



Supporting Children & Young People in North Yorkshire

Welcome to Autumn Term's Resources, Updates and Support



- Recorded Webinars
- Live, bespoke training for your staff meetings or training days
- Assemblies and resources
- Please get in touch and we will try to accommodate you needs

To keep updated about [Compass Phoenix](#), make sure
to follow our social media platforms:



[Click here to visit the Compass Phoenix website](#)

2025 - 2026 Assembly Overview

Connect

Give

**Take
Notice**

**Keep
Learning**

**Be
Active**

Term	Theme	Overview
Autumn 1	Connect	Introduction to the 5 Ways to Wellbeing and focus on: Connect. Includes some interactive fun ideas to illustrate the idea of staying connected.
Autumn 2	Give	Focus on Give - Linked to giving gifts at Christmas and self-care week in Nov – give to yourself too.
Spring 1	Keep Learning	Focus on learning - including 'Multiple Intelligences' and how we are all different learners but equally important. Encourage children to be creative and take control of what they are interested in.
Spring 2	Take Notice	Focus on 'take notice' - encourages children to spot changes in the natural world as well as internal emotions. Links to 5 senses and mindfulness.
Summer 1	Be Active	Focus on 'Be Active' - making the most of the better weather so we can be outside and how physical activity helps our mental health
Summer 2	Understanding our Fight Flight Freeze response	Focus on understanding our Fight Flight Freeze response – what it is and how to manage it including top tips to manage big emotions.



Please look out for the assembly plans and resources which we will email to you at the start of each half term.

September

Focus	Training links and support for school staff	Books, Links and Resources for Students
Transition	<p>All Secondary schools should have received BUZZ US stickers in the post, which promote our confidential text message service for 11 – 18 year olds.</p> <p>Please ensure these are displayed in a useful spot e.g.</p> <ul style="list-style-type: none"> · The back of a toilet door · On a form-room notice board · In the students' planner. <p>Click here for a link to a printable poster with a QR code. Please add this and our snazzy animation 'Buzz Us Promo Clip' / Instagram to your website.</p> <p>Training: We understand starting or moving schools can be really challenging. As a result, we have scheduled the following free webinars to help school staff understand these worries and help support students as best as possible. Please click the links below to register for any of these free 30 minute webinars:</p> <ul style="list-style-type: none"> • Separation anxiety • Anxiety • Emotional regulation <p>Or our longer, more in- depth training on:</p> <ul style="list-style-type: none"> • Managing Emotionally -Based School Avoidance • Supporting Children and Young People to cope with Anxiety and Stress <p>We have a wide range of Free training which we can deliver live as part of your staff meeting or upcoming training day. Alternatively, please get in to touch about scheduling a recording at a time that suits your staff.</p>	<p>Books and resources:</p> <p>KS1: All are Welcome by Alexandra Penfold and Suzanne Kaufman Shu Lins Grandpa by Matt good Fellow (supports empathy and inclusion especially if there is a new starter with EAL)</p> <p>KS2: New Kid, New Scene (guide to Moving and switching schools) by Debbie Glass</p> <p>KS3: No Worries: Your Guide to Starting Secondary School by Jenny Alexander Go Big by Matthew Burton (Secondary School survival guide)</p> <p>A handy resource to support children struggling with change and transition is: <i>Taking Control</i>. This can help children see the bigger picture and focus on what is in their control. You can download this resource here.</p>



Book a **free telephone consultation** and we can support you with more resources, as well as the chance to discuss a child/group of children who would benefit from support.



Email **phoenix@compass-uk.org** or call the office on **01904 661916** to discuss how we can support you and your school.

