



February 2020

Issue 14



'Student Wellbeing Champion Programme'

We have just delivered our Student Wellbeing Champions package to 59 Secondary schools and Colleges in North Yorkshire. This package was written and developed by Compass BUZZ, and delivered to key staff from schools and colleges as a 'Train the trainer' package.

We believe, this package will provide you with a valuable resource that will benefit all children and young people in growing and developing your whole school/college approach to wellbeing. Champions will also gain valuable skills that they can use elsewhere.

The training was well received by the staff who attended and generated lots of ideas and interest in growing this into a sustainable programme. So we look forward to hearing about how it is going in the weeks to come, and your wellbeing workers are on hand to provide further support in your settings. If your school was unable to attend the event, we can deliver the training to staff in your setting.

We are currently adapting this training for primary schools which will be launched in March 2020, dates are as follows:

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|---------------------------|---------------------------|
| 9th March , Selby | 13th March, Northallerton |
| 13th March, Skipton | 20th March, Scarborough |
| 25th March, Northallerton | 26th March, Scarborough |
| 27th March, Skipton | 30th March, Harrogate |
| 1st April, Selby | 22nd April, Knaresborough |
| 23rd April, Harrogate | |

****This training will be a half day session****

"Whilst the focus was on mainstream, these are issues that apply to all and ideas that can be adapted to our special setting. Excellent example from Compass of legacy planning." David Wilson, The Dales School

Compass BUZZ Christmas Card Competition Winners

Congratulations to our winners of our Christmas card competition we held last year. The winners are pictured below, from the left, Skipton Girls High School, and Outward Primary Academy, Greystone.

It was tight and the competition was strong, Lorna Galdas (Assistant Commissioning Specialist, North Yorkshire Children and Young People Commissioning team) and Suzanne Bennett (Interim Head of North Yorkshire Children and Young People Commissioning & Continuing Care Teams) chose the winners!

Skipton Girls High School: Lorna said ***"It had a lovely, clear message"***

Outwood Primary Academy Greystone: Lorna said ***"It incorporated all the "key messages" along with a nod to our Compass BUZZ logo, and that clearly a lot of effort had gone into it!"***

Both school will receive a selection of wellbeing books for their schools.



Good Practice

Miss Green from Harrogate High wanted to share their Wellbeing board that Wendy Marla has created in their school, highlighting different ways to lift yourself up. We particularly like the inspired BEE border which gives a great indication to how BUZZY the staff are at promoting wellbeing to student in their school.

We would love to see more pictures like this or hear about how you are promoting wellbeing in your school or college , so why not email us yours to:

SchoolMentalHealthProject@compass-uk.org



01609 777662

. Punctuate Your Day , By Rebecca Tait



Mindfulness experts around the globe are talking about the benefits of practising mindfulness in schools. It's a hot topic in the education and research world.

"Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them." Headspace

The benefits of practising mindfulness in the classroom, will improve young peoples capacity to pay attention to the now, to be curious and observant. Mindful students are more likely to have improved mental health as well as, better resilience and some argue better able to retain information.

Similar benefits may be seen for mindful teachers. Improved mental health, a greater ability to manage stress, and being more resilient, all of which are advantageous to the demanding role of teaching.

Dr Craig Hassed, a Lecturer at Monash University, Australia, describes a simple strategy for teachers, which is; to punctuate your day. What he means by that is *"if you don't punctuate a book, the book becomes a blur, it becomes meaningless, and it's a bit like that with our life. If we don't punctuate it with spaces, it becomes a bit of a blur. So you might punctuate your day with say, two full stops. So, that is, practice five or 10 minutes of mindfulness meditation before you get into your day, before you set out for school in the morning."* He adds *"But you might also, when you get home, have five or 10 minutes at the end of the day – between the school day and then whatever you're going to do that evening. During the day, you may not have time for a full stop, but you might just take a number of commas."*

In the world of teaching, a comma could be, taking a moment between classes to compose yourself, smelling that fresh still hot coffee brought to you by a kind colleague or warming your hands while out on break duty.

Hassed believes teachers can also practice mindfulness by being calmer in their interactions with students and avoiding multi-tasking, which will decrease the mental load, reduce stress and improve communication between the teacher and students. This will allow the students to feel listened to and engage more effectively, helping the overall learning experience. Paying attention to experiences, even those that maybe uncomfortable help children learn, reflect and develop resilience.

What are some ways you could practice being more mindful in your own classroom? Are these strategies something you could model for students as well?

References:

<https://www.teachermagazine.com.au/articles/teacher-wellbeing-practicing-mindfulness>

<https://www.headspace.com/mindfulness>



APParently, Compass REACH have new info cards for young people...



