

November 2020



INTRODUCTION

Welcome to our twentieth issue of The BUZZ newsletter. In this issue we talk about the national return to education training developed by Anna Freud Foundation and Royal College of Psychiatrists to support school staff understand the impact of Covid 19 on Mental Health and Wellbeing. We also look at the success of the first North Yorkshire Wellbeing Network meeting, and highlight some great school practices going on in our North Yorkshire schools and colleges.



Issue 20

Highlighting Good Practice

A recent conversation with Longman's Hill Community Primary school's headteacher Jan Elcock highlighted some amazing work they have been doing at the school relating to the 5 ways to wellbeing that we wanted to share with you all.

Jan writes:

"Over recent years we have noticed increasing numbers of children at our school who are presenting with poorer mental health; this is a national picture. About three years ago, we decided to take decisive action and set the promotion of positive mental health as a key objective in our school development plan. In addition to more specialised targeted support such as the use of Thrive for the most vulnerable pupils, we also considered how we could support the entire school community; the Five Ways to Wellbeing provided one way to do this."

The school has integrated the Five Ways to Wellbeing into their curriculum including assemblies and PHSCE lessons and the school are looking into how they can embed this further. Three years ago, the school took the controversial decision to stop formal compulsory homework (apart from daily reading) and replaced it with a termly web of activities that are a mixture of topic based curriculum activities alongside activities linked to life-skills. All these are grouped into the 5 ways to wellbeing categories of **Be Active, Take Notice, Connect, Give and Keep Learning**. Although this termly web of activities is voluntary, the children and parents fully engage, and the school has received positive feedback as the activities encourage family quality time together.

Last year, the school introduced our 'Longman's List' of 60 amazing activities to do whilst at their school. This is printed as a book; each child gets a copy when they start school. The school chose activities which would reflect the extra-curricular offer to children whilst at the school, they also linked those that they could to the Five Ways to Wellbeing and highlighted this by adding the logo next to the relevant activities. Click on the link to have a look at what they did [HERE](#)

Forest school has been an effective vehicle for developing key learning dispositions such as resilience, problem-solving, communication and teamwork. It has also given them plenty of opportunities to promote wellbeing through the Five Ways to Wellbeing. For example, in guided meditations children are encouraged to 'Take Notice', in team building games they 'Connect', in den building they are 'Being Active' and when learning new skills such as knot tying they 'Keep Learning'.

Covid 19 National Training

Wellbeing for Education Return is a national joint initiative from the Department for Education, Department of Health and Social Care, Health Education England, NHS England, and Public Health England. Developed by MindEd, it is aimed at school staff and provides support and guidance regarding the wellbeing of children, young people, and staff in the context of COVID-19.

Here in North Yorkshire, we are delighted that over 134 schools have so far signed up, in just three weeks of delivery! If you have not yet attended, our amazingly skilled and enthusiastic team of wellbeing workers are ready to train you! The training is aimed at senior leaders and mental health leads, with each school able to send up to two members of staff. The training ends on 25th November 2020.

Reasons to book:

- Flexible session times, with the option to complete a whole session or split sessions.
- The opportunity for interaction, reflection, and breakout group discussions throughout.
- A chance to:



- Build on your whole school approach to wellbeing in the context of COVID-19
- Develop a greater understanding of the range of reactions children and young people may be experiencing
- Grow your confidence in supporting pupils
- Know how and where to access appropriate support

This training enhances and cements the training we have previously provided, and it is AVAILABLE NOW via this link. <https://www.compass-uk.org/mental-health-wellbeing-solutions/north-yorkshire-wellbeing-education-return-training/>

Please contact us at NYWER@COMPASS-UK.ORG if you have any questions at all.

Some of our feedback so far:

'The course gave information and food for thought about the impact of Covid-19 and will prove useful in supporting the wellbeing of all my pupils and staff, ensuring their social scaffolding is secure and that they use their psychosocial recovery to stay positive, happy, healthy and well at this challenging time.'

