isolating.

Here's some tips about wellbeing and our 5 ways to wellbeing PDF worksheet here.



It's important to exercise, maybe you can watch an online exercise video and do this as a family, just walking up and downstairs, set tasks and fun games to increase the blood flow.



Turn off devices and talk to each other, ask how each other is feeling, maybe play a board game or do a fun family quiz. Spending time communicating builds resilience and allows people to be closer together in times of crisis.



This could be a great time to learn something new. Maybe doing a new activity using a YouTube tutorial such as drawing, or learning about a different country and it's history. Learning new things as a family builds self esteem and resilience.



When we do things for other people, it gives us a sense of wellbeing and helps us to feel good. Ring a friend or a family member and see how they are, offer to do something nice for them, remembering to keep ourselves safe.



It is still important to be mindful of things around you. Take time to eat a piece of fruit, really notice the taste and how it makes you feel. Go for a walk and take notice of the spring changes, or look out of the window and start to count how many buds, how many flowers you can see.

And smile...

- How do you make a tissue dance? You put a little boogie in it.
- What do you call a fake noodle? An impasta!
- Why couldn't the pony sing himself a lullaby? He was a little hoarse.
- Why did the kid cross the playground? To get to the other slide.
- What do you call a droid that takes the long way around? R2 detour.



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Wellbeing Champions

In the last issue of The BUZZ, we talked about our new Student Wellbeing Champions workshops which we delivered to secondary schools and were adapting to primary schools. We have now started to delivering our Primary Champions 'Train the Trainer' package in all the areas of North Yorkshire. It already has been so well received; primaries have said they feel this will fit nicely with their plans to continue to grow and develop their whole school approach to mental health and wellbeing. Although some training has been cancelled, due to recent events, we are excited to book dates in again in the future. Watch this space for any updates.....

In the meantime, here is a report from Charlotte James, Pupil Welfare Officer at St Marys RC Primary School, Richmond:

"Since attending the all the Compass Buzz training and the Wellbeing Champion workshop, St Mary's RC Primary School have been "buzzing" to offer our children the best we can in regards to mental health and wellbeing.

After the Student Wellbeing Champion workshop, we were eager to start. We held an assembly to share the exciting new roles within our school, we spoke about how would recognise someone's feelings and what we could do. This sparked engagement from nursery right up to year 6. We held an application process and had over 70 children apply from a small school of 180! With some tough decisions, we chose 15 champions. Badges were ordered, and "safe card" designed, to help the children understand we cannot keep secrets and how to keep ourselves safe.

We have had dinner time meetings, to explain their new role within the school. With a training package from Compass BUZZ we can work through. Champions have been sharing some fantastic ideas on how we can raise awareness on mental health and how we can promote wellbeing. Firstly, we had a "world sleep day" to highlight the importance of sleep. The champions held an assembly explaining why we need to sleep and how it helps our bodies. We all came to school dressed in our pyjamas and had lots of activities throughout the day, which linked in with curriculum.

Future plans for our champions and school is to continue to promote wellbeing and raise awareness. We have ideas to build upon self-esteem and a positive self-concept. A champion suggested we come to school in white t-shirts for others to write "one" nice word about us. A kind garden, where each child paints a stone with an emotion or kind affirmation was suggested by a parent. We are also looking at getting regulation zones on the playground, which the champions will lead. Each corner will have a coloured box and will contain resources to help the child with their current feeling and developing an emotion garden. We have also held a parent and child workshop on emotions.

We are loving this experience and are excited for more!

Charlotte at the training session with Paul Cullen



Contact your Wellbeing Worker to discuss accessing this FREE training.



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Self Care Tips:

Media

Think about limiting how much time you spend on social media or reading, listening or watching the news.

You may want to think about where you are getting your information from. Are the reports sensationalising the situation and scaremongering? Or do you feel they are reporting responsibly and with balance?

Food, Drink, Exercise, Sleep

Make sure you are looking after yourself, doing what you can to help get a good night's sleep, staying hydrated and eating well. Check out these [BBC recipes](#) using store cupboard essentials.

If you are staying in the house you might be moving about less. Try to get up out of your seat regularly. How about some chair [pilates](#) or following along with a [dance](#) workout on YouTube? There are lots of options to choose from.

Social Contact

If you are staying home, remember to check in with people using technology, for your wellbeing and for theirs. Of course there is social media, but you might prefer phone calls, WhatsApp, messages, email, skype or a good old fashioned letter-perhaps to an elderly relative or friend in the vulnerable group.

Routine

Life might look a little different in the coming weeks so it might be a good idea to try and get into a new routine. Check out this household routine [example](#). Figure out what works for you.

Hobbies

Pick up a book, try a crossword app, dig out your old knitting, dust off that keyboard, learn a language, get out your paints or colouring pencils! Noel Fielding does art club on social media with a theme and everyone has a 2 hour window to share their creations. Gok Wan is doing a live cook along on Instagram on Wednesday evening. There is lots going on out there that you can tune in to if you want to.

Sources of Support

Find out what form of support your school offers through services such as Employment Assisted Programmes. These are organisations that can offer online, telephone support about a range of emotional issues. Of course you can also get informal support through your colleagues at this time - remember to check in with your buddy daily. We are all here for one another and we are all in this together.

Remember, You Matter Too!

And Smile...

- **Why did the teacher put on sunglasses? Because their students were so bright!**
- **What do you call a dog that can tell time? A watch dog!**
- **Why did the stop doing tests at the zoo? Because it was full of cheetahs!**
- **Why is a bad joke like a bad pencil? It has no point!**
- **Why are fish so smart? Because they live in schools!**



The Last Word

It is important to try and stay positive throughout this time, for children and young people and also for ourselves. Reducing the amount of time on social media will help reduce some levels of worry and anxious feelings. We have a great capacity and history of coping with change.

Don't forget to inform children and their families that \s well as BUZZ US text messaging service [Kooth](#) are able to offer support to children and young people around their mental health and wellbeing, including free online counselling. Keep BUZZing and we will get through this.

Please share this newsletter with parents.

Compass BUZZ team