



## Introduction

Welcome to issue 21 of the BUZZ, our Christmas 2020 edition. In this issue we reflect on the year, and what a year it has been. Facing one of the most challenging times of the last few decades as a country, a nation and across the globe.

However, we also want to reflect on the strength and creativity that schools have shown in the face of adversity over the last year during the pandemic.

Also, in this issue, you will find some festive activities to print of and entertain children and young people in the lead up to Christmas, or maybe they can be emailed home for a fun activity to do as a family, including colouring sheets, a wordsearch, a maze... And a Wellbeing Award for school staff!

## Action For Happiness

Action for Happiness have been creating fun calendars for a few years now and Compass BUZZ regularly promoted them as a good way to help staff and pupils focus on mental health and wellbeing.

**'Do Good'** December doesn't disappoint, as this difficult year draws to a close, you can focus on kindness and the importance of demonstrating it with these simple suggestions. Why not put this link in your newsletter to staff, parents, children and young people, and share the kindness as we leave 2020 behind.

**KINDNESS CALENDAR: DECEMBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 Leave a positive message for someone else to find	1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
21 Appreciate kindness and thank people who do things for you	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters		

**ACTION FOR HAPPINESS** #DoGoodDecember [www.actionforhappiness.org](http://www.actionforhappiness.org)  
 Learn more about this month's theme at [www.actionforhappiness.org/do-good-december](http://www.actionforhappiness.org/do-good-december) Keep Calm - Stay Wise - Be Kind



# The 12 Tips Of Winter

-By Lisa Gale

Here's a little reminder of some of the steps we can all take to stay fit and well this Winter:

1. **Take short breaks.** Taking breaks is important for our wellbeing and can be really positive for our work (it gives us thinking time). Make sure you take regular breaks.
2. **Be kind.** Simple gestures of kindness can transform someone else's day and give you a great sense of wellbeing at the same time.
3. **Go out for air.** Fresh air and exercise are proven to help your wellbeing. Try to build time into your day where you can get outside. Take a walk, go for a run or a ride before you start work. If you can, do this during daylight hours.
4. **Reduce the "noise".** The array of technology we have available can make our jobs easier, but it can also lead to feeling overwhelmed with updates arriving continuously by email/text/WhatsApp and chat functions on a variety of apps. Most of those have "focus" modes so you can mute incoming messages. You might want to try using these for periods of time (and let colleagues know how to reach you if absolutely essential) if you think it will help you concentrate more.
5. **Try something new.** Learning keeps your mind and body active and engaged. It also gives you a sense of accomplishment. Is there something you have a particular interest in, now could be the time to try it out. It could be learning for work or a personal interest like trying a musical instrument, cooking something new, trying out a new art or craft or learning a language.
6. **Take some time out.** It's easy to fall into a pattern of continual working. Think about planning some time off work to recharge and refresh.
7. **Setting yourself a team goal or challenge.** Could you do something to inspire your colleagues to help their wellbeing?
8. **Listen to music.** Music can help us regulate our emotions and releases dopamine and serotonin into our brains which can naturally improve our mood. There are a number of playlists on Spotify and other apps that can help you achieve just that.
9. **Phone a friend.** Many of us have ended up regularly talking to a smaller group of people during this year's restrictions. Try reaching out to other colleagues, friends, or family you haven't spoken to as regularly to freshen up your social interactions.
10. **Are you being mindful?** Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. You could try creating an internal space for your thoughts and emotions through the practise of mindfulness with regular mindfulness sessions or just tuning into your surroundings and sensations as you go for a walk can help focus on the present moment.
11. **Switch off from social media.** Too much news can become overwhelming and make you feel anxious or sad, which can have knock on impacts elsewhere – affecting your sleep for example. If you're spending a lot of time scrolling through social media on your phone or other devices, you could try reducing your time on social media or taking some time out from social media for a short period of time.
12. And finally, if you can, consider getting a seasonal **flu jab.**

# Good Practice In Schools



This issue's good practice is provided by Scarborough Pupil Referral Unit (PRU). They have recently been awarded a Gold North Yorkshire Healthy Schools award, the first PRU in the county to get one, here, Emma Allison shares some of their current practice.

"Here at the Bridge we are a Nurture school that values the importance of wellbeing within our school community.

