






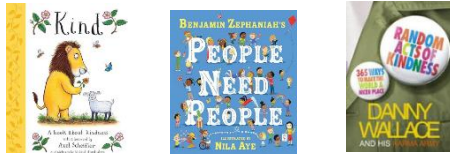




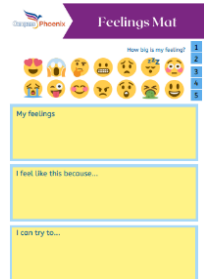


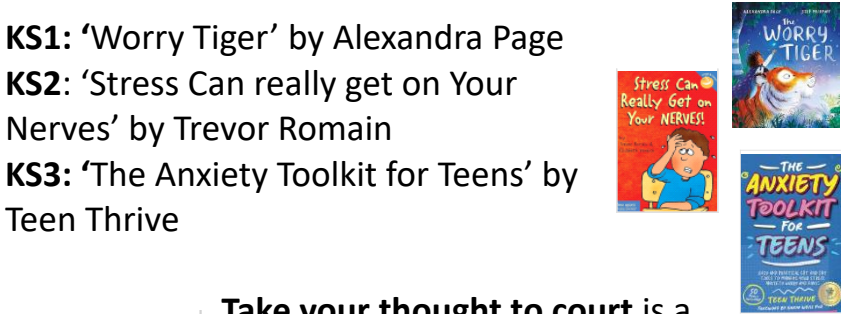






Month	Focus	Signposting and Training for School Staff	Books and Resources for Students
<p>January</p>	<p>Communication</p> <p>Time to Talk day (This will be celebrated on 6th February, but it's good to be prepared!)</p> 	<p>We have scheduled 2 free webinars to support communication this month. Click the link below to register for either of these 30-minute webinars:</p> <ul style="list-style-type: none"> ➤ Opening Conversations with Parents about Mental Health & Emotional Wellbeing ➤ Using Active Listening Skills  <p>Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.</p> <p>Visit https://timetotalkday.co.uk/ to download a resource pack which has some lovely ideas and downloadable activities.</p> <p>Buzz Us is a free confidential text service run by Compass in North Yorkshire. Young people aged 11 - 18 can text a Wellbeing Worker all year round on 07520 631168 for support with a range of issues including: Anxiety, bullying, self-esteem, low mood, stress and self-harm.</p>	<p>Great books to support children with communication include:</p> <p>Primary: 'Speak Up!' by Nathan Bryon UKS2 onwards: 'The boy who made everyone laugh' by Helen Rutter</p>   <p>'I statements' is a handy resource you can download here to support students to express their emotions and put their point of view across clearly and calmly.</p> <p>Book a free consultation and we can support you with more resources like this, as well as the chance to discuss a child/group of children who would benefit from support.</p> <p>Email phoenix@compass-uk.org or call the office on 01904 661916 to book a call or discuss how we can support and your school.</p> 

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February	<p>Kindness</p> <p>Random Acts of Kindness Day</p> <p>&</p> <p>Children's Mental Health Week</p>	<p>We have scheduled our Wellbeing Champions training package to run for the whole of February. It's a great webinar to support a member of school staff to set up and run a successful Wellbeing Champions group in school and comes with all the resources you need.</p> <p>Please click the link below to register for this free webinar: Wellbeing champions</p> <div data-bbox="481 774 683 933">  </div> <p>The theme for 2025 is 'Know Yourself, Grow Yourself', with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. Please head to the website for a free assembly resources pack. https://www.childrensmentalhealthweek.org.uk</p> <p>17th Feb marks Random Acts of Kindness Day - A whole day dedicated to kindness!</p> <div data-bbox="1003 1114 1326 1305">  </div> <p>Follow the link to find loads of resources, quotes and ideas to help celebrate the day. https://www.randomactsofkindness.org/</p>	<p>Great books to support children with kindness include:</p> <div data-bbox="1518 411 1966 566">  </div> <p>Primary: 'Kind' by Alison Green Any age: 'People Need People' by Benjamin Zephaniah KS3 onwards: 'Random acts of kindness' by Danny Wallace</p> <div data-bbox="1377 842 1512 1008">  </div> <p>'Acts of Kindness' is a lovely resource you can download here to promote kindness and boost wellbeing. Book a free consultation and we can support you with more resources like this, as well as the chance to discuss a child/group of children who would benefit from support.</p> <p>Email phoenix@compass-uk.org or call the office on 01904 661916 to book a call or discuss how we can support you and your school.</p> <div data-bbox="1908 1332 2110 1404">  </div>

