



Schools Advisory Service

Pupil Wellbeing Services

01773 814 095 | pupilwellbeing@uk-sas.co.uk | schooladvice.co.uk

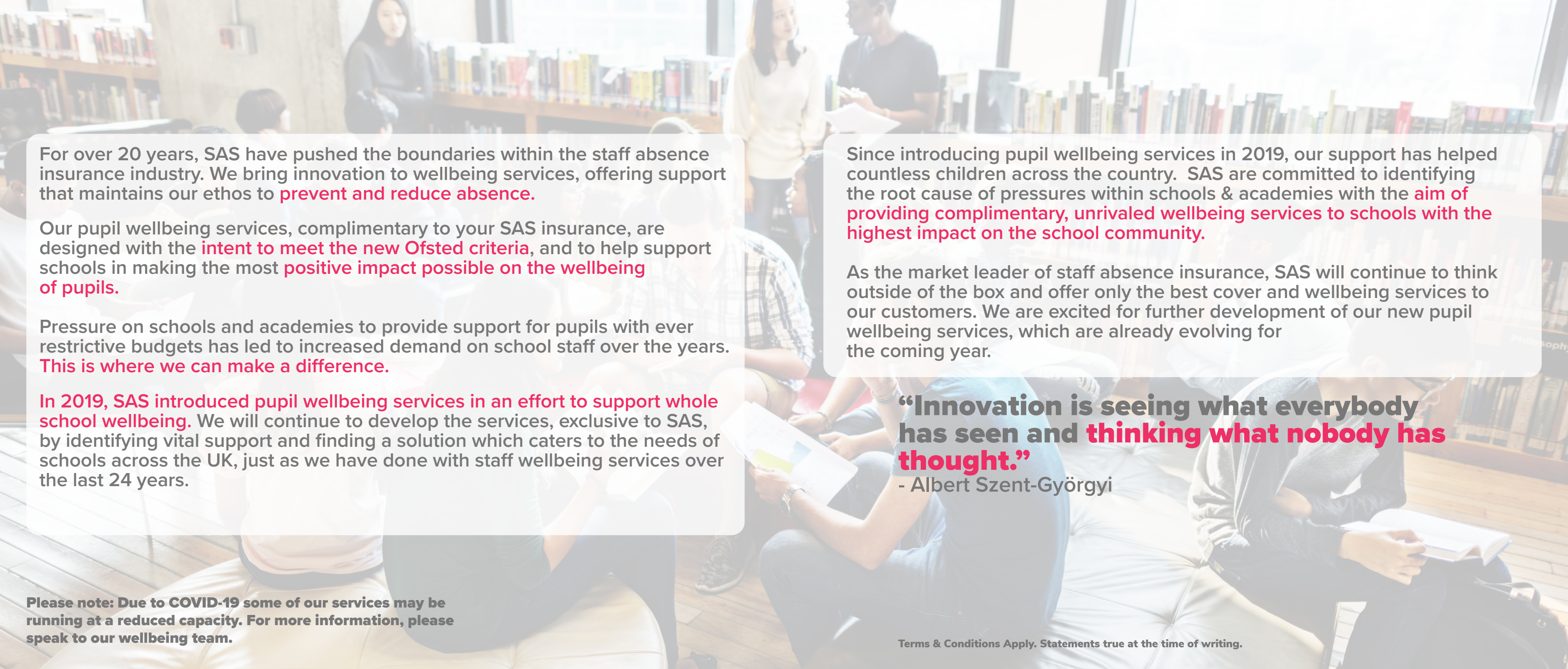
Pupil Wellbeing Support

Designed with the **intent** to meet the new Ofsted criteria, and to help support schools in making the most positive **impact** possible on the wellbeing of pupils.

Pressure on schools and academies to provide support for pupils with ever restrictive budgets has led to increased demand on school staff over the years.

**The UK's Leading Provider of
Pupil Wellbeing Support**



A background image showing a group of students in a library or study area. Some students are sitting on the floor, looking at papers or books, while others are standing and talking. Bookshelves filled with books are visible in the background.

For over 20 years, SAS have pushed the boundaries within the staff absence insurance industry. We bring innovation to wellbeing services, offering support that maintains our ethos to **prevent and reduce absence**.