We have a dedicated time within the timetable where all pupils have enrichment lessons weekly. Part of those enrichment lessons is the five ways to wellbeing. All children know that we should eat our five fruit and vegetable portions to stay physically fit and healthy, but not many know we also need to connect, give to others, take notice, learn new skills and stay active to maintain good wellbeing. We decided that pupils could first create a smoothie made from their five a day, but as they chopped and peeled them, each one had a tag on them relating to the five ways to wellbeing and during the enrichment session the pupils would have to complete the activity they had chosen.

This is such a valued part of the school day and all pupils enjoy this time where they can be creative, expressing their emotions and feeling in a really safe way. Some of the activities have included autumn walks, making chocolates and handing them out to their peers and staff, treasure hunts, playing on the beach, learning magic tricks and even a new language and as you can see pictured (left) junk modelling!"



## Healthy Schools Website



It is wonderful to hear of so many schools who have signed up for the healthy school's award. Already, in the year since its launch, an amazing 51 schools have been awarded either bronze, silver, or gold. A remarkable achievement given the year schools have had.

Compass BUZZ are proud to be affiliated with North Yorkshire Healthy Schools and are delighted that our training in mental health and wellbeing has been helpful to schools in providing the evidence in helping schools demonstrate their dedication to developing and promoting emotional wellbeing.

If you too are applying for the award, don't forget that our pupil and student wellbeing champions training is a great way of evidencing another category of pupil voice. We also offer Staff Wellbeing training for schools which can contribute to the staff wellbeing module. You can access all our training online here: <https://www.compass-uk.org/compass-buzz-training-webinars/>

Why not go and check out the new North Yorkshire Healthy Schools website and read about the schools that have already won an award and find out how you can apply for your own school: <http://healthyschoolsnorthyorks.org/>

# It's Good To Share

- We have recently received an advent calendar designed and promoted by 'Resilient Rutland' which we recently shared (with their permission) with our North Yorkshire Schools. They are a project that has been funded by the National Lottery to support children and young people in the Rutland area to reduce stigma around mental health and wellbeing. Why not check out this link to their staff wellbeing resources and have a look at all the other wonderful things that they are doing for tips and inspiration here:

<https://t1e.e05.myftpupload.com/wp-content/uploads/2020/11/RR-Colleague-Wellbeing-FREE-resources.pdf>

- As we begin to spend more time online, it's important to ensure that we keep children and young people safe in the virtual world. The NSPCC have been promoting online safety through their 'Speak Out. Stay Safe' assemblies for KS1 and KS2, which prior to COVID 19 have been delivered to over 90% of schools across the UK. They have now developed an online assembly package so this important message can still be delivered, follow this link to read about how you can sign up for these assemblies in your school [HERE](#)
- Heads Together is a charity to promotes mental health and wellbeing for children and young people in the UK, here they have provided a range of resources that look at tips for supporting mental health throughout the festive period:

<https://www.headstogether.org.uk/tips-on-looking-after-your-mental-health-this-christmas/>

## It's Been A Buzzy Year -By Paul Cullen

There's no escaping the fact that 2020 has been a difficult and challenging year. As Compass BUZZ were asked to work from home and schools closed on March 20th at the beginning of lockdown, we very quickly acted and began to change our approach to training by developing our webinars which we quickly found ourselves launching on Monday 20th April with our very first webinar being level 3 Early Help and Intervention. I remember feeling nervous and overwhelmed as I clicked start and said, "Welcome to Compass BUZZ online!"

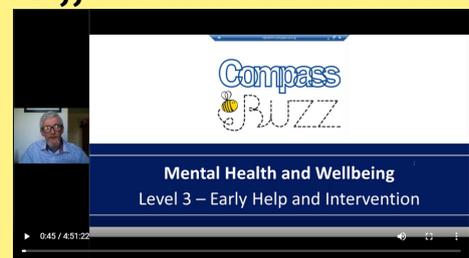
Between April and October, an incredible amount of school staff has accessed this training:

Level 1 – 542 delegates

Level 2 – 588 delegates

Level 3 – 535 delegates

Student and Pupil Champions – 186 delegates



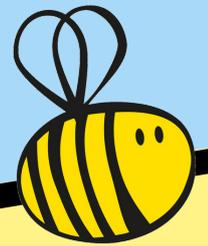
We then developed some BUZZbites, our pre-recorded webinars that provide staff with 30-minute CPD opportunities to further develop their understanding of mental health and wellbeing. An incredible 484 members of school staff have accessed these.

Between April and July, we produced resources which we collated on a weekly basis and sent out to all our schools to provide activities and information that could be shared in school and with parents and carers at home. We also provided Transition and Back to School Workbooks. Compass BUZZ have been overwhelmed by the dedication school staff have shown in their continued learning and development to help support the students in their settings.

