

Children & Young People's Health and Wellbeing Bulletin Monthly

13TH May 2021



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Would you like to be part of the RSE Day 2021 live-stream?

We are searching for the 'faces' of RSE Day 2021



24 June 2021



The fourth national Relationships and Sex Education (RSE) Day will take place on 24th June 2021, with the theme of 'Faces'. Nottingham City Council founded RSE Day in 2018 and continues to lead this nationwide celebration of excellent education around healthy relationships and positive sexual health. The day is a call to action for schools, families, communities and organisations to take an active role in educating in this area and share their fabulous work via events and on social media.

As part of this year's national live-stream we want to represent the 'faces' of RSE Day. We are looking for teachers, parents, young people, faith leaders, influencers, professionals, politicians, celebrities and others to share their views on healthy relationships to celebrate RSE Day 2021.

<http://www.nottinghamschools.org.uk/teaching-and-learning-support/relationships-sex-and-health-education/nottingham-city-rse-day/>



As young people settle back into school, knowing what steps they can take to support their mental wellbeing can help them feel better, sleep better and have better relationships with the people around them.¹

Today marks the launch of **Mental Health Awareness Week** (10-16 May), a time for everyone to pause, reflect and discuss their wellbeing. The theme this year is Nature, so as well as encouraging students to enjoy the outdoors this week, you can use our flexible, curriculum-linked resources to discuss mental wellbeing in your lessons.

Featuring videos and short activities, our lesson plans cover themes such as **Worry**, **Sleep**, **Building connections** and **Social media**.

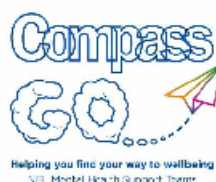
Head to the School Zone to download our range of free resources to use in class this week and beyond.

Download resources



Schools Newsletter

APRIL 2021



TEAM MEMBER OF THE MONTH

Hi, I am Santina! I am a Trainee Education Mental Health Practitioner at Compass GO... I have 15 years' experience working in the education sector with students of all ages. I have safeguarding, pastoral coach and learning manager experience. Mental health and wellbeing is a topic I have always been incredibly passionate about. Being part of Compass and being able to utilise my training and passion to support children and young people is something I am very proud of. Outside of work I enjoy spending time with my family and my dog, Oscar. I love to read, cook and I have a newfound love of gardening. I take time to practice yoga and daily journaling and anything else really that is good for my wellbeing.



GET IN TOUCH

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compass-uk.org/services/north-east-lincolnshire-mhsts-new/

Schools update

After our update in the last newsletter confirming we were taking on the wave 4 schools to give us full borough coverage across North East Lincolnshire, we would like to update you that our Practitioners are now linking with the new schools and we are actively taking referrals for these through link sessions.

Stress Awareness Month

- Since 1992, April has been dedicated to stress awareness, to increase the public knowledge of causes, impact and cures.
- 2021's theme is 'Regaining Connectivity, Certainty and Control'
- Millions of people around the UK are experiencing high levels of stress, especially during the last year, and it can be damaging to our health – both mentally and physically.
- The most crucial thing you can do when you are stressed is to look after yourself. Relax when you need to and learn to say no to requests that are too much for you.

Compass GO... webinars

We have recently delivered some wellbeing webinars to NEL Education Staff on **Compassion and Acceptance, Relaxation, Stress Management and Work Life Balance**. These are now available to view via our YouTube Channel under the playlist Webinars. <https://www.youtube.com/c/CompassGOMHST>

Please feel free to share!

What Compass GO... Staff have been doing for Stress Awareness Month

February saw the introduction of five new Trainees to the Compass Go Team. As they joined in the middle of a lock down, they have started their roles working from home and have been unable to meet each other face to face.

- By way of teambuilding and dealing with stress, they have arranged weekly catch ups to check in on each other and share stress busting tips!
- Santina and Andrea have started the NHS Couch to 5k training. They have reported feeling more energised and positive throughout the day, they have also set daily Fitbit goals of 10K steps!
- Amy has utilised the Compass Wellbeing Scheme and is enjoying her personal training sessions. She is combating stress by working out and eating healthy.
- Rachel has shared her journaling techniques, and they have all purchased a mindfulness journal and are reaping the benefits to support their overall wellbeing.
- Daisy loves juicing and is offering them some vitamin induced recipes to enjoy in the morning and get them ready and raring to go!



On your feet Britain

Compass GO... team are taking part in 'On your feet Britain' on 29th April, to encourage workers to get up and be active. We will be sharing our pictures in the May newsletter!

Mental Health Awareness Week

This week is all about raising awareness and promoting better mental health.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

National Walking Month

Plan your own sponsored walk in the great outdoors and raise money for life saving heart research.

<https://www.bhf.org.uk/how-you-can-help/fundraise/just-walk/national-walking-month>

National Smile Month

National Smile Month is run by the Oral Health Foundation its a is a long running and high profile campaign that is held throughout the United Kingdom to raise awareness of the importance of good oral hygiene. National Smile Month 2021 is set to run from May 17th until June 17th

Good oral health has many benefits, not only for your mouth but for our overall wellbeing too.

Taking good care of your oral health goes far beyond keeping your teeth and gums healthy. It also improves your quality of life. National Smile Month highlights four key messages

Key messages for great oral health

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist as often as they recommend.

In recent years, poor oral health, specifically gum disease, has been linked with a number of general health conditions.

Problems which may be caused or made worse by poor oral health include:

- Heart disease.
- Strokes.
- Diabetes.
- Giving birth to a premature or low-birth-weight baby.
- Respiratory (lung) disease.

Please join in with the brushathon event which will be taking place on the Wednesday 2nd June 2021 by taking part you can promote happier healthier smiles to make a positive difference to the oral health of millions of people.

Take a selfie whilst brushing your teeth and post it to social media. Don't forget to include the hashtags #SmileMonth and #GreatBritishBrushathon include a comment on why it's important to take care of our oral health. By doing this it will encourage others to do the same.

Here's an example what to say: *'This is how I take care of my teeth. I'm supporting National #SmileMonth because looking after my smile is really important for my teeth, gums and mental health too. #GreatBritishBrushathon.'*

Help us achieve our goal of living in a world where everybody has a healthy mouth.

For more information visit : <https://www.dentalhealth.org/what-is-national-smile-month>