Our pupil wellbeing services, complimentary to your SAS insurance, are designed with the **intent to meet the new Ofsted criteria**, and to help support schools in making the most **positive impact possible on the wellbeing of pupils**.

Pressure on schools and academies to provide support for pupils with ever restrictive budgets has led to increased demand on school staff over the years. **This is where we can make a difference.**

In 2019, SAS introduced pupil wellbeing services in an effort to support whole school wellbeing. We will continue to develop the services, exclusive to SAS, by identifying vital support and finding a solution which caters to the needs of schools across the UK, just as we have done with staff wellbeing services over the last 24 years.

Since introducing pupil wellbeing services in 2019, our support has helped countless children across the country. SAS are committed to identifying the root cause of pressures within schools & academies with the **aim of providing complimentary, unrivaled wellbeing services to schools with the highest impact on the school community.**

As the market leader of staff absence insurance, SAS will continue to think outside of the box and offer only the best cover and wellbeing services to our customers. We are excited for further development of our new pupil wellbeing services, which are already evolving for the coming year.

“Innovation is seeing what everybody has seen and **thinking what nobody has thought.”**

- Albert Szent-Györgyi

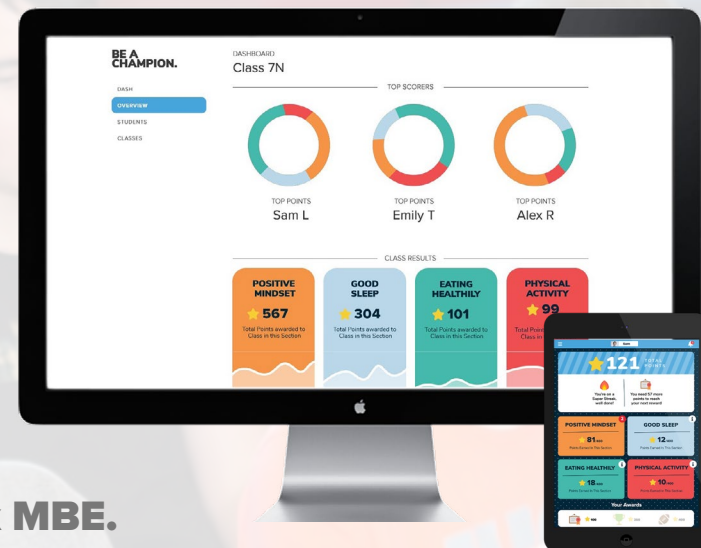
Please note: Due to COVID-19 some of our services may be running at a reduced capacity. For more information, please speak to our wellbeing team.

Terms & Conditions Apply. Statements true at the time of writing.

BE A CHAMPION

Be A Champion is a pupil health and wellbeing programme developed in partnership with **SAS** and rugby league legend **Jamie Peacock MBE**.

The **8-week** programme focuses on encouraging pupils to make improvements to the **four habits** which can have the greatest impact on a person's overall health.



“I am looking forward to helping pupils find their inner champion and make a difference to their wellbeing.”



Jamie Peacock MBE
Be A Champion

Pupil Counselling

In England, 2 in 3 young people with a mental health condition do not receive support from specialist services and there is a long wait for child mental health services. SAS are working to improve this statistic.

Access Pupil Counselling Support Faster

- Initial assessment plus an additional **40 minute** flexible sessions
- Ideal for helping with a wide range of needs
- Flexible online sessions which are logged and monitored
- Minimal waiting time for sessions
- Routinely scheduled for the pupil.
- All therapists are insured, **BACP** registered and appropriately supervised

