

The Compass Academy

# PUPIL LEAFLET: Wellbeing

Edition 4: Spring Newsletter 2020



## We are thinking about you...



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

It seems a long time since we've seen you now, we are hoping that you are all keeping as well as possible and following the Government advice-staying at home and staying safe!

The team at Compass are missing you all very much but we are doing our best to keep in touch! Please know that even though you are not in school, we continue to think about you all; we are only a phone call or an email away...if you need any help/support, or even just a chat, please let us know.

This situation is strange for us all, but please remember that it is only temporary...in time, we will be able to go out again, return back to school and visit those who are important to us.

# Kooth



Some people may find this situation more difficult to manage than others. At this time, there is no right or wrong way to feel but what is important is that **you know that there are people who care about you** and want to support you.

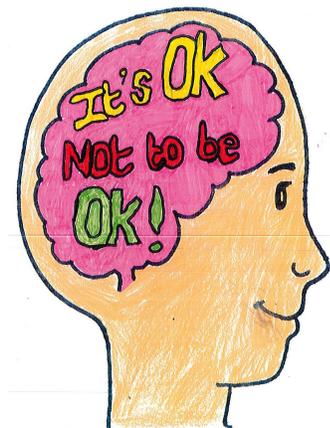
Some people like to reach out to family and friends, other people may like to talk to staff at school, some may prefer to look for help or advice online.

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



As an alternative, you can speak to your class tutor or wellbeing phone calls/ 'video catch ups' are being arranged with Miss Sumpton.

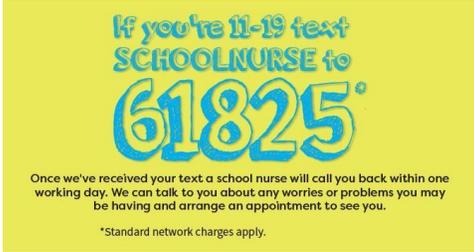
If you would like to speak to Miss Sumpton, you can arrange this by speaking to your class tutor when they call or, if you would prefer to email, you can email your request to:

[admin@thecompassacademy.co.uk](mailto:admin@thecompassacademy.co.uk)

**Miss Sumpton will aim to call you back within two working days.**

# Useful Services:

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

Useful Services	
<p><b>School Nursing team</b></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><b>Text: 61825</b></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><b>Toot Toot</b></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><a href="https://tootoot.co.uk/login/">https://tootoot.co.uk/login/</a></p>	 <p>tootoot))</p>
<p><b>Young Minds</b></p> <p>A website which offers tips/advice for young people in managing your mental health.</p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>	 <p>YOUNGMiNDS</p>

## A closing comment...

Over this time, your class tutor 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 or ask for any support or advice to aid you in completing your school work. Lastly and most importantly, please take care and look after yourself...**your health, safety and well being will always be our main priority.**

*The Compass Academy team x x x*