

The Compass Academy

PUPIL LEAFLET: Wellbeing



Edition 5: Summer Newsletter 2020

We are thinking about you...



...but we are only a phone call/email away!

A note from Mrs Thompson (Principal)...



I do hope that you are well and finding some kind of normal in these ever changing and difficult times. It goes without saying that half term 5 has been very different to our usual life at school. We have all had to change the way that we work, communicate, shop and now help our children with their home-learning.

I am a grandparent of two young children, many of our staff have young children of their own and possibly experiencing some of the same challenges that you are. It is not easy and certainly not perfect.

Reflecting on the positives...



That said, I find myself reflecting on the positives. From our communications with you, we can see that our youngsters are definitely developing some qualities such as resilience, independence and creativity that will benefit them in the long run. Many of us have enjoyed rushing around less and so spending more time as a family. I hope that you too are experiencing some upsides to what is such a challenging period of time.

Developing a programme of home-learning in such a short time-frame has been a challenge and something we continue to review and amend. It has been so heartening to hear of the successes whether it be dedication to learning, garden projects, excellent baking, completion fitness challenges or simply having to spend time with the family!

Planning the return back to school...

You will have seen in the news that some year groups have and will be invited into school to join a 'bubble or pod' of learners. We continue to follow government advice and are constantly planning and reviewing how we can keep both staff and pupils safe. The threat from Coronavirus has not yet left us, we ask for your continued support as we set out on the path to find a safe new norm.

We miss you...

Life in school is far too quiet without the children; we miss their laughter, enthusiasm, and character. We continue to keep the spirit of school alive in some small way by daily contact with tutors and via social media. I hope that as time passes we can start to do those things we have taken for granted and that is to connect with our youngsters and become an extended family once again.

Best wishes,

Mrs Thompson x x x

Kooth

The coronavirus pandemic has shone a light on the importance of looking after our mental health. It is very normal during these uncertain and unusual times to be experiencing distress or anxiety, or to be feeling low. What's important is that **you know that help is available** and that **you access the support that you need**.

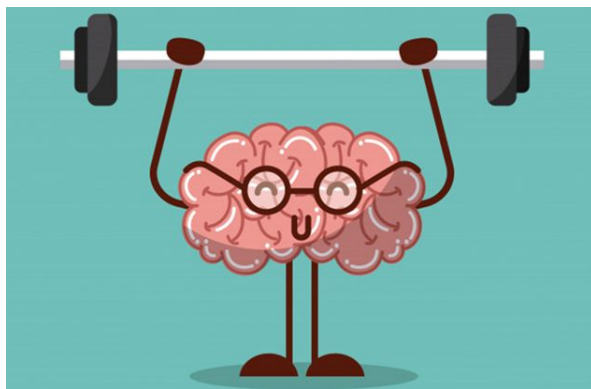
If you feel that you are struggling right now, please do not feel that you are on your own-reach out to your family and friends, talk to staff from school or look for help or advice online...

Kooth is a new online counselling service which is available to all young people aged between 11-25 years old. It is a safe, confidential and anonymous way for young people to access emotional wellbeing and mental health support. Fully trained and qualified counsellors and emotional well being practitioners are available until 10pm each night, 365 days per year, providing an out-of-hours service for emotional support in an accessible way.

Please take a look at the website below if you wish to seek advice or support:

<https://www.kooth.com/>

Emotional Wellbeing Support



We know that the impact of recent circumstances on our children and young people has been especially tough, which is why as an Academy, we are determined to continue to support the wellbeing of all of our pupils.



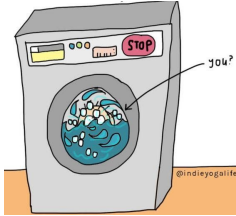


In addition to daily contact from your tutor, wellbeing phone calls/ 'video catch ups' are also possible to be arranged with Miss Sumpton. If you would like to speak to Miss Sumpton, you can arrange this by speaking to your class tutor

when they call or, if you would prefer to email, you can email your request to:

admin@thecompassacademy.co.uk

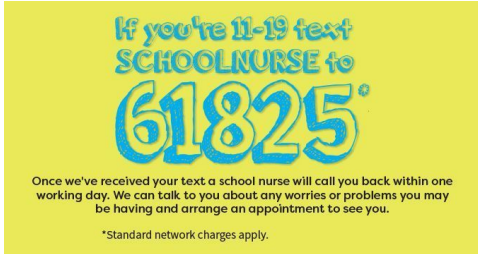


Miss Sumpton will aim to call you back within two working days. In the meantime you may wish to try some of the following approaches from the **'Mindfulness Menu'**.

Mindfulness Menu

<p>Listen to music</p> 	<p>Mindfully listening to a music track is a quick and effective stress reliever and a great way to practice being completely in the moment. Choose a song to listen to – instead of just paying attention to the words, ask yourself:</p> <ul style="list-style-type: none">• <i>What instruments do you hear?</i>• <i>Is the song loud or soft, fast or slow?</i>• <i>What emotions does the song create in you?</i>
<p>Notice the good</p> 	<p>Try and notice 3 things that are good, or even OK right now – it could be a kind action from someone, the sun shining, hearing from a friend.</p> <p>You could write them down in a notebook, put them in a ‘good things’ jar, talk with others about them or just think about them privately.</p>
<p>The worry washing machine!</p> 	<p>Can't stop yourself from worrying? Do your worries go round and round in your head like an overactive spin cycle? Follow the steps in this funny but helpful guide to getting yourself out of that worry washing machine..</p> <p>https://chedyer.com/how-to-stop-worrying-and-negative-thoughts-in-4-simple-steps/</p>
<p>Digital detox</p> 	<p>Too much time on electronic devices can contribute to our stress; emails, news, notifications and social media can aggravate our worries and can distract us from our self-care.</p> <p>Taking regular breaks from ALL devices, including Phones/TVs/Computers will give you time to reconnect with yourself and make sure that you get a good night's sleep!</p>
<p>Colour, Craft, Create, Cook!</p> 	<p>Any creative activity is a mindful activity! Try to enjoy this time and develop new skills...get out your art homework, bake some buns or maybe you could even help to cook tea!</p> <p>Taking regular exercise is great for the body and the mind, now that the weather is a little warmer, try and enjoy the outdoors and get some fresh air!</p>

Useful Services:

The following websites/contact details may provide useful support or advice for young people:

Useful Services	
<p>School Nursing team</p> <p>The school nurse service can provide advice on things like body worries, alcohol, relationships, sexual health, bullying, drugs, smoking, stress, healthy eating and self-harm.</p> <p>Text: 61825</p>	 <p>If you're 11-19 text SCHOOLNURSE to 61825</p> <p>Once we've received your text a school nurse will call you back within one working day. We can talk to you about any worries or problems you may be having and arrange an appointment to see you.</p> <p><small>*Standard network charges apply.</small></p>
<p>Toot Toot</p> <p>Tootoot makes it simple for you to report anything from bullying to a mental health concern. Staff can then respond to your concern and provide you with support.</p> <p>https://tootoot.co.uk/login/</p>	 <p>tootoot</p>
<p>Young Minds</p> <p>A website which offers tips/advice for young people in managing your mental health.</p> <p>https://youngminds.org.uk/</p>	 <p>YOUNGMINDS</p>

A closing comment...

Over this time, we will continue to be in regular contact with you to check that you are ok- use this as an opportunity to discuss how you are feeling and ask for any support or advice that you may need. Lastly and most importantly, please take care and look after yourselves...**your health, safety and well being will always be our main priority.**

The Compass Academy team x x x