# Last Word

**Twas the time nearing Christmas, and all through the land,  
Staff are all waiting, end of term is at hand.  
The teaching near over, a time to now rest,  
To sleep and relax, get things off your chest.  
And the year that we've had, has been hard and been strange,  
Facemasks and cleaning, two-metre range.  
Through trauma and uncertainty, challenges grew,  
Supporting young people, and colleagues too.  
Working from home, a virtual Hi,  
"Your muted! Your camera!" "unstable Wi-Fi!"  
So now it is time for 2020 to take flight.  
From Compass BUZZ until January, take care and goodnight.**





Here are 15 words hidden that celebrate Christmas and Wellbeing, How many can you find?

## Christmas Wellbeing Wordsearch

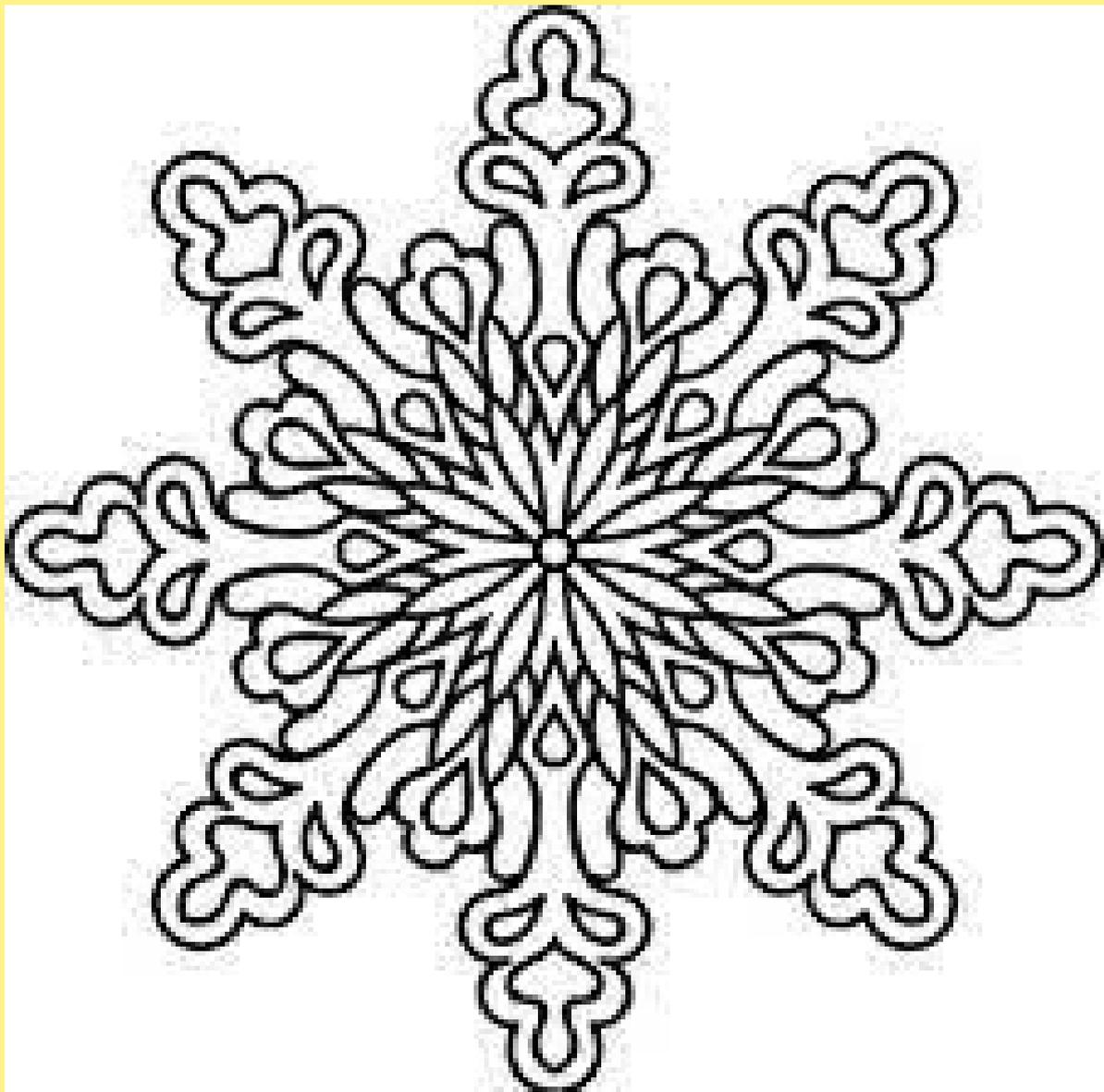
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F	A	T	G	I	V	I	N	G	E	A	E	S	G
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A	T	N	A	S	A	P	R	E	S	E	N	T	S
I	K	K	I	N	D	N	E	S	S	E	S	A	I
K	G	K	C	O	M	P	A	S	S	S	A	E	S

