

The BUZZ

ISSUE 11

"You're making it ok, to not be okay"

SEPTEMBER 2019

REQUEST FOR SUPPORT IS CHANGING

Hello and welcome back to a new term! We hope you had a great summer and are looking forward to the new academic year ahead.

Here at Compass BUZZ we have been 'buzzy' as we prepare for the final year of our contract.

With this in mind, we have changed how we offer our 'request for support'.

From September 2019 we will be launching our new request for support consultation pathway. This will enable Compass BUZZ Wellbeing Workers to provide advice, signposting and guidance over the phone and will support the school member of staff to identify what interventions

are required in order to support their pupil and students mental health and emotional wellbeing .

Through delivering training it was always our goal to equip school staff with the confidence and knowledge to support children and young people through a whole-school approach to mental health and wellbeing. We believe that this approach will offer you the flexibility to support children and young people in a timely manner due to us only needing to gain *your* professional consent. The consultation process aims to provide school staff with the support they need in order to further build their skills and

knowledge and allow them to help children and young people with low to moderate mental health and emotional wellbeing needs.

We have simplified the request for support process as outlined in the pathway which you will find if you click on the document to the right of this article. We have also included the professional consent form that will need completing if we do not already hold this on file.

Please contact us on **01609 777662**, option 2 or speak to your local Wellbeing Worker if you require any further information.

(Double click on the BEE)



RFS Pathway



Professional consent

REMINDER

Here is our academic resilience framework to support young people.



Have you returned your schools wellbeing checklist to your wellbeing worker yet?



DON'T FORGET YOUR **FREE** TRAINING

As we have mentioned, Compass BUZZ is entering into the final year of our contract to deliver FREE training to all schools and colleges across North Yorkshire. Now would be a good time to access any of the three levels of training to support you and your school in developing your confidence and knowledge in mental health and wellbeing.



Level 1 - Prevention and Promoting Mental health and Wellbeing:

This is aimed at all staff and will help to build their knowledge and awareness.

Level 2 - Early Identification of Need:

Aims to support selected staff to look at identifying needs of young people and understanding common mental health difficulties.

Level 3 - Early Help and Intervention: Helps staff to further build on level

2 and give participants knowledge of how to make a basic assessment of need and introduces some intervention approaches.

Contact your Wellbeing Worker NOW to arrange FREE training for your school.



WORLD MENTAL HEALTH DAY 2019

October 10th 2019 is World Mental Health Day. Last year across North Yorkshire schools, many of you took part in raising awareness by having a bake sale or a non - uniform day. The proceeds raised went to Compass BUZZ and YOU raised an incredible £3500!

This October we are hoping to do more of the same, we are inviting schools to take part and have their own sponsored events for Compass BUZZ, raising

awareness and promoting mental health and wellbeing.



Schools who wish to take part can encourage children /young people to design posters promoting mental health and wellbeing could do activities such as; having a sponsored walk for wellbeing, a

non-uniform day or maybe a healthy snack sale.

As we did last year, we will be able to provide participating schools with resources such as lesson plans, assembly plans and activities for you to carry out with children /young people.

Please let us know if you are going to participate this year by contacting your Wellbeing Worker, and keep checking your inbox for further information.



We'd love all schools in North Yorkshire to take part in Wear Blue Day on **8th November 2019** (or any other date in November which suits you). Help raise money for the High Sheriff of North Yorkshire's Anti-Bullying Campaign.

We have teamed up with the High Sheriff, Linda Fenwick and the charity Family Lives (who provide support to those who are experiencing bullying) to promote the campaign. When you sign up, you can order wristbands to sell, with the key message to **#ChooseKindness** and [Family Lives](#) will give all participating schools free anti-bullying resources. You'll get lots of ideas for what you can do on Wear Blue Day. There are great prizes for the schools and organisations in North Yorkshire who submit the most striking photos to capture your Wear Blue Day.



CONTACT DETAILS

Compass Buzz
County Hall
1 Racecourse Lane
Northallerton
DL7 8AD
Tel: 01609 777662

Email: schoolmentalhealthproject@compassuk.org



[@Compass BUZZ](https://twitter.com/Compass_BUZZ)