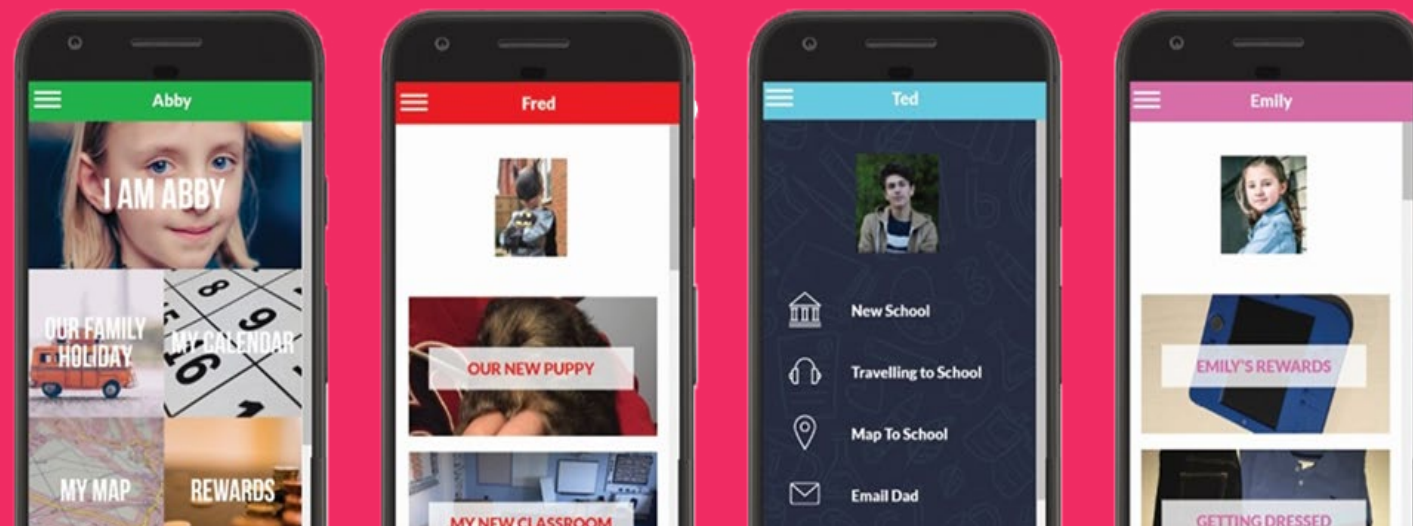
According to recent statistics, 1 in 8 young people report experiencing anxiety or depression in the UK.

My SEND App

Platform to build a bespoke app to support users with SEND. Use your photos, audio and video files to implement support features of your choice.



- | | |
|---|---|
|  maps |  Social Stories |
|  Visual instruction |  Emotional Support |
|  PECs Galleries |  Visual Timetables |
|  Communication Tools |  Reward Tracking |



Pupil Yoga Videos

Create a space of calm in the classroom with a range of yoga video tutorials. These are available with SAS polices and can be found in the Pastoral and Wellbeing Resources section of our website. The videos are around 15 minutes in length each and cover a range of emotions including:

- Fear
- Sadness
- Worry
- Anxiety
- Anger
- Postive
- Frustration

10 Guided Pupil Yoga Videos Available with all SAS Policies

Pupil Mindfulness

Take your pupils on a journey of relaxation, guided by SAS Mindfulness and Wellbeing consultant June. Recordings available for use to help students unwind and relax. The library of content will be growing in the new year, but currently includes the following themes:

- Your Party
- Adventure Time
- Magic Carpet
- Magic Bubble
- Gradual Relaxation
- Journey Into Space
- Flight of the Eagle
- Body Scan
- Positive Future

Video Lessons on Teaching Pupil Mindfulness Also Available

Speech & Language Therapy

SAS can help schools source private, high quality speech and language therapy, that is designed to support the needs of the individual pupil. SAS can help facilitate online or in person provision.

Our speech therapy support can help reduce waiting times and provide regular weekly sessions to a pupil in need of support with minimal wait

According to NHS England, More than 10% of all children and young people (1.4 million in the UK) have long-term speech, language and communication needs.

Onsite / Video Link Pupil Yoga

SAS partner with Yoga in Schools to help source high quality yoga instructors which can deliver sessions in person or via video link, depending on the needs of the school. The benefits of Yoga & mindfulness are key to help deliver opportunities to meet the new Ofsted framework meeting spiritual, mental and social wellness. As well as providing classes for the PSHE curriculum of self-care.

- **Suitable for nursery to sixth form**
- **Sessions available during and after school hours**
- **Build Focus & Concentration**
- **Reduce Stress & Anxiety by encouraging relaxation and ‘letting go’**
- **Build healthy bodies and strong bones**
- **Spread connection through growing acceptance & sense of community**

Contact SAS for a Speech & Language Therapy or Onsite / Video Link Pupil Yoga Quote



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