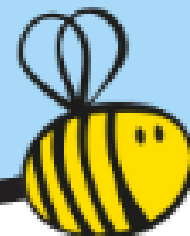




# July 2020



## Issue 18



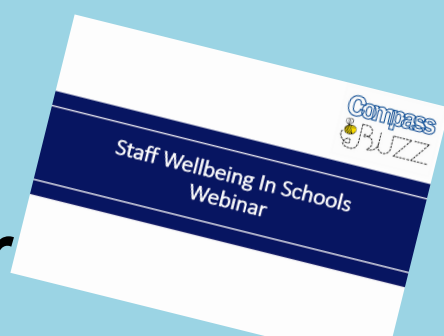
### **\*\* BREAKING NEWS \*\***

As we near the end of the academic year, it is a time of reflection for a lot of people. As a result of the Covid-19 pandemic and lockdown measures, Compass BUZZ recognise that schools have faced a challenging time. We wanted to take this time to say well done for the continuing tireless work that you have done in supporting children and young people throughout this unprecedented time.

Compass BUZZ are delighted to be able to share with you that our commissioners from the three Clinical Commissioning Groups have extended the Compass BUZZ contract until 31 March 2021. We are thrilled to be able to continue to support schools across the county and this will be particularly important as schools start to welcome pupils back after the current restrictions. We are excited to see what we can achieve with this extra time and look forward to continuing our work with you all. In this, our last issue of this academic year we wanted to both reflect, celebrate and look forward to how children and young peoples mental health and wellbeing are supported.

**Training  
News**

## Staff Wellbeing In Schools Webinar



Recently we finished developing our new training webinar looking at Staff Wellbeing in Schools. Since level 1 training, where we asked that question of staff "What do you do after a hard days work for your own wellbeing?" We have known that staff wellbeing is something that we wanted to look at. Following on from our previous training sessions we felt now was a good time to put together a package that focussed on staff wellbeing. We asked senior leaders from some of our schools to look at this training package, taking their thoughts and ideas into consideration. We hope that this is something you can attend and take something away from to help you focus and concentrate on your wellbeing. please follow this link [HERE](#) to sign up for the next available session.

# Business As Usual for Compass REACH

Compass REACH delivers evidence-based psychosocial interventions to children and young people aged 9 – 19 (and up to 25 for those with special educational needs or disabilities) who live in North Yorkshire.

Compass REACH are the specialist young people's drug and alcohol treatment provider for those young people who have been screened as having moderate or high levels of need with regard to substance misuse/alcohol.

The service also works with children and young people who may benefit from receiving early help and prevention work in relation to emotional wellbeing and mental health issues.

Compass REACH are still accepting referrals from schools. In the main our interventions are being delivered remotely (via telephone or video call), but we are able to meet with children and young people face to face if there is an identified need as long as we can find a suitable venue to see them in. If you would like to discuss a potential referral, please feel free to call:

Caroline (Clinical Administrator) on 07860 438 495

Ash (Nurse Team leader) 07919 367 640

Lisa (Service Manager) 07917 186 229



## LGBTQ & Pride Month

Last month, June, was pride month. An annual celebration of individuality and equality in the LGBTQ community. Although our world and it's current restrictions reduce the opportunity to celebrate all the amazing events that take place. Here is a link to an article written by Perry Eury, Lewisham Compass Health and Wellbeing Support Worker [HERE](#)



*"Young people matter to us and we actively strive for change and encourage them to be their most authentic selves without judgement or questions"*

# A Reflection

Pandemic Poetry: A Compass BUZZ Perspective

By Alice Sotirchos, Wellbeing Worker



A steady moment to comprehend the last few weeks,  
There's been troughs for sure but alongside many peaks.  
What we do best is BUZZ so far from being static we've flown,  
We found our fluffy bumble bee feet and onwards we've grown.



Using our hearts to empathise and our ears to truly listen,  
We've been able to contemplate, take stock, form a robust coalition.

Our webinars took off and drew in roaring crowds,  
A learning curve of the best kind, through the hard times we've ploughed.  
Proud of each other and the gems we've achieved,  
Pushing our expectations beyond the world we'd perceived.

Fighting for equality, for truth and for justice,  
You could call it gentle balanced with toughness.



A poem leaves few words to denote what team BUZZ have been through,  
Positives include house moves, fostering dogs, old projects built anew.  
Handwritten notes to neighbours with sunflower seeds to plant,  
Juggling professional and personal responsibilities with our own unique slant.

We've addressed decisions, wardrobes, décor, and ethics,  
Deciding what and who's important and reflecting on those memories we can't fix.

As schools break for summer the doors will be locked for a while,  
Countless practical measures to consider so trust in your own style.

The paint pots will dry, sellotape peeling at the edges,  
A gift of precious time to ponder your values, your hopes and your pledges.



Laughter shall echo through the corridors once more,  
A happy reminder of how we've all learned to rethink, explore.

As Maslow preaches, love and belonging is what matters,  
In spite of the tears, the low points, the tatters.  
Don't underestimate your strength, your staying power, your core,  
I'm not talking abs, it's your very soul I implore.

Don't give up on who you are, what you can harness and share,  
Your school would be lost without you thus my closing words are take care.



