



**INSPIRE NURTURE BELIEVE ACHIEVE**

*Working **together** to be the **best** that we can be.*

- Happiness
- Perserverance
- Resilience
- Kindness
- Friendship
- Respect

17.12.2020

Dear Parents/Carers,

Please find information below regarding Compass buzz services and winter wellbeing should you need any help or support over the Christmas holidays.

# Winter Wellbeing



Christmas and the winter months can affect our wellbeing. For example, some people might:

- Feel alone
- Stay inside more due to the weather
- Have less energy
- Struggle with pressure or expectation
- Find changes to routine challenging
- Be unable to access normal source of support (e.g. staff at school)



## Tips

**Exercise**

**Talk to someone**

**Spend time with nature**

**Eat healthily**

**Get a good night's sleep**

**Do something you enjoy**

**Make plans**

**Distract yourself**

## **Want to talk about it? Text BUZZ US**

BUZZ US is a **confidential text messaging service** for 11-18 year olds in North Yorkshire, which is open Mon-Thur 9-5pm and Fri 9-4.30pm (closed on bank holidays). Text 07520 631168 to start a conversation or visit <https://www.compass-uk.org/buzz-us/> to find out more.

**Headteacher:** Miss Z Pickard  
**School Administrator:** Mrs S. Sumner  
**Address:** Main Street, Goldsbrough, North Yorkshire, HG5 8NJ  
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**E-mail:** [admingps@gsfederation.com](mailto:admingps@gsfederation.com)  
**Twitter:** @GS\_Federation





**BUZZ US is still here to help over the festive season. Visit <https://www.compass-uk.org/buzz-us/> to find out more. Start a chat by texting 07520 631168.**

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