



...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

September, 2026

School Nurse: Sarah



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

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

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.

What support can our School Nurse offer?



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

Sarah also contributes to the delivery of our PSHE curriculum, particularly in the areas of sex and relationships and health/hygiene education. In addition, Sarah is able to provide bespoke lessons and tailored support sessions to meet the needs of

individual pupils or groups. Sarah is also able to signpost referrals to other support agencies such as bereavement support and vaccination 'catch up' clinics.

If you would like to discuss any aspects of School Nurse Support or think that your child/family may benefit from Sarah's support, please do not hesitate in contacting Mr Holdstock (Deputy DSL) or Miss Ali (Education Welfare Officer) .

Working with Specialist Services

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

	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. Available Monday to Friday: 9am – 5pm (excluding bank holidays) Tel: 01482 303688 CAMHS CRISIS Team Number: 01482 301701 http://camhs.humber.nhs.uk/
	Mind provides support, guidance, and hope to individuals and families experiencing poor mental health. 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. Available Monday - Friday 9pm-5pm Tel: 01482 240200 Text: 07520633447 info@heywind.org.uk
	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. Early Help can offer support to help make problems easier to understand and quicker to solve. • North Locality Hub – 01482 828901 • East Locality Hub – 01482 708953 • West Locality Hub – 01482 305770