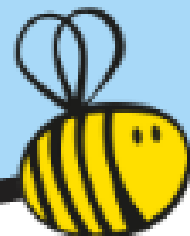




February 2021



WELCOME TO 2021

We find ourselves in the middle of another national lockdown and the impact this has on schools as you continue to provide online learning and resources to support parents at home, educating their children.

Of course, this is not the start to the year we had hoped for, and gives concern to rising uncertainties for children and young people's education, and the impact this has on their wellbeing. Not to mention concern over rising stress levels in school staff as they continue to support, educate, and inspire.

In this issue we will hopefully share some good practice and some useful links to resources as ever, to support you in highlighting mental health and wellbeing during this difficult time.

Issue 22

**Packed with resources,
good practice and
important dates**

Operation Encompass

Operation Encompass is a charity that was set up in 2011. Part of children's safeguarding, it seeks to provide a link between police and school ensuring that children who have witnessed domestic abuse can be supported.

Police who have had an incident of domestic abuse reported, contact the child or young persons DSL in school to inform them that an incident has taken place, allowing the school to be aware and offer the right kind of support.

Operation Encompass also offer an online 'key adult briefing' session for a key member of school staff which can be accessed [here](#).

The charity also offers a support line for teachers to have a professional discussion with an educational psychologist about how to support a child or young person dealing with domestic abuse.

OPERATION ENCOMPASS

Are you concerned about a child or children in your school who are experiencing domestic abuse?

Would you like FREE advice and a professional dialogue with an Education Psychologist about how to best support them?

Call the Operation Encompass Teachers' Helpline
0204 513 9990
(Charged at local rate)

Monday to Friday 8.00am to 1.00pm

Supported by
Home Office
Department for Education

Resources For You

As you will be aware, the BBC has put on a series of weekly programmes of educational content for both primary and secondary schools. As in the first lockdown in March 2020 where they increased their online content, however this year they have dedicated time on their television channels CBBC and BBC2. This is a fantastic opportunity for children and young people to access quality educational content. Find out more [here](#).



Anna Freud has a large series of resources regarding supporting children and young people's mental health and wellbeing. Their "Schools In Mind" booklets have an array of information and guidance that will be looking at, please follow the link [here](#). They also have a wealth of "Coronavirus Toolkits" which you can access [here](#).



The [AFC Crisis Messenger](#) text service is a free, confidential, 24/7 text message support service for any education professional who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better. they can help with issues such as anxiety, worry, panic attacks, bullying and depression and are available to talk at any time of the day or night.

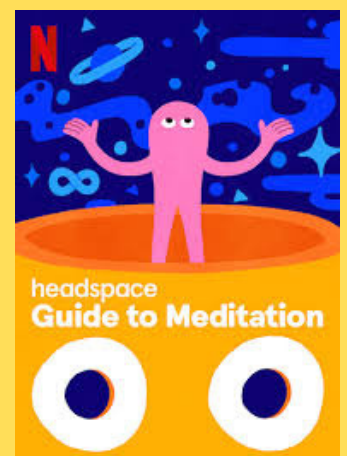


Sudden is an early intervention service providing emotional and practical support in the first ten weeks following an unexpected bereavement. This is a free phonenumber for parents and professionals supporting a child or young person who have suffered a bereavement due to COVID-19 or any other unexpected death, you can read more about their service [here](#).



Netflix joined with [Headspace](#) and now has an eight-part series called Guide to Meditation on looking at how to bring mindfulness and meditation into everyday life. It says, "From tackling stress to embracing gratitude, each episode first teaches the basics and techniques of the practice, and then concludes with a guided meditation. Push play, close your eyes, and explore the many benefits of meditation."

This would be a great series to show to your students and discuss in class, why not check it out and chill.





The Go-To website, North Yorkshire's online hub for mental health and wellbeing has a new newsletter which you can access [here](#). The Go-To website is a one stop shop for information advice and guidance relating to services and news for supporting children and young peoples mental health and wellbeing.

North Yorkshire Safeguarding Children's partnership have a wealth of resources and virtual training sessions for professionals in schools. These include sessions on supporting children with anxiety, who are experiencing school refusal. You could learn about the importance of ACEs (Adverse Childhood Experiences and more. Click the link [here](#) to find out more information.



