



Supporting Children & Young People in North Yorkshire

Welcome to Autumn 2026 Resources, Updates and Support



- Live, bespoke training for your staff meetings or training days
- Assemblies and resources
- Advice and support for all school staff
- Please get in touch and we will try to accommodate your needs

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



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

September

Focus	Training Links and Support for School Staff	Books, Links and Resources for Students
Transition	All secondary schools should have received BUZZ US stickers in the post, which promote our confidential text message service for 11 – 18 year olds. Please give these to your students. Below are links to our BUZZ US posters, please ensure these are displayed in a useful spot e.g. • The back of a toilet door • On a form-room notice board • In the students' planner.  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. 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: • Separation Anxiety • Anxiety • Emotional Regulation Or our longer, more in- depth training on: • Managing Emotionally -Based School Avoidance • Supporting Children and Young People to Cope with Anxiety and Stress 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. 	Books and resources: 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)  KS2: New Kid, New Scene (guide to moving and switching schools) by Debbie Glass  KS3: No Worries: Your Guide to Starting Secondary School by Jenny Alexander Go Big by Matthew Burton (secondary school survival guide)   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. 



Book a **free telephone consultation** [using this form](#) 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
World Mental Health Day (10.10.26)	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. The website has links to an action plan and resources 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. We have scheduled webinars at different times of the day for the whole of October. 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. The NSPCC are running a Kindness Challenge this October - take a look to see if this is something your school would like to be part of. More details 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 or different aspects of mental health: KS1: The Colour Monster by Anna Llenas KS2: Goldfish Boy by Lisa Thompson (a mystery novel based on 12 year old Matthew who has OCD) UKS2/ LKS3: The Boy in the Tower by Polly Ho-Yen (explores themes including community, mental health, young carer and poverty) UKS3: Graphic Novel Dark Matter by Laura Lee Gulledge A handy resource to support children of all ages to understand their emotions and start conversations about mental health is: Understanding Emotions. You can download this resource for FREE here.



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November

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Self-care week (16th - 22nd November)	The theme for this year's Self-care week is "Mind & Body", focusing on healthy eating and physical and mental wellbeing. For posters, ideas and resources please visit their website. https://www.selfcareforum.org/events/self-care-week/  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 and will continue to run our <i>Avoiding Burnout for staff</i> webinar. Please follow this link to book onto these or any of our free training. Our Five ways to wellbeing resource is a great one to use as a whole school focus for an assembly. We also have 6 assemblies based on the 5 ways to Wellbeing on our resources section of the website. 	A wide variety of Wellbeing apps for children and Young people can be found by clicking here.  We have an updated list of recommended apps and services you can find here: Apps and Services  Why not share these with your students in assembly or on the school social media site? 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. You can download this resource for FREE here.  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.



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December

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National Grief Awareness Week (2nd - 8th December)	Training & Support: 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. You can find a link to both here: Bereavement webinars. 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. Signposting: Just B and Cruse Bereavement are local specialist charities who offer support for all ages in North Yorkshire. 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/	Books & resources to support children with grief and loss: 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) UKS2: <u>Sade and her Shadow Beasts</u> by Rachel Faturoti KS3 onwards: <u>Clap When You Land</u> by Elizabeth Acevedo Young adults: <u>The Boy in the Black Suit</u> by Jason Reynolds 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. You can download this resource here.



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2026 - 2027

Assembly Overview

Term	Theme	Overview
Autumn 1	Loss and Change	Support children and young people to manage the loss and change associated with moving on and starting something new.
Autumn 2	Self Care	This assembly takes inspiration from nature and hibernation. Links to self care week in November and looking after ourselves.
Spring 1	Communication and Kindness	Practical tips to support young people to communicate in a positive and clear way as well as a focus on being kind to others.
Spring 2	Low Mood and Self Esteem	Focus on knowing it's ok to not feel happy all the time. Practical tips on how to support with low mood and boost self esteem.
Summer 1	Stress and Managing Worry	Tips and ideas on how to recognise and manage stress - links to 'Stress Awareness Month.'
Summer 2	Healthy Relationships	Support children and young people to recognise what a healthy relationship is and where they can seek support.



Look out for the plans and resources which will be emailed to you at the start of each half term. They can also be found on our website in the resources section [HERE](#)



Consultation Drop-in Sessions for Schools

The team at Compass Phoenix are hosting Consultation Drop-In Sessions each half-term on different topics. These informal sessions are remote via Microsoft Teams between **3.45-4.45pm** & offer school staff a chance to ask questions, explore resources, and share best practice.

29/09/2026 - Supporting School Staff with Safety Planning for Pupils Having Suicidal Thoughts

24/11/2026 - Supporting Pupils with Low Mood

28/01/2027 - Reducing Challenging Behaviour & Conduct Issues by Boosting Resilience

11/03/2027 - How to Help Pupils Cope with Worry & Anxiety

27/04/2027 - Managing Emotions Effectively (a focus on emotional literacy & regulation)

24/06/2027 - How to Deal with Self-Harm & Self-injurious Behaviours in School

Scan the QR code for the link to the meeting,
or use the link below to join:

[https://teams.microsoft.com/meet/33678607065378?
p=fU8YAgIJ9AYo2g3Bpn](https://teams.microsoft.com/meet/33678607065378?p=fU8YAgIJ9AYo2g3Bpn)



***For a detailed discussion about a child, please book a Professional Consultation.**



Visit the [Compass Phoenix webpage](#) to complete the consultation request form or call 01904 661916 to schedule your appointment