# Compass BUZZbites

In June we launched our pre-recorded BUZZbite webinars, which have proved very successful, in just four weeks we have run 28 webinar sessions, training 272 delegates. BUZZbites are 20-30 minute sessions looking at different common mental health and wellbeing presentations and give delegates a focus on signs and symptoms and possible ways of supporting children and young people. We are offering 10 different BUZZbites covering topics such as low mood, anxiety, stress and self-esteem. BUZZbites along with all our training packages will be available throughout the school holidays, if anyone wants to spend a little time on their CPD. You can book on these free BUZZbite webinars via our website here: <https://www.compass-uk.org/compass-buzz-training-webinars/>

## Good Practice

Compass BUZZ we like to share great practice, here are two great examples we wanted you to see: Back in May, Tim Whitehead, Headteacher at Kildwick CE Primary school in Craven ran past every pupils house to raise money for charity raising £4,000 for YoungMinds - you can read more [HERE](#)

Greatwood Community Primary have a mental health and wellbeing page on their website where they update parents on news and information in relation to supporting children and young people.

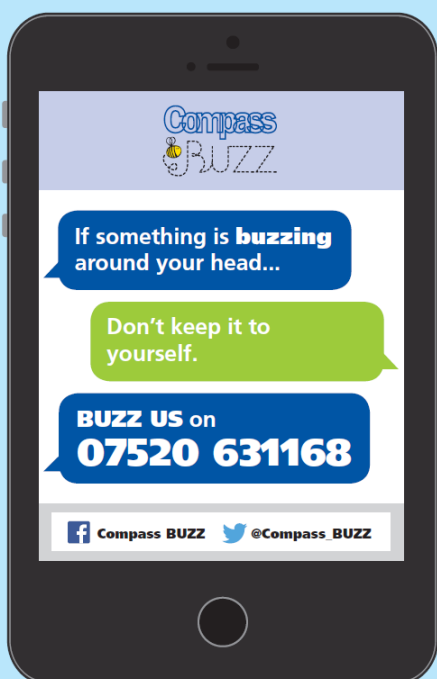
St Mary's RC Primary, Richmond have been looking at wellbeing and how to focus on re-integration following the pandemic, this has included training wellbeing champions, (Find out about our champions training [HERE](#)) "Learning about resilience has made me more confident doing work I would normally struggle with." You can read the full article [HERE](#)

## BUZZ US Over Summer

Just to remind you that BUZZ US will continue to be open over the summer holidays for children and young people. This might be helpful for Children in Year 6 who are turning 11 years old over summer.

**BUZZ US is open Monday - Thursday 9.00-5.00pm Fridays 9.00-4.30**

BUZZ US is an anonymous text based service manned by Compass BUZZ wellbeing worker offering information advice and guidance around issues related to low-moderate mental health and wellbeing issues.



# Inclusion In Schools

Recently, Wellbeing Worker, Nadine May presented to the team a session on inclusion, discussing the effect that race plays in today's school system.

While race is one of the nine protected characteristics of the Equality Act 2010, many studies and research in the past 10 years has shown that race is still a big issue within schools with students from black and minority ethnic groups feeling that there is an imbalance in the way they are treated compared to their white counterparts. A news story that recently received a lot of press last month was that of Ruby Lewis, who was repeatedly excluded from school over a 3 year period due to her Afro hair. The school stated that her Afro was against the uniform policy and could stop other members of the class from seeing the board. Ruby stated that she had tried other hairstyles to help such as braids and straightening but they were too expensive to keep up and damaged her hair. The school had also used her year 7 picture, when she had straight hair in her year 11 yearbook compared to taking a photo of her with her natural hair. Eventually, Ruby won an out of court settlement with the school for what they felt was racial discrimination, however, the family states that Ruby has missed a lot of lessons over the three years as well as it having a negative impact on her self-esteem and confidence after feeling humiliated and embarrassed by the situation. This is not the first story of this nature with many other children coming forward to speak on similar matters that they had experienced.

Nadine also shared some links to websites that promoted books:

<https://peters.co.uk/bame-reads-for-primary-schools>

<https://www.standard.co.uk/lifestyle/books/best-childrens-books-diversity-a3974701.html>

Overall, by schools becoming aware of the racial inequality that may still be happening in their school they can begin making a few changes to help with the inclusivity of all children and staff members within their school.

## Editors Last Word

I think it would be fair that this year has been the most challenging time for Compass BUZZ, as it has been for most people in the UK and across the world. We have had to adjust to completely new ways of working. Embracing the use of technology and how we interact with people. Compass as a service strives to face these challenges and the Compass BUZZ team have worked tirelessly to continue to offer the support and expertise to all our schools across North Yorkshire. Adapting our training to be delivered via webinar to ensure staff could continue to access our training, developing new training videos to continue increasing staffs knowledge and confidence has been exciting and challenging as our homes have slowly turned into portable studios to ensure we continue to offer a quality service. In the three years that we have been running Compass BUZZ have trained over 11,000 people in level 1 training, over 2,500 in both levels 2 and 3. Since January 2020, 155 schools have attended our primary and secondary champions packages. Now that we have had our contract extended to March 2021, we are looking forward to the new academic year and continuing to support you in all you do.

So take care, and enjoy your summer. We can't wait to see you in September!