- SNOWMAN
- TALKING
- TINSEL
- CHRISTMAS
- GIVING
- KINDNESS
- FAMILY
- EXERCISE
- PRESENTS
- SLEEP
- COMPASS
- SHARE
- SANTA
- FRIENDS



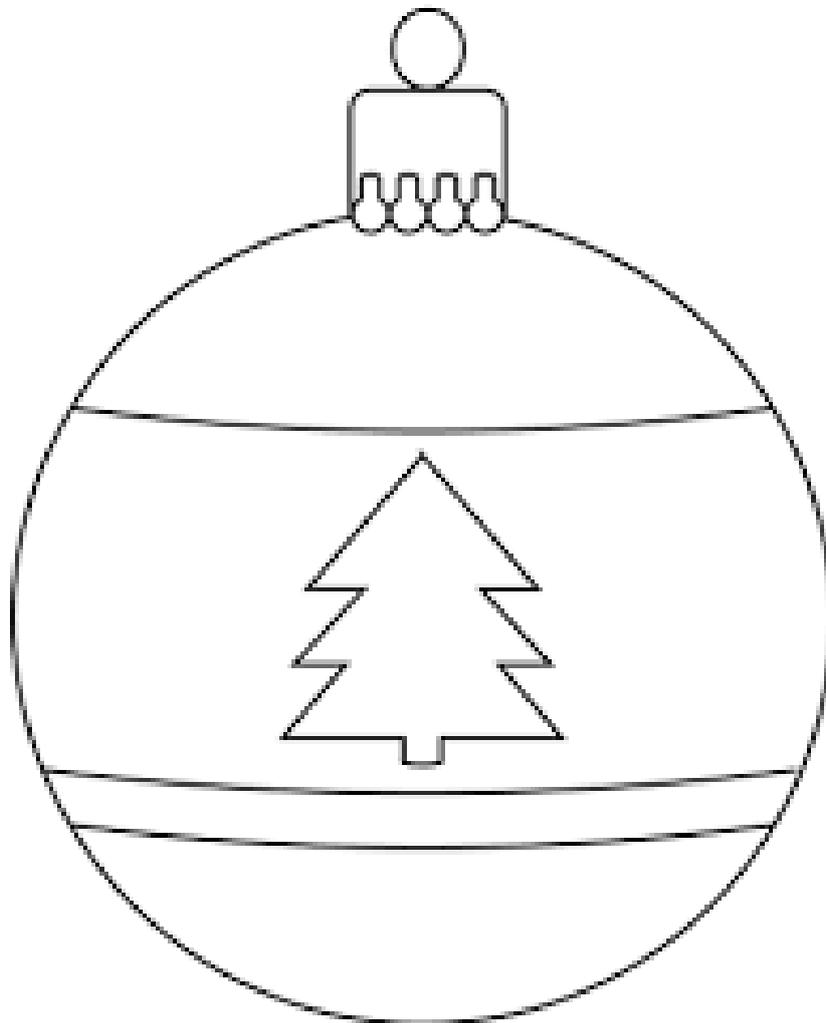


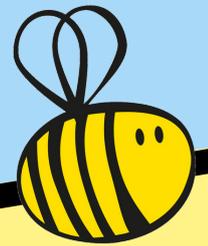
Colouring can be a very relaxing activity.  
Why not spend some time decorating your  
own snowflake.



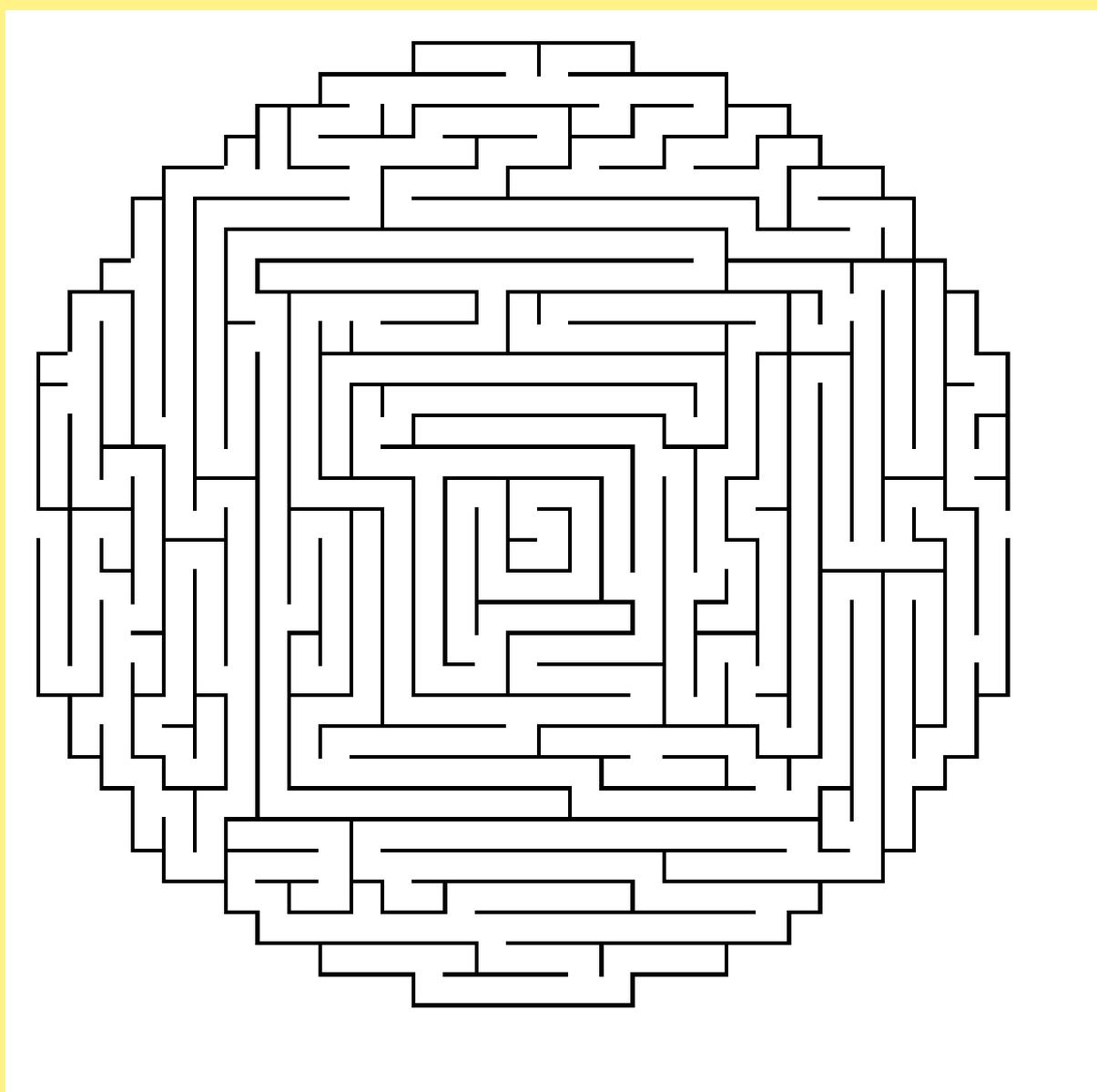


Colouring can be a very relaxing activity. Why not spend some time decorating your own christmas bauble to cut out and put on your tree.





Can you help our Buzz BEE get to their Christmas presents?





# Cracker Jokes



How does Good King Wenceslas like his pizzas?  
One that's deep pan, crisp and even!

\*

What do snowmen eat for lunch?  
Iceburgers!

\*

What do you get if you cross Santa with a duck?  
A Christmas Quacker!

\*

Who do Santa's helpers call when they're ill?  
The National Elf Service!

\*

What do elves learn at school?  
The Elfabet!

\*

Who delivers presents to cats?  
Santa Paws!

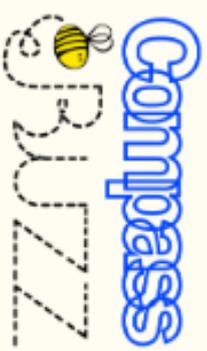
\*

How do snowmen get around?  
They ride an icicle

\*

What type of key do you need for a Nativity play?  
A don-key!





# Staff Recognition Award

THIS IS PRESENTED TO



for

# Getting through 2020

*You might have no idea how you are going to do it, but every single day,  
**YOU STEP UP AND YOU DO IT!***