Carla Cox, Headteacher, Wistow Parochial Primary School

'I enjoyed the training - well done to Heather and Paul who delivered it in an engaging and thought-provoking way. I will look at the slides again when reviewing our mental health policy as many of the diagrams/models are a clear at a glance reminder of how emotional wellbeing underpins good learning development and growth. These will also be handy to share with colleagues when delivering internal training, saving me a lot of time. It was useful to have the time to consider how the 5 key principles of recovery relate to and reinforce our whole-school approach, and to chat to colleagues in the 'breakout room' to hear how they are refining their whole-school approach in the light of Covid-19. It was also interesting to hear how staff wellbeing is being affected and addressed in other schools.'

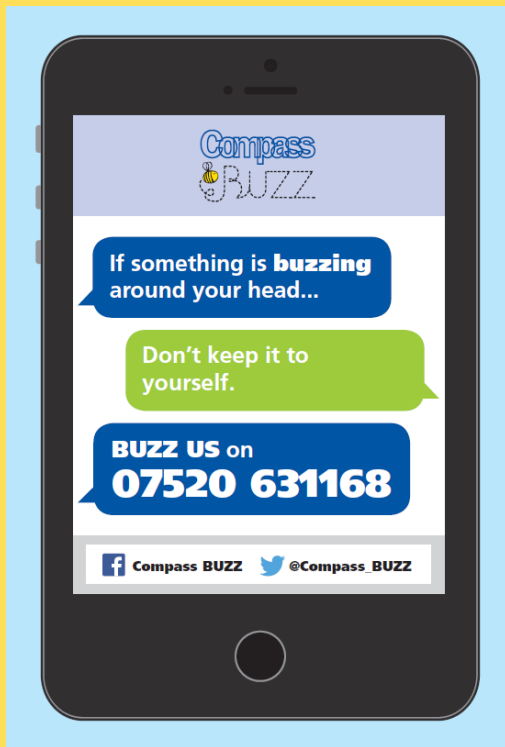
Leonie Mandelson, SENCO, St Nicholas CE Primary, West Tanfield

Welcome to the team...



My name is Caroline I am married and have 1 daughter, I have worked most of my working life In the Private sector mainly for Insurance companies in a customer service role, being made a manager for AXA Insurance prior to my daughter' s birth. I love cooking, especially cakes!, I also love watching Formula 1 (sorry, Mercedes fan) and snooker. I am delighted to have joined Compass BUZZ as their Administrator and hope I can assist the team of wellbeing workers who make a very valuable contribution to the lives of children and young people in North Yorkshire.

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)

What's Coming Up



16-20 November is Anti Bullying Week and the theme this year is United Against Bullying. To kick this off Wear Blue for Wellbeing this Friday 13 November. #wearblue4wellbeing

1-7 December is Anger Awareness Week.

To support both campaigns we will be sharing some resources with your schools. Tweet us [@Compass_BUZZ](https://twitter.com/Compass_BUZZ) to let us know what you are doing to get involved.

World Mental Health Day

October 10th was World Mental Health Day and the theme was 'mental health for all.' We shared with schools Compass BUZZ WMHD resource packs to raise awareness and provide activities for children and young people. The day is always a great way of highlighting the importance of mental health and wellbeing in order to continue to tackle stigma which we know is still one of the largest contributors to rising mental health issues in children and young people.



BUZZbites - Grow Your Knowledge

Opportunities to access CPD are a great way for staff to improve their knowledge and confidence. Compass BUZZ we have developed a series of accessible short CPD webinar sessions around several mental health and wellbeing presentations such as anxiety, emotional regulation, grief, and loss. We have also developed some new CPD sessions for staff to access:

- **SOLUTION CIRCLE** – The aim of this webinar is to provide staff members with more in depth knowledge around solution circles, why they are used, how it can be used to become 'unstuck' and how staff can bring a solution circle into interventions to help support a child or young person.
- **ACTIVE LISTENING** - This refresher session focusses on the 'soft skills' to help you when supporting young people and delivering interventions. It is designed to build on the information covered in the Compass BUZZ levels 2 and 3 mental health & wellbeing training.
- **LGBTQ** – watch this space, coming soon!



You can access these sessions and all our training by clicking on this link to register. <https://www.compass-uk.org/compass-buzz-training-webinars/>

Compass BUZZ Schools Wellbeing Network



After seeing how successfully we can remotely meet and instantly collaborate with others who are miles away, Compass BUZZ we have set up a virtual Wellbeing Network for school and college staff across North Yorkshire. The role of the Wellbeing Network is to provide an opportunity to virtually collaborate with likeminded professionals and share expertise, good practice, ideas, and resources related to wellbeing in education settings across North Yorkshire. So far, we have over 50 members in the Network! A huge thanks to all who have been in touch about it. Our first meeting was attended by 27 members and was a great success. With members already highlighting resources and volunteering to share good practice with the Wellbeing Network in future meetings, on topics such as the parent perspective, surveying wellbeing, and showcasing an in house school referral process.

New members welcome- get in touch with your local wellbeing worker or email SchoolMentalHealthProject@compass-uk.org

Tell Us Your News

Compass BUZZ, 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 local wellbeing worker, or SchoolMentalHealthProject@compass-uk.org or tweet us [@Compass BUZZ](https://twitter.com/Compass_BUZZ) and we will share it with our followers and put it in future newsletters.

It's Good To Share

North Yorkshire Healthy Schools website has a wealth of information about wellbeing for children and young people and staff. Why not visit and find out about what resources are available and how your school can apply for the healthy school's award. <http://healthyschoolsnorthyorks.org/staff-wellbeing/>

The Recovery College online, provided by Tees Esk and Wear Valley NHS Trust have a great short course that parents can access to look at 'How to Help and Anxious Child'. This online resource has a PowerPoint and some short videos along with worksheets to support parents who are struggling with worry and anxieties. Psychoeducation can be really empowering in helping parents understand how they can help their child at home.

<https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/how-to-support-my-anxious-child/>

Here is a link to an article on the Compass website that covers suicide, written in response to World Mental Health Day by our Compass REACH Young People's Practitioner, Lucy Davis: <https://www.compass-uk.org/news/uncategorised/on-world-mental-health-day-lets-talk-about-suicide/>

Last month was ADHD awareness month, this article written by Compass BUZZ Wellbeing Worker, Paul Cullen looks at ADHD and shares his experience and some interesting links to further information:

<https://www.compass-uk.org/news/uncategorised/its-adhd-awareness-month/>

As we are now in November, it might be worth highlighting a great little article written by Compass BUZZ Wellbeing Worker, Heather Cottam on 'YESuember' about approaching life a little more positively, check out the link for our news article and where you can download a couple of resources: <https://www.compass-uk.org/news/uncategorised/say-yes-to-life-this-yesuember/>

Another article written by Wellbeing Worker, Nadine May, focusses on November also being a National Gratitude month, you can read her article and download associated resources here <https://www.compass-uk.org/news/uncategorised/november-is-national-gratitude-month/>

Last Word

Hopefully, as schools have returned from the half term break, things might be a little less new, and feel more settled as new school routines become the norm.

As we move towards this last part of the year, take a moment to reflect on this tumultuous year. How you have managed to face the most incredible challenges and changes to your working and home life. Hopefully, you can take a moment to recognise the difficulties that you have overcome as you have faced the adversities of this year.

I hope as you start this last part of the year you can think about yourselves and how you can keep raising your wellbeing, reflect on how you have coped, and what you can do to continue to build on your wellbeing.

Take Care From all of us at Compass BUZZ

Contact Us

Follow us on Twitter [@Compass_BUZZ](https://twitter.com/Compass_BUZZ)

email: schoolmentalhealthproject@compass-uk.org

Call us on 01609 777662

Check out our website www.Compass-uk.org

