



Welcome to Summer Term's Resources, Updates and Support



New for May 2025! Introducing our new
'Avoiding Burnout' training package.
[Click this link](#) to book on.

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



Upcoming Events May

Focus	Signposting and Training for school staff	Books and Resources for Students
<p>Mental Health Awareness Week 12th – 18th May</p> <p>&</p> <p>National Children’s Day 18th May</p>	<p>Mental Health Awareness Week is an annual event to focus on achieving good mental health. The theme for 2025 is 'Community'. Find a link to the main website here: https://www.mentalhealth.org.uk/</p> <p>National Children’s Day highlights the importance of a healthy childhood, how we need to protect the rights and freedoms of children and young people. For more information visit: https://www.nationalchildrensdayuk.com</p> <p>Our level 1 training is a brilliant introduction to mental health for any member of school staff. It will be scheduled every week for the month of May.</p> <p>Please click the link below to register for this free webinar: level one</p>  	<p>Great books to support children talk about mental health and / or build on the theme of community include:</p> <p>KS1: ‘Counting on community’ by Innosanto Nagara</p> <p>KS2: ‘Boy in the Tower’ by Poly Ho-Yen</p> <p>KS3: ‘Blame it On My Brain’ by Nicola Morgan</p>    <p>The ‘Wellbeing Toolkit’ is a super resource you can download here to help boost wellbeing.</p> 



Book a **free telephone 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.



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




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Upcoming Events

June



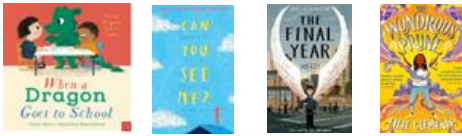

Focus	Signposting and Training for school staff	Books and Resources for Students
<p>LGBTQ+ Pride Month</p>	<p>To help staff understand and support pupils who belong to the LGBTQ+ community, we have scheduled a 30 min webinar to run each week for the month of June.</p> <p>Please click the link below to register for this free webinar: - LGBTQ+ webinar (30 mins)</p> <p>For KS3 onwards it could be a great opportunity to share changes which have affected the LGBTQ+ community. Liverpool museums have an accessible timeline you could share in form time or assembly: https://www.liverpoolmuseums.org.uk/lgbtq-history/lgbtq-timeline</p> 	<p>There are loads of brilliant and inclusive books which would be great to share this month. Here are some of our favourites:</p> <p>KS1: 'Julian Is a mermaid' by Jessica Love 'All kinds of Families' by Sophy Henn</p> <p>KS2: 'The Secret Sunshine Project' by Benjamin Dean</p> <p>LKS3: 'The Pants Project' by Cat Clarke</p> <p>KS3: 'Better Nate than Never' by Tim Federle</p> 
<p>Being able to express individuality is a positive step in building self-esteem, acceptance and support wellbeing. The Genderbread person' is a useful resource you can download here. This could be used as a super way to open conversations or display in school. There are lesson plans linked to this here.</p>		


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Upcoming Events

July

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<p>Transition</p> <p>&</p> <p>International Happiness Month (August)</p>	<p>To support school staff and children in the build up to the new academic year, we have scheduled 2 free training packages for the whole of July. One is our brand new 'Avoiding Burnout' package and the other is focused on Transition.</p> <p>Click the link below to register for one, or both of these free webinars:</p> <ul style="list-style-type: none"> • Supporting Staff to Avoid Burnout • Transition <p>BUZZ US: Please let any 11 – 18 Year olds know about our text messaging service. They can message us about any worries they have on 07520 631 168 for more information click here.</p>  <p>We can also signpost to useful Apps and services, please let us know if you would like us to send you some of the most popular and trusted, which you may want to share with your students.</p> 	<p>To support with transition.</p> <p>KS1: When a Dragon Goes to School' By Caryl Hart</p> <p>KS2: 'The Final Year' by Matt Goodfellow 'Can you See Me?' By Libby Scott</p> <p>KS3: 'Wonderous Prune' by Ellie Clements</p>  <p>My little Box of Happiness is one of our favourite resources as it is full of activities and ideas to boost wellbeing. You can download here.</p>  <p>Why not print it out to give to students over the summer holidays or pick and choose different activities from the pack.</p>