Creative Education is a website that hosts many online learning opportunities for school staff. Although this is primarily a paid for resource, they also do host some free courses. Currently there is access to a free recorded webinar to look at how you can support 'Anxious Online Learners'. Although we know that the use of online platforms has ensured that children and young people can still access some forms of education, for some it might be proving to be a difficult transition. Why not access this session [here](#) to see how you can support them.



Why not plan ahead and book on to our range of BUZZbite training sessions



FREE MARCH BUZZBITE TRAINING

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Body Image & Anxiety BUZZbite</i>	2 <i>Emotional Regulation & Emotional Literacy BUZZbite</i>	3	4 <i>Grief/Loss & Self-Esteem BUZZbite</i>	5 <i>Transition BUZZbite</i>
8 <i>Low Mood & Separation Anxiety BUZZbite</i>	9 <i>Resilience & Active Listening BUZZbite</i>	10 <i>Solution Circle BUZZbite</i>	11 <i>Body Image & Anxiety BUZZbite</i>	12 <i>Emotional Regulation & Emotional Literacy BUZZbite</i>
15 <i>Grief & Loss BUZZbite</i>	16 <i>Self-Esteem & Transition BUZZbite</i>	17 <i>Low Mood & Separation Anxiety BUZZbite</i>	18 <i>Resilience BUZZbite</i>	19
22 <i>Active Listening BUZZbite</i>	23	24 <i>Emotional Regulation BUZZbite</i>	25 <i>Self-Esteem BUZZbite</i>	26 <i>Resilience BUZZbite</i>
29 <i>Solution Circle & Low Mood BUZZbite</i>	30 <i>Emotional Literacy BUZZbite</i>	31 <i>Anxiety BUZZbite</i>		


To book onto training, go to <https://www.compass-uk.org/compass-buzz-training-webinars/>


Don't Forget BUZZ US



Don't forget to share our BUZZ US number with students aged 11 - 18 (25 with SEND).

BUZZ US support students with mental health and wellbeing difficulties providing information advice and guidance through text messaging. Each day a wellbeing worker is on hand to respond to messages and give guidance.

Opening Times

Monday - Friday 9.00 - 5.00pm

Fridays 9.00 - 4.30

(Excluding public holidays)

Read For Wellbeing



Did you know that North Yorkshire libraries have wellbeing bags that they can lend out to help improve people's wellbeing? "Wellbeing bags are a portable collection of items, books and activities to encourage people to practice self-care and enhance mental wellbeing." Reading is a great way to boost your wellbeing and NYCC libraries also have their established 'Reading Well' scheme where books are 'prescribed' by a health professional, or can be just taken out and borrowed, why not check out your own library or browse their online catalogue. Find out more information [here](#).



Don't Forget Your Training



A final newsletter reminder of our FREE Compass BUZZ mental health and wellbeing training. Over the last three years, we have delivered our school focussed training to hundreds of schools in North Yorkshire. Equipping and building staffs knowledge and understanding of mental health and wellbeing. This is your final opportunity before the Compass BUZZ project ends on 31st March to access this training and more through our online webinars. Follow the link [here](#) to register any staff who want to complete their training or access our other training available.

Good Practice In Schools



Selby High School's P.E Department is currently running a community project during lockdown, encouraging people to sign up virtually and record the distance they have walked, run, jogged. Their overall goal is to calculate everybody's distance and virtually visit the seven wonders of the world.

Promoting this kind of whole community activity is a wonderful way of keeping fit and active during lockdown. We know that physical activity helps improve mental health and wellbeing by releasing serotonin which is our feel-good chemical. Follow this link to watch a video from the P.E staff [here](#).



Norton Community Primary School have been putting together over 400+ self-care packages for parents of their students at home during lockdown. Comprising of hot chocolate sachets, bubble baths, scented tea lights alongside a number of Compass BUZZ resources to support mental health and wellbeing, Pastoral Lead Miss Nicky Dreamer said:

“The idea came about after a brief discussion I had with a colleague about how difficult it is for parents who are trying to juggle the demands of family life, supporting home learning and all the other changes that Covid and lockdown has brought about. I approached the headteacher who embraced the concept of a 'self-care' pack and said she would like one to be delivered to every household where the children are having to remaining at home. The rest is history so to speak, we put the plan into action and have managed to produce the packs in just 4 days.

