
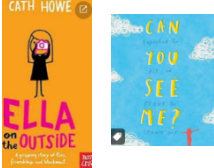




Month	Focus	Notes/ training links and support for school staff	Books, Links & resources for students.
September	Transition	<p>Training and support</p> <p>Hopefully you will have received our transition pack for pupils in Y6 & Y7 and been able to put these to use. If you would like another copy or have any feedback of ways we can support you even more over the next transition period please email us at phoenix@compass-uk.org</p> <p>Secondary schools will now have received our Buzz Us stickers which promote our text message service. 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 the phone icon for a link to a printable poster with a QR code for ease of accessing the text message service and feel free to add this to your website.</p> <p>We have also scheduled a handy 30 minute webinar on <i>Transition</i> if any school staff would like to register for this they can find the link here: Transition webinar</p>	<p>Books and resources</p> <p>Great books to support children with school transition and change include:</p> <p><u>Mooncat and me</u> by Lydia Corry (age 4 – 7) <u>Ella on the Outside</u> By Cath Howe (age 7 -11) <u>Can You See Me?</u> By Libby Scott & Rebecca Westcott (age 9 – 15)</p>  <p>A handy resource to support children struggling with change and transition is: 'The circle of control'. This can help children see the bigger picture and focus on what is in their control.</p>  <p>Book a free consultation and we can provide this resource, as well as many others, and the chance to discuss a child/group of children who are struggling with transition and change. Email phoenix@compass-uk.org or call the office on 01904 661916 to book a call.</p> 
<p>What training or resources would you find helpful? Please email us on phoenix@compass-uk.org to let us know.</p>			

October

World Mental Health Day (10.10.24)

The theme for this year's World mental health day: *'It is time to prioritise mental health in the workplace'*



This day aims to give everyone a chance to talk about mental health, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

Training:
Compass Phoenix are offering daily webinars for the whole of October focused on *Staff Wellbeing*. These are scheduled at different times of the day for the whole of October. Please follow this link to book onto one of these: [Staff wellbeing Webinar](#).

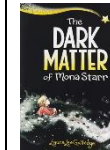
Signposting:
Mental Health UK also has some great links including tips on:



- Managing stress
 - Building resilience
 - Creating a wellbeing plan
 - Helping to initiate conversations around mental health.
- You can [find their resources by clicking here](#)

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 and mental health:

Primary: the colour Monster by Anna Llenas



Secondary:
Graphic Novel Dark Matter by Laura Lee Gullidge





A handy resource to support children of all ages recognise their emotions and start conversations about mental health as a whole is *The Blob Tree...* This can help children recognise their own emotions at different times of their lives or in the school day.




Book a free consultation and we can provide this resource, as well as information on how best to use it as well as many others, and the chance to discuss a child/group of children who are struggling with mental health and emotions. Email phoenix@compass-uk.org or call the office on 01904 661916 to book a call.



What training or resources would you find helpful? Please email us on phoenix@compass-uk.org to let us know.

<p>November</p>	<p>Self-Care week</p> <p>18 – 24th November</p>	<p>The theme for this year’s Self- Care week is <i>Mind and Body</i>.</p> <p>This national awareness week focuses on embedding support for self-care across communities, families and generations.</p> <p>We have scheduled in a handy 30 minute webinar on <i>Embedding the 5 ways to wellbeing</i> at lots of times during the month of November. If any school staff would like to register for this they can find the link here: Five ways to wellbeing webinar</p>  	<p>A wide variety of Wellbeing apps for children and Young people can be found by clicking this link:</p> <p>https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/</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 include <i>Cosmic Yoga</i> for Primary aged children or <i>‘Motivated by music’</i> for secondary students. 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>  <p>We have loads of resources like the ones above and links to support to help children and Young people look after their wellbeing. Please book a consultation if you would like to discuss any children or member of staff who are struggling with their wellbeing. We will be happy to provide any support advice and resources. Email phoenix@compass-uk.org or contact the office on 01904 661916 to book at call.</p> 
<p>What training or resources would you find helpful? Please email us on phoenix@compass-uk.org to let us know.</p>			

<p>December</p>	<p>National Grief Awareness Week (2nd – 8th Dec)</p>	<p>Training & Support:</p> <p>To help school staff support children and Young people, 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 at different times of day for the whole of December. You can find a link to both here: Bereavement webinars</p> <p>Signposting:</p> <p>Just B and Cruse Bereavement are local specialist charities who offer support for all ages in North Yorkshire.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="566 735 1025 810">  </div> <div data-bbox="1140 823 1321 932">  </div> <div data-bbox="1106 970 1337 1043">  </div> </div> <p>The charities Winston’s Wish and Grief Encounter both have free bereavement helplines as well as support and advice. 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 Hare – Shaped Hole</u> by John Dougherty <u>If All The World Were...</u> by Joseph Coelho this is particularly good for a child dealing with the loss of a grandparent.</p>  <p>UKS2 <u>Jade and her Shadow Beasts</u> – Rachel Faturoti</p> <p>KS3 onwards: <u>Clap When You Land</u> – Elizabeth Acevedo</p> <p>Young adult: <u>The Boy in the Black Suit</u> - Jason Reynolds</p>  <p>Please book a consultation if you would like to discuss any pupils who are struggling with Bereavement and loss and we will be happy to provide tailored support, advice and resources. Email phoenix@compass-uk.org or call the office on 01904 661916 and we will be happy to help</p> 
<p>What training or resources would you find helpful? Please email us on phoenix@compass-uk.org to let us know.</p>			