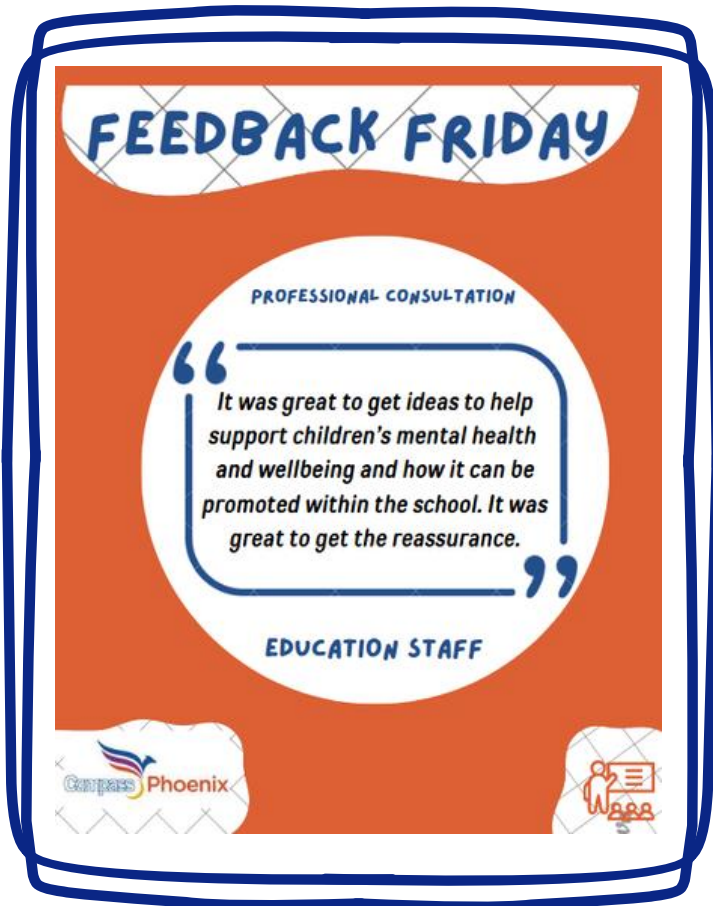
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Feedback Fridays

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 every week - we call it "Feedback Friday".

Here are just a few from the last few weeks:



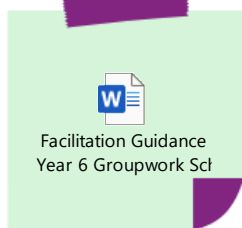
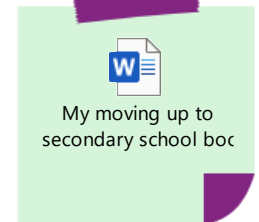
Year 6 Transition Support Pack

Click on the embedded documents to open

Resources to Support Pupils

Moving Up to Secondary School

This booklet is aimed at helping a child prepare for transition. It is encouraged to ask the child to share this with parents and carry out some of the activities with them. Pupils can also take this with them as they move into Year 7.



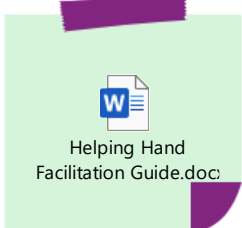
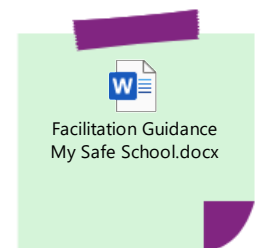
Transition Group Work Package

Below is a facilitation guide with links to our Year 6 to Year 7 transition group work package. This includes 3 PowerPoint Presentations, the pupil workbook and resources and should be delivered over 3 sessions.

My Safe New School

Using the 'My Safe School' resource will help the child recognise where they feel safe, where they don't feel safe, who they feel safe with and what they need to feel safe. This is a visual tool and once the child has identified these areas they can then be implemented when they are struggling with their outbursts.

It may be that they decide to go to a certain area where they feel safe or sit with a certain staff member who they feel safe with to prevent the 'flight' aspect.



Helping Hand

We love this tool! It's designed to help you to identify your support network, this could be both in and out of school, or college, work. Completing the Helping Hand is a really easy and useful tool that you can refer to whenever you need to talk to someone. We hope by completing this you will feel able to reach out if you are struggling and avoid things escalating further.

Year 6 Transition Support Pack

Professional Consultations – for Pupils aged 5-19

Professional Consultation appointments are arranged for school staff to anonymously discuss a young person's mild to moderate mental health concern and receive timely advice, guidance, support, resources and signposting. This enables school staff to deliver preventative, targeted interventions with the young person / group of young people or to be given the appropriate advice to access other specialised support.

This process provides schools with:

- Timely support and advice
- High quality interventions
- Support children/young people when they need it

Consultations take approximately **20-30 minutes** over the phone.

To book a free Professional Consultation call our administrator on **01904 661916**.

BUZZ US Text Messaging Service

Compass offers a confidential text messaging service for young people aged 11-18 across North Yorkshire. Young people can text **07520 631168** for confidential advice, support and signposting from one of the team about any mental health or wellbeing worries, such as low mood, stress, bullying, eating problem, self-harm, anxiety or self-esteem.

For a short YouTube clip about the service, [click here](#).

Below is a printable poster with a QR code for ease of accessing the text message service and BUZZ US images, which can be used for example on your website, newsletters and school intranet: [click here to open](#).

Free Webinar Training for School Staff

Our training and consultation workers deliver free emotional wellbeing and mental health training to school / college staff across North Yorkshire.

You can access the School Transition webinar sessions running during the summer term, or to see what training is available, [click here to open](#).