

The BUZZ

ISSUE NO 12

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

OCTOBER 2019

LET'S STAND UP TO BULLYING!

Join us and Bullying UK to stand up to bullying! #WearBlueDay is back on November 8th 2019! In recognition of all those who have suffered from bullying or who are experiencing bullying, we are coming together to stand up to bullying. We would like all schools in North Yorkshire to get involved and help #stopbullying.

Help Bullying UK make this the biggest campaign yet by following them on social media using the hashtag #WearBlueDay.

Bullying UK is part of Family Lives and this year, Family Lives are delighted to be chosen by Linda

Fenwick, the **High Sheriff of North Yorkshire**, as her charity of the year.

Family life can be complicated and family breakdown, issues around mental health, poverty and challenging behaviour can all take their toll. The link between mental wellbeing and bullying is sadly well documented.

Compass BUZZ are proud to have been asked by Bullying UK to support this year's campaign and would like to encourage all schools to engage with this campaign too. You will already have been sent a resource pack with lots of different ideas and

activities of things you can do on November 8th.

There are five, £100 cash prizes available for photographs of the most creative idea for #WearBlueDay. Family Lives want to see your imagination come alive, whether it is blue wigs or wacky blue outfits. To enter please email your pictures to:

wearblue@familylives.org.uk

with the name of your school and contact details. Closing date is 28th November 2019.

Remember to share pictures with

@Compass_BUZZ

@FamilyLives

@BullyingUK



BREAKING NEWS

New Team Leader

Hi, I'm Rachael Askew the new Compass BUZZ Team Leader. I have worked for Compass for over three years, prior to this I worked for many years in contract management and business development.

I am excited to be managing the service in what is now the final year of the Compass BUZZ contract. Along with my fantastic team of Wellbeing Workers we want to help and support schools in developing a 'whole school approach' to mental health and wellbeing and increasing your skills, knowledge and confidence to provide early help and support for your pupils.

If I can be of any assistance I would love to hear from you:

rachael.askew@compass-uk.org or via our contact details on the second page.



WORLD MENTAL HEALTH DAY~10TH OCTOBER 2019

This year World Mental Health day took place on the 10th October 2019.

We focussed on these 5 Ways to Wellbeing and developed Compass BUZZ resources for each of these areas.

We encouraged schools to pick an area and sign up. Each resource pack included a presentation which could be used in an assembly. We produced various activities associated with each of the 5 ways including conversation starters, colour run, mindfulness exercises,

and wellbeing word searches.

One teacher emailed their Wellbeing Worker saying



"This is brilliant, it has saved significant work so thank you very much."

81 schools signed up to support World Mental Health

Day with Compass BUZZ.

Read our news article which celebrated the support for World Mental Health Day and the amazing activities that took place.

<https://www.compass-uk.org/news/uncategorised/2395/>

REQUEST FOR SUPPORT FEEDBACK

In September we successfully introduced our new Request for Support 'consultation model' and have had a fantastic uptake so far. We received this positive feedback from Sue Smith, Pastoral Care at Greatwood CP School who has had five consultations.

"The new consultation process from Compass BUZZ is brilliant- invaluable in my eyes. Getting the view from someone else on what to do is really helpful. The advice and input from someone else is so useful. The resources are great too, and when you get them they actually explain how to do it and talk you through. I would really recommend giving the process a try, and if anyone has any doubts they can ring me and I'd be happy to talk them through it!" **Sue Smith, Greatwood CP School.**

Please double click on the Compass BUZZ Bee to look at the RFS Pathway



Good Practice

Water Street Primary in the Craven area sent us a picture of their 5 Ways to Wellbeing display. They used pictures of the children in their school to highlight how they are promoting wellbeing in school. Send us any pictures of good practice in your schools that we can promote and share on our Twitter page [@Compass BUZZ](https://twitter.com/Compass_BUZZ)



Are your toilets tip top? - By Heather Cottam, Wellbeing Worker

Whilst browsing Twitter recently, I noticed two tweets in quick succession from teaching staff about going to the school toilets for a cry. It resonated with me. The loo is often where we end up when it feels like there is nowhere else to go. For a moment, perhaps it has all just gotten too much. Perhaps we want to get away for a few minutes, hide and have a quiet moment to think. It could be that you are working through a panic attack, or you need some time to calm down. It got me thinking, are staff and pupil toilets safe, welcoming and as pleasant as they can be? Do they have visible signposting to support services?

Is this an ideal place to display our BUZZ US posters, or some information about breathing techniques?

At the same time, where are the other safe spaces in our schools, and what work are we doing in our community to tackle the stigma that exists around mental health? So that one day, perhaps people won't feel the need to hide away. Whilst accepting and respecting that some people might always seek that privacy.

Contact your local Wellbeing Worker if you would like to have a chat about safe spaces or reducing stigma in your school.

CONTACT DETAILS

Compass Buzz
County Hall
1 Racecourse Lane
Northallerton
DL7 8AD



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