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<p>March</p>	<p>Happiness</p> <p>International Day of Happiness March 20th</p>	<div data-bbox="504 411 761 491">  <p>United Nations</p> </div> <p>Since 2013, the UN has celebrated the 'International Day of Happiness' as a way to recognise the importance of happiness in the lives of people around the world. Follow link below for resources, facts and stats including, 'The Happy schools project.'</p> <p>https://www.un.org/en/observances/happiness-day.</p> <p>Quick ideas for the classroom:</p> <ul style="list-style-type: none"> - Carve out 5 mins at the end of each day to share what makes people happy. - Create a simple display where staff and students share what sparks joy... they could pin images/ quotes or even a snack packet – anything goes! <div data-bbox="1176 790 1281 901">  </div> <p>IDEA</p> <p>To help support children reach their potential they need to be able to regulate their emotions. To support with this we have scheduled a 30 min webinar for school staff on emotional regulation. Click the link below to register for this free webinar</p> <ul style="list-style-type: none"> - Emotional Regulation (30 mins) 	<p>Recognising our emotions - weather this is happiness or a different emotion - is a really important part of supporting our mental health.</p> <p>'The Feelings Mat' is a wonderful resource you can download here. Why not share it with your year group in assembly this month or use it when exploring a character's emotions in a reading session.</p> <div data-bbox="1881 654 2083 933">  </div> <p>Book a free consultation and we can support you with more resources like this, as well as the chance to discuss a child/group of children who would benefit from support</p> <p>Email phoenix@compass-uk.org or contact the office on 01904 661916 to book at call or discuss how we can support and your school.</p> <div data-bbox="1937 1276 2105 1340">  </div>

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April	<p>Managing Stress</p> <p>Stress Awareness Month UK</p>	<p>To help support school staff, children and Young people understand and manage stress, we have scheduled 4 free training packages for the whole of April. Click the link below to register for one, or all of these free webinars:</p> <ul style="list-style-type: none"> - Supporting Children and Young People to Cope with Stress & Anxiety (1 hour 30 mins) - Anxiety (30 mins) - Separation anxiety (30 mins) - Staff wellbeing (1 hour 30) <p>Signposting:</p> <div data-bbox="562 986 1211 1086">  <p>Stress Management Society from distress to de-stress</p> </div> <p>The Stress management Society offer a range of resources, guides, regulations and support when managing stress: https://www.stress.org.uk/</p>	<div data-bbox="1330 368 2168 683">  </div> <p>KS1: 'Worry Tiger' by Alexandra Page KS2: 'Stress Can really get on Your Nerves' by Trevor Romain KS3: 'The Anxiety Toolkit for Teens' by Teen Thrive</p> <div data-bbox="1330 683 1525 916">  </div> <p>Take your thought to court is a handy resource you can download here to support students to manage stress. Book a free consultation and we can support you with more resources like this, as well as the chance to discuss a child/group of children who would benefit from support</p> <p>Email: phoenix@compass-uk.org or call the office on 01904 661916 to book a call or discuss how we can support and your school.</p> <div data-bbox="2007 1129 2168 1190">  </div>
	<p>Spotlight on Exam stress</p>		<p>Young Minds have a fantastic page dedicated to supporting young people with exam stress. Follow the link here to access their excellent resources: https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/</p>