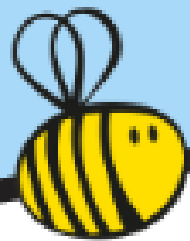


September 2020



Issue 19



Welcome Back



Welcome back to a new term, a different kind of term, but the beginning of a new academic year. Here at Compass BUZZ we are very excited to be back. As I am sure you will recall, our project was due to finish on August 31st, however the clinical commissioning group has extended our project until 31st March 2021. This means we will be continuing to offer our free training sessions in Levels 1, 2 and 3 through our webinars. If some schools wish to request in house training, then please contact your local wellbeing worker in the first instance to discuss this.

We are continuing to offer our primary and secondary Student Wellbeing Champions training packages which are also available via webinar. You may also be aware of our new additional 'BUZZbite' webinars where we explore various common mental health difficulties and presentations and look at them in a little more depth. These are pre-recorded webinars which are around 20 – 30 minutes long. They are a great way to digest and develop you and your staffs Continuing Professional Development (CPD). We will be continuing to add new 'BUZZbites', coming soon we have Active Listening Skills and LGBTQ awareness.

Recently we started offering our Staff Wellbeing training webinar which focusses on staff's own wellbeing, encouraging them to think about ways they can improve and develop this. A great opportunity to stop, pause and reflect on their own self-care. You can of course access all these training sessions by registering here

<https://www.compass-uk.org/compass-buzz-training-webinars/>

World Suicide Prevention Day Sept 10th

September 10th is World Suicide Prevention Day. Traditionally the day is associated with promoting suicide awareness and reducing stigma around talking about it. According to the [Samaritans](#), in 2018 more than 6,800 people died of suicide in the UK and Republic of Ireland and [Papyrus](#) states that suicide is the biggest killer of men in the UK under 35 years of age. Every life lost to suicide is a tragedy. It is important that we continue to raise awareness of suicide and reduce the stigma associated with overwhelming feelings of depression and anxiety. Making it 'okay to not be okay' enables people to reach out and get the help and support that they need in order to reduce these alarming statistics. The following link will take you to a free online training session in suicide awareness, please share this with your colleagues to help increase their confidence and knowledge in talking openly about suicide. <https://www.zerosuicidealliance.com/training>.

Team Wellbeing

We try to incorporate regular wellbeing slots into our team meetings, a little break from the norm to foster an air of positivity and bring a smile to the teams faces. The great thing about wellbeing is that it does not need to be something tremendous, or even planned in a big way. Our last wellbeing slot was simply a pizza cooking slot, each member of the team basically joined an online meeting and talked through their pizza and the toppings, a simple activity that allowed us to spend a little bit of time virtually socially and foster that team culture.

Here are some of our creations, tell us any ideas or activities that that you do for your team's wellbeing...



Rural Life

**By Heather Cottam,
Wellbeing Worker in Craven**

A new report has recently been published about children's mental health and wellbeing in isolated areas. This is a key read for many of us staff based in North Yorkshire. As we often like to say, our county is the largest in England, and 85% of the county's beautiful landscape is classed as 'rural' or 'super-sparse'. Our population density is 5 times lower than the national average. We have more small schools than any other authority in England, and more than 50 schools with fewer than 50 students. Therefore, understanding the impact of living in isolated areas on children's mental health is deeply important to us, and reading this paper led me to reflect on my own experiences as a child. I spent a lot of my childhood in a small village near York, moving to a couple of places before settling in another small village, this time near to Skipton. I have many fond memories of living in rural communities. I enjoyed being in nature, spending time with animals, swimming in rivers, climbing trees, playing out till late and feeling safe. Picking bilberries on the moor and making numerous tarts that nobody ever really ate! Going to small schools, knowing everyone, and feeling like everyone cared. But I do know that it is easy to romanticise living in the countryside, and this report highlights important factors to consider. For example, children who live remotely may be more likely to experience poor transport links, alienation and isolation (especially for those with specific identities or characteristics, such as BAME), poor digital connectivity, lack of socialising opportunities and poorer access to services. With more awareness of some of these issues, we can work together proactively to ensure our young people in North Yorkshire can live healthy and happy lives. To read the report visit:



<https://www.centreformentalhealth.org.uk/space-between-us>

Continuing to Support Schools

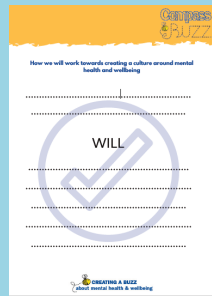
Supporting children's mental health in this new term is going to be new and challenging as schools adjust to these new ways of working. Following lockdown and the incredible challenges of the last term, transition back into school may be difficult. Here at Compass BUZZ we want to reassure you that we are here to support you.