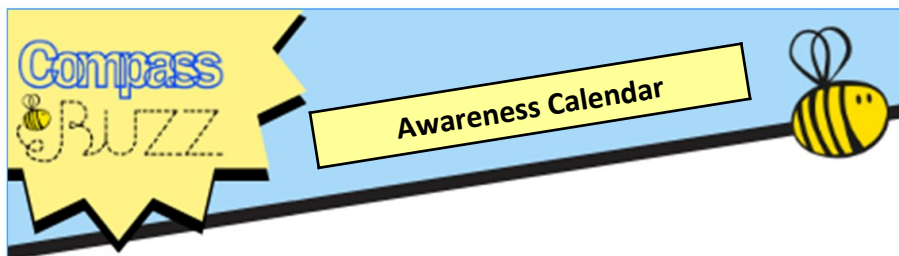
These cards are used by Compass REACH to give to children and young people they are working with, providing a range of websites and apps to support and give relevant information about substances, mental health and wellbeing.

Meet the Team By Rob Walwyn

I am Rob, and I carry out administrative duties in the BUZZ office, answering the phone, booking in your Request for Support Consultations, filling in the swathe of spreadsheets which keep the project moving along, and generally keeping the Wellbeing Workers in line with their administration. The Compass BUZZ office is a friendly, vibrant place to work – such a refreshing change from the IT locations I used to frequent. The BUZZ staff certainly practice what they preach, and have made me feel incredibly good about myself through their inclusive approach; it's a very special place.



I am a 4th year Open University student, studying towards a Music Degree. I play Saxophone; hopefully one day I'll achieve my dream of performing at the Royal Albert Hall, but until then I'm happy helping the team to make a BUZZ about Mental Health and Wellbeing in North Yorkshire.



2020

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| <p>January</p> <p>RED January MIND</p> | <p>February</p> <p>3rd - 9th Time To Talk Day</p> <p>6th - Children's Mental Health Week</p> | <p>March</p> <p>1st Self Injury Awareness day</p> <p>2nd - 8th Eating Disorders Awareness Week</p> |
| <p>April</p> <p>Stress Awareness Month</p> | <p>May</p> <p>18th - 24th Mental Health Awareness Week</p> | <p>June</p> <p>8th - 14th British Nutrition Foundation Healthy Eating Week</p> |
| <p>July</p> <p>12th Disability Awareness Day</p> | <p>August</p> <p>12th International Youth Day</p> | <p>September</p> <p>10th World Suicide Prevention Day</p> |
| <p>October</p> <p>10th World Mental Health Day</p> | <p>November</p> <p>6th National Stress Awareness day</p> <p>16th - 20th Anti Bullying Week</p> | <p>December</p> <p>1st - 7th Anger Awareness Week</p> |



CREATING A BUZZ
about mental health & wellbeing

Talking the Stress out of Work By Paul Cullen

In our day to day lives we hear overwhelming evidence and impact of stress in the work environment. The 2019 Teacher Wellbeing Index reported “Nearly 72% Of all educational professionals described themselves as stressed (84% of senior leaders) “ You can read more [here](#). With this in mind and no clear solution to the growing strains in the teaching profession, it is important to think about what we do to support ourselves as individuals and also what can be put in place to increase wellbeing for staff in schools. Compass BUZZ have promoted the 5 ways to wellbeing as a model to help support and improve pupil and students wellbeing. It is also important to consider how using this framework can help improve staff wellbeing. As we near half term I hope staff will start to think of little things they can do to improve their own wellbeing. You can read more about the five ways to wellbeing on the MIND website [here](#) .

In addition, I found a recent HSE email, talking about stress in the workplace. They have carefully developed a ‘Talking Toolkit’ for managers to help facilitate and support employees, Click [here](#) to access the document in the hope you will find it useful.



Give us a ring!

Request For Support Telephone Consultations

Any staff based in North Yorkshire schools can book a telephone consultation with a wellbeing worker to anonymously discuss a young person’s mild to moderate mental health concern & receive timely advice, guidance, support, resources & signposting. This enables them to deliver preventative targeted interventions with the young person/group or be given the appropriate advice to access other specialised support

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Compass BUZZ

One more thing... By Paul Cullen

Now that January is out of the way, already the mornings are getting lighter, earlier and the afternoons are beginning to stretch out. If you start to look around you, you might start noticing the world around is changing. I noticed my clematis in the garden has begun sprouting new shoots, and around the grass verges on our streets, yellow winter aconites and of course snowdrops are beginning to show their faces. These winter months can be difficult for people and can feel cold and grey, taking notice of these subtle changes that lead us gently into spring can help lift us up.

So as you walk your dog, drive to work, go for a run or meander round your garden, #takenotice of what you see, there are changes happening all around you.