We intend to deliver each pack by hand to save on postage costs and we have recruited a small team of staff volunteers who live locally and have offered to deliver the envelopes whilst out on their daily walks.

We are also working on supporting the wellbeing of the children by putting optional weekly activities on our Purple Mash platform (This something that is being overseen by one of our teaching staff. Last week children were asked to dig out a jigsaw (if they had one), complete it and send a picture of them and their completed puzzle back to school. The completed jigsaws were then made into a mosaic display and shared with everyone in their year group.

Something that was intended to get them away from screens for a period of time, feedback was great and lots of puzzles were completed!”



Dates To Remember

[Time To Talk Day](#) this year is on February 4th. This annual event run by the charity 'Time To Change' has been providing resources and awareness for the last ten years. The goal of the charity has always been to raise the profile of mental health and wellbeing and 'start a conversation' about it. They have worked tirelessly to reduce the stigma associated with mental health and wellbeing since they started. Led by the charities Mind and Rethink Mental Illness, they have been at the forefront in promoting the importance of normalising the language of mental health.

Their theme this year is "The Power of Small." A small conversation can help lift someone's day. Even just asking "Hi there, how are you today?" Can give people the permission the freedom to talk about what's going on. 'Connect' is one of the 5 ways to wellbeing and we know that talking is one of the best kind of therapies to help improve mental health and wellbeing. Compass BUZZ will be sending out links to resources to promote this awareness day, so let's start having these conversations and celebrate the 'Power of Small.'



[Children's Mental Health Week](#) this year is 1st – 7th February. The charity Place2Be are promoting this week with the focus being, "Express Yourself". This is such an important aspect for people to do, in a world where we want to promote individuality and diversity. It is an important aspect of self-care and wellbeing when you can truly be yourself and be able to stand out from the crowd without feeling diminished and less than. We will be sending out resources to schools to promote Children's Mental Health Week and we are encouraging everyone to "Express Themselves" for examples with clothes, hobbies, or particular interests... What makes you, YOU?



Did you know that [World Sleep Day 2021](#) is on the 19th March and is hosted by the World Sleep Society? We know how important sleep is and the impact of unhealthy sleep patterns can have on our lives. Research has shown that just one night of poor sleep can negatively impact memory recall, attention span and learning ability. World Sleep Day want to raise awareness on the importance of sleep and promote healthy sleep routines. Compass BUZZ will in time be sending out links and resources to all our schools.



Last Word

- By Wellbeing Worker Paul Cullen

Another year and another lockdown, and it's never been more important to consider our own wellbeing and for you to consider yours. Supporting the wellbeing of children and young people is imperative, however like the safety talk on an aeroplane, "in the event of the cabin losing pressure, an oxygen mask will fall down from the overhead compartment. Please ensure that you fit it to yourself FIRST!"

I have recently been looking into a Danish philosophy and ideology called 'Hygge' (pronounced HUE-GUH). Hygge is an approach to life and our environment that very much embraces the idea of mindfulness. It is a word used to describe a special moment of contentment, it can be experienced alone or with friends, at home or outside. It can be ordinary or extraordinary, however it is always charming and cosy. It seems to be about finding what helps you feel warm or relaxed. It might be a scented bath, or a sweet cup of tea with the fire on. It may be walking in the woods on a fresh winter morning or the sound of crisp snow underfoot. It very much reminds me of the 5 ways to wellbeing and particularly about 'take notice'.

Find out more about it [here](#) on the BBC sounds podcast hosted by Sandi Toksvig and how it can help give you space and improve your wellbeing and consider the question "What gives me a sense of 'Hygge'?"

Have A Good Term



Contact Us

Follow us on Twitter [@Compass_BUZZ](#)

email: schoolmentalhealthproject@compass-uk.org

Call us on 01609 777662

Check out our website www.Compass-uk.org

