



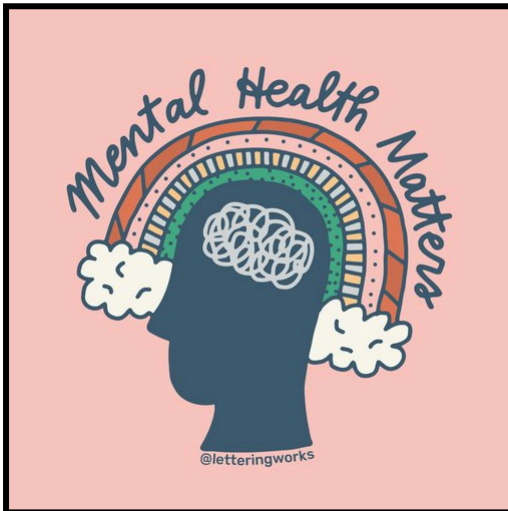
...your journey to success starts here.

**We are kind | We are a team | We try our best
...and we keep on trying!**

Kindness | Teamwork | Resilience

Mental Health Newsletter, 2025-26

Mental Health Matters!



Looking after our pupils' mental health and overall wellbeing is of great importance to us here at Compass. That is why, we have gained access to a wide range of support services, not just our pupils but your family too!

As well as your child's class tutor, link teacher and pastoral team, we work alongside a range of different professionals including; the Academy's School Nurse, a representative from the NHS, 'Mental Health in Schools' support team and the Academy's counsellor.

The aim of our support is to enable our pupils/families in overcoming barriers which they may face and know that we are here to support you throughout your time at Compass and beyond.

Mental Health: Curriculum Support

In addition to accessing a range of support services, your child will also have the opportunity to learn about a range of different matters related to mental health and wellbeing throughout the curriculum.

Topics include:

- How to talk about their emotions accurately and sensitively.
- The benefits and importance of physical activity, sleep and time outdoors.
- That worrying and feeling down are normal, and can affect everyone at different times.

- The characteristics of different mental health concerns including anxiety and depression.

If you would like further information about the Academy's Personal Development curriculum, please do not hesitate in making contact at the Academy.

Personal Development Lead: Miss E Jackson

Tel: 01482 331720

Further information related to guidance about the teaching of Mental Health matters can be found within the latest Department for Education Guidance (July, 2025):

https://assets.publishing.service.gov.uk/media/6970e7e67e827090d02d42e0/Relationships_education_relationships_and_sex_education_RSE_and_health_education_for_intro_1_September_2026_.pdf

School SENCO and Senior Mental Health Lead



The staff member responsible for promoting mental health and wellbeing at Compass Academy is the school SENCO, Mrs C Munro.

Mrs C Munro is responsible for overseeing SEND support across the school and ensuring that pupils receive the help that they need to achieve their full potential. As the Senior Mental Health Lead in school, Mrs Munro also oversees our ELSA provision, Mental Health referrals, and other support services including the School Nurse.

If you require any support, guidance, or advice regarding your child's needs or wellbeing, please do not hesitate in contacting Mrs C Munro.

Email: senco@com.hlt.academy

Phone: 01482 331720

How can my child's Tutor help?

Here at Compass, we know and we understand that relationships with key staff are important for all of our pupils to build trust and a sense of belonging at the school.

Your child's tutor works within your child's class group **each school day** to support your child's overall learning and development needs.

Parents/carers receive regular contact from your child's tutor to give you feedback about your child's progress in school. If you have any worries about your child (no matter how small!), please make contact with your child's tutor to discuss how we can support you as a team.

As parents/carers, you are very much part of our Compass family; therefore we aim to work together to support your child to achieve the very best outcomes!

What is an ELSA?



ELSA stands for Emotional Literacy Support Assistant. ELSA's help our pupils to learn about and understand their emotions and being able to respect the feelings of those around them. ELSA sessions allow our pupils the time and space to think about their wellbeing needs and how to manage situations that they may be finding difficult.

ELSA sessions can help with:

- Developing strategies to help build and maintain positive relationships
- Developing basic social skills
- Recognising and developing strategies to identify and talk about different emotions
- Recognising individuality and positive character traits to build self esteem
- Developing emotional resilience to tackle challenges and frustrations.

Suzi: Therapeutic Support



Suzi is employed by the school to provide targeted support to key pupils. Suzi is a trained counsellor with over 25 years of experience of working with children and adults that may be struggling with their health and wellbeing.

Suzi is typically available during morning check ins and key lessons on a **Monday** and a **Tuesday** in school.

If your child would like to access Suzi's support, please encourage your child to 'drop in' to the Big ELSA room during the morning check in period.

Mental Health Support Team: Nathan



Nathan is employed by the NHS as a member of the Mental Health Support Team in Hull. Nathan attends the Academy weekly on a **Tuesday**, his role is to support our pupils/families with their emotional wellbeing and to offer advice, guidance and support.

Nathan can be accessed through a referral from the school or if your child prefers, they can simply 'drop in' to the school Library on a Tuesday.

If you think that your child may benefit from Mental Health Support, please do not hesitate in contacting Mrs Munro, SENDCo in the first instance.

Youth and Community Worker



Pete is employed by Hull City Council as a 'Youth and Community Worker'. Some pupils may recognise Pete as he leads a number of youth groups which take place across the city.

Pete attends the Academy regularly on a **Wednesday** to support pupils with their social, emotional, and personal development through positive activities and mentoring.

Pete works with pupils during lunchtimes and throughout the school day, helping pupils to build confidence, friendships, teamwork, and communication skills through games and group activities.

School Nurse: Sarah



The Academy's dedicated School Nurse, Sarah attends the Academy every week on a **Friday** to support pupils with a wide range of health and wellbeing issues, including personal hygiene, sleep, and general health concerns.

Sarah also contributes to the delivery of our PSHE curriculum, particularly in the areas of sex and relationships education.

In addition, Sarah is able to provide bespoke lessons and tailored support sessions to meet the needs of individual pupils or groups.

If you would like to discuss any aspects of School Nurse Support or think that your child may benefit from Sarah's support, please do not hesitate in contacting Mrs Munro, SENDCo.

What are the benefits to accessing support?



Here at Compass, we know that our pupils learn better and are happier if their emotional needs are met. Through support, pupils will learn to:

- Develop coping strategies.
- Have an outlet to talk about their feelings/difficultes.
- Interact better with others.
- Develop greater self awareness.
- Be able to engage with school better and feel better about themselves.

What can you do to help at home?

- Find time to listen to your child.
- Take some time to do fun things together as a family.
- Encourage your child to see the positives in themselves and every situation.
- Encourage problem solving to find peaceful solutions.
- Help your child to see things from the view of other people.



Working with Specialist Services

As part of our targeted support, the school works alongside a range of specialist agencies to promote children's emotional health and wellbeing. Please see below some key contacts:

	<p>CAMHS are a team of experienced clinical professionals in mental health and learning disability who provide a single point of access for emotional and mental health referrals.</p> <p>Available Monday to Friday: 9am – 5pm (excluding bank holidays)</p> <p>Tel: 01482 303688 CAMHS CRISIS Team Number: 01482 301701</p> <p>http://camhs.humber.nhs.uk/</p>
	<p>Mind provides support, guidance, and hope to individuals and families experiencing poor mental health.</p> <p>The services are designed to be inclusive, non-judgmental, and confidential, ensuring that people feel safe and supported throughout their mental health journey. If you feel you need advice or support please contact them.</p> <p>Available Monday - Friday 9pm-5pm</p> <p>Tel:01482 240200 Text: 07520 633447 info@heymind.org.uk</p>
	<p>There may be times when you and your family need additional support. Here in Hull, there is a group of services, collectively known as Early Help.</p> <p>Early Help can offer support to help make problems easier to understand and quicker to solve.</p> <ul style="list-style-type: none"> • North Locality Hub – 01482 828 901 • East Locality Hub – 01482 708 953 • West Locality Hub – 01482 305 770

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