

# The BUZZ

ISSUE 1

NOVEMBER 2017

## COMPASS BUZZ: A NEW APPROACH

A Headteacher recently said of their Level 1 training,

*'I would highly recommend this training to other schools and institutes. It helped us recognise the signs and how to approach these with children and adults.'*

Welcome to the first issue of our newsletter. This is quite a bumper issue, there has been lots to report. We hope to issue a brief newsletter regularly to share the good practice and training in schools across North Yorkshire.

Since September this year, Compass BUZZ started its hard launch contacting all schools across North Yorkshire offering FREE tiered training to schools promoting mental health and wellbeing in schools.

Already in the last two months, Wellbeing Workers have secured bookings for our training in over 221 schools across North Yorkshire.

There has been over 56 training sessions delivered in schools to over 945 members of school staff.

### What people have said.

Feedback from other schools stated,

*"Last night's training was very interesting. I realised that I was more aware of mental health issues than I thought but that there was still a lot to learn."*

*"Very excited about working with Compass Buzz and how it will link in with our PSHE initiative called 'The Big Buzz'"*

*"Very good course – brought to light positives and negatives of my role in school, looking forward to working with you in the future"*

### Free Download

Double click on the bee below to download your free conversation starter.



### THE FACTS

- 20% of adolescents may experience a mental health problem in any given year.
- 50% of mental health problems are established by age 14 and 75% by age 24.
- Suicide is the most common cause of death for boys aged between 5-19 years, and the second most common for girls of this age.

## GOOD PRACTICE IN NORTH YORKSHIRE SCHOOLS

### Cosmic Yoga

One parent of a young person told a teacher how her son has benefitted from 'cosmic yoga' and how it calms them down. The teacher has introduced it in her class to promote wellbeing.



### Parents Evening

A junior school has designed a mental health awareness evening for parents to be held one evening following their training,



### Playground

There is also a primary school that is now going to split its playground up into the 5 ways of wellbeing following the Level 1 training in school.



## CO-FACILITATED SESSIONS



**Becks Tait**  
**Wellbeing**  
**Worker**

Recently, Wellbeing Worker Rebecca Tait, (for the Scarborough, Whitby and Ryedale area) visited a school to work with a teacher supporting a child with. This young child has several worries that they have carried with them for a while. The school then contacted Compass BUZZ to request additional support.

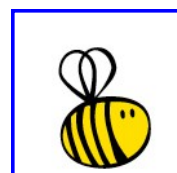
Only 24 hours from receiving parental consent, Rebecca was in the school with both the teacher and young child delivering an anxiety based intervention aimed at the Early Years/ KS1 age range. Together with the teacher, they read

'A Huge Bag of Worries' (by Virginia Ironside) a great book about a child living with lots of worries. The book is a great tool in helping children to understand the old term 'a problem shared is a problem halved'. They then discussed their worries and sorted them into groups; some were worries for the teacher, some for the parents and some are worries that most people have.

By using a simple approach, the child was comfortable enough to start discussing the worries in their life. This is an intervention that can now be continued and

adapted within the school for other children/age groups, to get them to open up about worries and concerns. This in turn, will help the staff identify the reason behind certain behaviours/reactions to things. Once this is understood, the worry can be addressed and hopeful in time, have a positive impact on the behaviour / reaction behind the feelings.

**To request support,** please double click the bee to the request for support pathway below.



**Book your Level 1 training now by calling**

**01609 777662**



## CONTACT DETAILS

Compass Buzz  
County Hall  
1 Racecourse Lane  
Northallerton  
DL7 8AD  
Tel: 01609 777662