October

Focus	Training links and support for school staff	Books, Links and Resources for Students
<p>World Mental Health Day</p> <p>(10.10.25)</p>	<p>World Mental Health Day aims to give everyone a chance to talk about mental health. The theme for this year is "Access to services - mental health in catastrophes and emergencies." The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.</p> <p>Training: To Support the ongoing mental health of staff and students in school, we are offering Free training for the whole of October on Avoiding Burnout for staff and Pupil Wellbeing Champions for children.</p> <p>We have scheduled webinars at different times of the day for the whole of October.</p> <p>Signposting: Mental Health UK also has some great links, including tips on:</p> <ul style="list-style-type: none"> • Managing stress • Building resilience • Creating a wellbeing plan • Helping to initiate conversations around mental health. <p>You can find their resources by clicking here.</p>	<p>It's never too early to start talking about mental health. The following books would be great to share in an assembly during this day, week or month, to start discussions around emotions or different aspects of mental health:</p> <p>KS1: The colour Monster by Anna Llenas</p> <p>KS2: Goldfish Boy by Lisa Thompson (a mystery novel based on 12 year old Matthew who has OCD)</p> <p>UKS2/ LKS3: The Boy in the Tower by Polly Ho-Yen (explores themes including community, mental health, young carer and poverty)</p> <p>UKS3: Graphic Novel Dark Matter by Laura Lee Gullledge</p> <p>A handy resource to support children of all ages to understand their emotions and start conversations about mental health is:</p> <p>Understanding Emotions. You can download this resource for FREE here.</p>



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November

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Self-Care week (17th to 23rd November)	<p>The theme for this year's Self-Care week is Mind and Body. This is the same as last year, but with a focus on Exercise and Movement.</p>  <p>We have scheduled in a handy 30 minute webinar <i>on Embedding the 5 ways to wellbeing</i> each week during the month of November.</p> <p>If any school staff would like to register for this they can find the link here: Five ways to wellbeing Webinar.</p> <p>Our Five ways to wellbeing resource is a great one to use as a whole school focus for an assembly.</p> 	<p>A wide variety of Wellbeing apps for children and Young people can be found by clicking here.</p>  <p>Why not share these with your students in assembly or on the school social media site.</p> <p>Resources to support wellbeing for mind and body which promote movement, include <i>Cosmic Yoga on YouTube</i> for Primary aged children or <i>My Music Library</i> for secondary students.</p>  <p>You can download this resource for FREE here.</p> <p>Either of these would be great to use as a whole class end of day activity or, to set as a piece of wellbeing homework.</p>



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December

Focus	Training links and support for school staff	Books, Links and Resources for Students
<p>National Grief Awareness Week</p> <p>(2nd to 8th December)</p>	<p>Training & Support:</p> <p>To help school staff understand the impact of loss on a child, we have scheduled in a handy 30 minute webinar on Grief and Loss and a more in-depth webinar focused on Understanding Children and Young People's experience of Bereavement and loss. These will be scheduled for the whole of December.</p> <p>You can find a link to both here: Bereavement webinars.</p> <p>Please let us know if you would like us to arrange a different time or to book free, live training as part of a training day or staff meeting.</p> <p>Signposting:</p> <p>Just B and Cruse Bereavement are local specialist charities who offer support for all ages in North Yorkshire.</p> <p>The charities Winston's Wish and Grief Encounter both have free bereavement helplines, as well as support and advice.</p> <p>Please see their website for details: https://winstonswish.org/ https://www.griefencounter.org.uk/</p>	<p>Books & Resources to support children with Grief and Loss:</p> <p>Primary: <u>The Memory Tree</u> by John Dougherty <u>If All The World Were...</u> by Joseph Coelho (particularly good for a child dealing with the loss of a grandparent)</p> <p>UKS2: <u>Sade and her Shadow Beasts</u> by Rachel Faturoti</p> <p>KS3 onwards: <u>Clap When You Land</u> by Elizabeth Acevedo</p> <p>Young adults: <u>The Boy in the Black Suit</u> by Jason Reynolds</p> <p>A useful FREE resource provided by Winston's Wish is Memory Stones. It looks to make it easier to talk about the good and the difficult memories, as well as, lots of other things that made up your relationship and can be used with children of any age.</p> <p>You can download this resource here.</p>



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Feedback Fridays

We receive lots of lovely feedback from our service users every week. To highlight some of our favourite feedback, we share this on social media - we call it "Feedback Friday".

Here are just a few from the last few weeks:

