



Schools Newsletter



Helping you find your way to wellbeing
NEL Mental Health Support Teams

January 2021

TEAM MEMBER OF THE MONTH

“Hey , I’m Rav!

I have a background in Psychology and experience working with 9-19 year olds. I have immense passion for ensuring mental health support is accessible for all. I enjoy going to the gym, experimenting with new recipes and spending time with friends, family and nature. I spent five years working at an indoor play and farm park so of course I love animals – my favourite animals are giraffes and red pandas!”



Rav

Trainee Education Mental Health Practitioner

GET IN TOUCH



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A health & wellbeing update from the team!

We are delighted to welcome in 2021 and here is to hoping for the return of some normality soon. The Compass Go... team are continuing to be based at home during the January lockdown whilst delivering the service virtually. We are hopeful of returning to a face to face delivery where possible in schools when it is safe to do so. There is a great need for face to face support for children and young people and we are keen to deliver and support. We are excited to announce for Childrens Mental Health Week 1-7 February we will be running an 'express yourself' competition with a prize for both primary & secondary schools!



Covid-19 Update

There is still a level of uncertainty when schools will fully reopen. We are currently operating virtually to deliver therapeutic support and training to schools. If your school or college hasn't already then you may be asked to share with us your Covid risk assessment and complete a Covid checklist so we can safely deliver face to face support when possible. We will also share with you our Covid code of conduct so you know what to expect from us such as our PPE guidelines.

Whole School Approach

Compass Go... is not just about 1:1 targeted work, another big part to what we do is the whole school approach to mental health. Research shows that schools and colleges that adopt a multi-component approach are more effective in promoting social, emotional health and mental wellbeing. The whole school approach involves pupils, staff, parents, and the community as well as outside agencies in addressing emotional and mental health issues. Children and young people spend a large proportion of their time in the school environment; school is not only the focal point of children's academic development but also their social and emotional development. The Department of Education (DfE) recognises that the whole school approach will help pupils succeed, as the approach supports them to become resilient and mentally healthy.

Competition

From 1-7 February 2021 Schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is 'Express Yourself'. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. To encourage young people to take part Compass Go... will be running an 'Express yourself' competition. The competition requires young people to design a Compass Go... character or mascot incorporating the 'Express yourself' theme. The best entries from both a Primary and secondary school will receive a £20 Amazon gift voucher. All entries should be sent to the team email found here under 'get in touch'.

Staff wellbeing

Compass Go... are currently running a project to investigate staff wellbeing in schools and colleges after the third lockdown. We may have randomly selected provided your school or college with an online survey to complete to enable us to gather some insight into staff wellbeing. The outcome of this survey will enable us to provide accessible wellbeing support to all educational staff during these unprecedented and challenging times. If you would like to complete the survey please contact us via our team email.