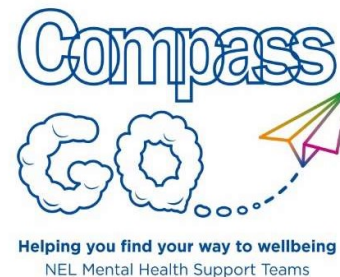


# Schools Newsletter

MARCH 2021



## TEAM MEMBER OF THE MONTH

Hi, my name is Amy, I am one of the five Trainee Education Mental Health Practitioners. Joining Compass Go... has been such a privilege to enable my passion of working with children and young people. My passion has always been to focus on supporting children, young people and families within mental health to overcome their difficulties and challenges and to influence more positive emotions.

I have a background in Mental Health and Bereavement support work and have studied Working with Children, Young People and Families at University. I have experience in supporting people 1 to 1 and in groups to deliver emotional support and coping mechanisms to manage with their difficulties. Knowing you are helping people through difficult times is extremely rewarding and a motivation to support people within the community. In my own time, I love to go on walks with my dog Bobbie, enjoy the sunshine (on the rare occasion it comes out!) and spend time with friends and family.



### GET IN TOUCH

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✉ [NELINCSMHST@Compass-uk.org](mailto:NELINCSMHST@Compass-uk.org)

🌐 [compass-uk.org/services/north-east-lincolnshire-mhsts-new/](https://compass-uk.org/services/north-east-lincolnshire-mhsts-new/)

## Covid-19 Update

As you are aware from our February newsletter, face to face support in schools has resumed this month. Thank you to all schools as you have been accommodating and responsive despite being extremely busy yourselves!

## School's update

As many of you probably know with the pending changes to your link workers, we have Wave 4 schools joining for our support, this will then give us full borough coverage for North East Lincolnshire schools to support Children and Young People. We are excited to let you know that this will be happening from April!

## Webinar's update

This month we have been running our Education Staff Wellbeing Webinars. We have received some fantastic feedback from these already.

For those who could not make the webinars we will be recording these in due course for you to view at your own leisure, we will also be tailoring some to support with parents' wellbeing also.

## April - Stress awareness Month

April is Stress Awareness Month, which is focused on learning to cope with our stress and finding healthy ways to deal with these situations to help you live a healthy and positive life.

Throughout April we will be focusing on encouraging our team wellbeing and will be sharing more on this on our April newsletter. We are also going to take part in 'On Your Feet Britain' on Thursday 29<sup>th</sup> April 2021, if you want to look at this event too find out more information here: <https://onyourfeetday.com/>

## Whole school approach

School link sessions will continue to be held once per month with your Compass GO... Link workers. We are currently focusing on the completion of the school audits. This will enable us to work with you to create an action plan for delivery of support whilst also incorporating the Whole School Approach surveys results, we have received.



We are currently able to come into school and support face to face, if you have not sent your school risk assessments to your link worker yet, please do so at your earliest convenience so we can complete our checklists and be able to attend school if needed.

We have created a threshold document that will be available in due course. Our website revamp is on track for April, this will be available for everyone on there. Watch this space!!

## Staffing updates

This month saw our new Supervising Practitioner join the team, Zowie. Followed closely by our Administrator, Susy. It has been a busy few months for new team members here at Compass GO... but everyone has just slotted into the team perfectly.



We hope you will get to meet them soon and learn more about them in our newsletters over the coming months.