



Supporting Children & Young People in North Yorkshire

Welcome to Summer 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](#)

May

Focus

Key Events, Training Links and Support for School Staff

Books, Links and Resources for Students

Mental Health Awareness Week 11th - 17th May

National Children's Day 10th May

Mental Health Awareness Week is an annual event focused on achieving good mental health. **The theme for 2026 is 'Action'**. Find a link to the main website here:

<https://www.mentalhealth.org.uk/>



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>

Phoenix Drop in Session

Who: for any member of school staff:

Date/time: May 20th 3.45 - 4.45

theme: Self harm and Self injurious behaviours

follow this link:

<https://teams.microsoft.com/meet/32545391752627?p=Jl5JViyQkwH742vjLY> or use the QR code. Please contact us at phoenix@compass-uk.org if you have any issues and we can email you an invite.



Great books to support children talk about mental health and build on the theme of 'Action' include:

KS1: Speak up Sami - Shabana Hussain

KS2: How Not to Lose It: Mental health Sorted - Anna Williamson

KS3: The Mental Health and Wellbeing Workout for Teens - Paula Nagel



Why not take action and invite children and staff to fill in the My Needs resources - it is a great way to recognise what you need before taking action. The link to the resource is [HERE](#)

The **'Wellbeing Toolkit'** is a super resource to support general wellbeing, [you can download here](#) to help boost wellbeing.



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.

June

Focus

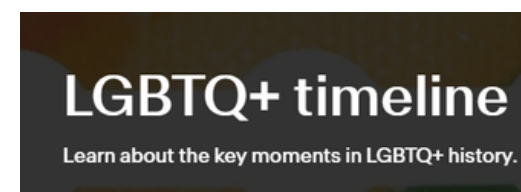
Key Events, Training Links and Support for School Staff

Books, Links and Resources for Students

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.

Please click the link below or go to the website to register for this **free webinar**:

- [LGBTQ+ webinar \(30 mins\)](#)



For **KS3 onwards** it could be a great opportunity to share changes which have affected the LGBTQ+ community over time. Liverpool museums have an accessible timeline you could share in form time or assembly:

<https://www.liverpoolmuseums.org.uk/lgbtq-history/lgbtq-timeline>

Phoenix Drop in Session

Who: for any member of school staff:

Date/time: June 17th 3.45 - 4.45

theme: **Looking ahead to Transition in July/Sept**

Use the QR code or this link to join.

[https://teams.microsoft.com/meet/32545391752627?](https://teams.microsoft.com/meet/32545391752627?p=Jl5JViyQkwH742vjLY)

[p=Jl5JViyQkwH742vjLY](https://teams.microsoft.com/meet/32545391752627?p=Jl5JViyQkwH742vjLY) Please email us at phoenix@compass-uk.org if you have any issues and we can email you an invite.



There are loads of brilliant and inclusive books which would be great to share this month. Here are some of our favourites:

KS1: And Tango makes Three by Peter Parnell and Justin Richardson

KS2: 'The Secret Sunshine Project' by Benjamin Dean

LKS3: 'The Pants Project' by Cat Clarke

KS3: 'Better Nate than Never' by Tim Federle



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](#).

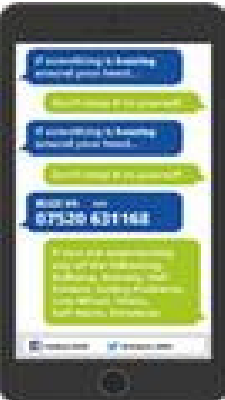


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July

Focus	Key Events, Training Links and support for School Staff	Books, Links and Resources for Students
Transition and International Happiness Month (August)	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 'Avoiding Burnout' package which would be brilliant for a staff meeting and the other is focused on Transition. Click the link below to register for either of these FREE webinars • Supporting Staff to Avoid Burnout • Transition BUZZ US: Please let any 11 – 18 year olds know about our text messaging service. They can message us over the holidays about any worries they have on 07520 631 168. For more information click here to see our Snap Chat video   There are loads of 'Apps and Services' available to suit all our needs. Please let us know if you would like us to send you some of the most popular and trusted or specific ones to meet the needs of your students.	Books to support with transition: KS1: 'When a Dragon Goes to School' By Caryl Hart LKS2: 'Me and My Fear' - Frenci Sanna KS2: 'Go Big': The Secondary Survival Guide Matthew Burton 'The Final Year' by Matt Goodfellow 'Can you See Me?' By Libby Scott KS3: New Kid, New Scene -Debbie Glass 'Wonderous Prune' by Ellie Clements  Our Transition to Secondary school pack is a must for any Y6 child moving on. Please find the link to the pack here:  My little Box of Happiness is one of our favourite resources as it is full of activities and ideas to boost wellbeing. Why not give a copy to your students over the holidays? You can download it here.



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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. PLAN and RESOURCES HERE
Autumn 2	Give	Focus on Give - Linked to giving gifts at Christmas and self-care week in Nov – give to yourself too. PLAN and RESOURCES HERE
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. PLAN and RESOURCES HERE
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. Plan and Resources Here
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.



School Drop In Sessions 15.45 - 16.45

The team at Compass Phoenix are hosting Drop-In Sessions over the Summer term on different topics. These informal sessions are remote via Teams & offer school staff a chance to ask questions, explore resources, and share best practice.

15th April - Stress & Anxiety

20th May: Self-harm & Self-Injurious Behaviours

17th June – Transition

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

<https://teams.microsoft.com/meet/32545391752627?p=Jl5JViyQkwH742vjLY>



***For a detailed discussion about a child, please book a Professional Consultation. [Our online form can be found here](#)**



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