We want to continue to support you in promoting mental health and wellbeing in your schools, in relation to your pledges and action plans, if there is any way we can help with information advice and guidance, then please get in touch with your local wellbeing worker.

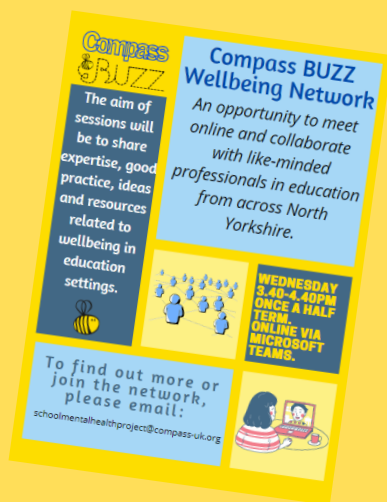
Through our Request for Support service you can contact us directly on 07860 438486 and book a telephone consultation with one of our wellbeing worker who will discuss your concerns and recommend resources and ways you can support the young person. The wellbeing worker will then write up the plan of support and send you the guidance and associated resources.

You can also support young people by giving them the BUZZ US number. Here young people aged 11 – 19 (25 send) can message a wellbeing worker Monday – Thursday 9.00am – 5.00pm, Fridays 9.00am – 4.30pm about anything to do with their mental health difficulties and they can receive advice and guidance anonymously through a text based conversation.

Click on the BUZZ US picture for the website.



Compass BUZZ Schools Wellbeing Network



Compass BUZZ Schools Wellbeing Network is a new virtual meeting which Compass BUZZ are launching. We want to help schools build a virtual network to meet online to share good practice, ideas and continuing professional development (CPD) around mental health and wellbeing. We hope that staff in schools who are passionate about promoting wellbeing can come along to online meetings and share their ideas to foster a North Yorkshire school wide culture of ideas and resource sharing. These meetings will be facilitated in the first instance by a Compass BUZZ Wellbeing Worker and will take place on Microsoft teams. It is hoped that as the network grows, staff will start to take on the role of keeping these meetings going

It's good to share

Here at Compass BUZZ, we love to share what other are doing to promote mental health and wellbeing in their schools and colleges. Have you trained any of your students as wellbeing champions? How did they like the training and what are their plans? We are excited to hear about wellbeing champions and how schools are taking this forward. We would love to know if you have recently done a mental health and wellbeing assembly or fundraiser. Maybe you have been working towards your [NYCC Healthy Schools Award](#), have you achieved your Bronze, Silver or Gold Award? Please let us know what you have done so we can share these great examples with other schools.

You can email your wellbeing worker, or email schoolmentalhealthproject@compass-uk.org or tweet using the hashtag [@Compass BUZZ](#) and we will share it with our followers and put it in future newsletters.

Training Calendars

FREE SEPTEMBER BUZZBITE WEBINARS				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Anxiety	2 Emotional Literacy and Body Image	3 Self-Esteem and Transition	4 Separation Anxiety
7	8 Low Mood, Resilience and Emotional Regulation	9 Grief and Loss	10 Emotional Literacy	11 Self-Esteem
14 Transition	15 Low Mood and Separation Anxiety	16	17 Resilience	18 Anxiety
21	22 Body Image	23 Emotional Regulation	24 Emotional Literacy	25 Grief and Loss
28	29	30 Self-Esteem		

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

FREE SEPTEMBER WEBINAR TRAINING				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Level 1 Training	Level 1 Refresher and Level 3 Training	Staff Wellbeing Training	Pupil and Student Wellbeing Champions Training
7 Level 2, Level 3 and Level 1 Refresher	8 Staff Wellbeing and Level 1 Training	9 Level 2 Training	10 Level 2&3 Refresher Training	11 Level 3 Training
14 Staff Wellbeing and Student Wellbeing Champion Training	15 Level 1 Training	16 Level 2 Training and Level 1 Refresher	17 Level 3 Training	18 Pupil Wellbeing Champions Training
21 Level 2&3 Refresher Training and Level 2 Training	22 Level 3 Training	23 Level 1 Training	24 Pupil Wellbeing Champions Training	25 Staff Wellbeing Training
28 Student Wellbeing Champions Training and Level 1 Training	29 Level 2 Training	30 Level 3 Training		

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

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Last Word

We are sure that as you are working tirelessly toward integrating and re-integrating young people back into your schools, we want to remind you that you can contact us if you need support in helping people to reduce anxieties and worries in relation to returning to school.

Please check out our back to school resource pack which will be emailed this week. Hopefully, these will be useful and provide you with information and ideas to continue to help you to support children and young people in your school or college.

Finally, remembering to look after your own wellbeing and carrying out small activities to keep your stress levels reduced is so important at this time, why not download the new [Action For Happiness Calendar](#) for you and your colleagues to help promote wellbeing in your staffroom.

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

Take care, from all of us at Compass BUZZ