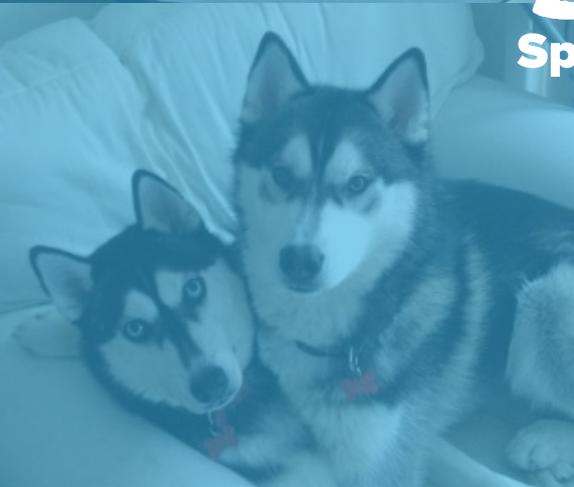


 **SAS**
Spring 2021 Newsletter



Hello and welcome back to the Spring 2021 instalment of the SAS newsletter!

To celebrate walk your dog month we have dedicated our front page to some of our staff's four legged friends

Announcements and SAS News

SAS Recommended by the DfE

Schools Advisory Service are delighted to share that, as the UK's leading supplier of Staff Absence Insurance, we are the only Staff Absence Insurance provider recommended by the DfE.

[Click here to find DfE Framework](#)

Through the CPC Framework, Schools Advisory Service offer 5 distinct policy options, ensuring every school get access to a Staff Absence solution to suit their individual needs and requirements. Each option supported by an insurer with an A+ rating or higher.

30 Day Wellbeing Programme with Jamie Peacock

Jamie Peacock in Partnership with Schools Advisory Service is pleased to share the Be A Champion 30 Day Pupil Wellbeing Programme. With the sudden recent lockdown, Jamie and SAS wanted to help schools, academies and parents / guardians with resources to support their pupils and to empower young people to look after their mental and physical wellbeing.

This programme is suitable for all school staff and students in the UK at no cost. Everyone that signs up will receive a digital copy of Jamie's new book to learn more about how they can improve their wellbeing and record their progress and can request a hard copy to be posted to them.

Jamie has made these sessions available to over 21,500 people so far with more dates to be announced soon

Please click the banner below for more information.



30 Day Wellbeing Programme

SAS Post COVID-19 Fatigue Support Case Study

The SAS Wellbeing team were contacted in May 2020 by a female PE Teacher in her 30s who was diagnosed with COVID-19 in March 2020. This patient had two previous hospital admissions due to breathlessness, had no previous medical history, and was a runner. Following her treatment from the NHS, she found everyday tasks as struggle and contacted the nurses in May 2020 when she was in a position to start resuming normal activity.

SAS supported this member of staff with the following services:

Nurse Support – In house nurse Mandy supported, listened and offered her with general advice with regards to what she could do to not overexert herself and slowly resume normal activity.

Physiotherapy – SAS Physiotherapist Mike assessed current medical fitness and joint fatigue, offered support to increase activity

Personal Trainer – In conjunction with physio, our SAS personal trainer Ed gave her some coaching to slowly increase activity and build her strength

Counselling – Counsellor supported the fatigue and its effects on her mental health

Complementary Therapy – In this instance, due to the joint fatigue she was experiencing SAS funded massage to help her move towards resuming normal activity.

Relaxation Techniques and Positive Thinking – To help improve her mindset after the experience, patient had one to one sessions with SAS Mindfulness and Wellbeing Consultant June to proactively support her mental health.

This patient is still working with the SAS Wellbeing Team and is still receiving support. We are pleased to have supported this member of staff on her road to recovery and are delighted that she has returned to school to continue her teaching role with support.

School Mental health Award

For the month of February we are celebrating the School Mental Health Award available with SAS policies. Sponsored by SAS, the Carnegie Mental Health Award from the Carnegie School of Education aims to provide resilience, Mental Health and Wellbeing to the wider school community. This award takes a community approach to mental health providing a framework to evidence policies and initiatives that work towards improving mental health and wellbeing for both staff and pupils.

The award statistics show that:

83% of schools agreed that the award led to improved pupil wellbeing.

92% of schools agreed that the award created a more positive school culture for pupils.

94% of schools agreed that the award improved the mental health leadership of the school.

Staff morale improved in 81% of schools.

88% of schools agreed staff wellbeing improved.

The school mental health award is included in SAS policies as standard. Contact your account manager to learn more.

Ask The Experts

If you are looking for support with health and wellbeing advice for you or your staff, contact the SAS experts. Our clinicians are on hand to offer advice on a range of health and wellness related queries and help you and your staff to be proactive about wellbeing.

Please click the banners below to learn more.



WellbeingMeets

If you didn't dial into the WellbeingMeets session we ran last term then I would encourage you to look for the recordings under the webinars section on the website. Apart from explaining what the partners from within the National Wellbeing Partnership do to support schools, their 20 minute slots were great CPD for those wanting to find out more about mental health and wellbeing.

We hope to run some more later this term.

National Network of Wellbeing Focused Schools

We are starting to put together a directory of schools doing great work in wellbeing so that other schools can link up and pick their brains about what has gone well. The best ambassadors for school wellbeing are schools themselves. If this is something that might interest you then please do drop me a line and we'll add you to the database, either as a school with expertise to share or just because you want to learn more.

You can contact me at: andy.mellor@uk-sas.co.uk

National Wellbeing Partnership

The NWP continues to grow with some great resource on the site, some of which is free and some of which is discounted to SAS schools so do have a look.

Please click the banner below for more information.



National Wellbeing Partnership

Free Virtual Family Quiz

Freedom Foundation, one of the National Wellbeing Partners, support positive mental health and educate children and young people about healthy choices online. As part of their work they are holding some sessions called Your Digital Family in partnership with Facebook. Your digital family is an online quiz about our digital habits.

The sessions are suitable for parents and young people in secondary school. They are an hour of questions, fun, and family interaction to test the family's knowledge and find out just how much we know about the digital world! Does your family know its TikTok from its Twitter? Its Deliveroo from its Discord? And its Bieber from its Baby Shark?

Every family who attends a Your Digital Family quiz will be entered into a prize draw where you have the chance to win the following:

1st prize - A family day trip to Alton Towers

2nd prize - £50 amazon voucher

3rd prize - £20 just eat voucher

To learn more please click the banner below.



Virtual Family Quiz

Christmas Card Competition

We were so delighted to get so many photos of student's Christmas cards from our clients for this year's SAS Christmas Card Competition. It was tough to decide on a winner we had so many amazing submissions, but we are pleased to announce this year's winner

Phoebe from Carwarden House Community School! Phoebe created this beautiful drawing of the tree below, filled with lots of colourful decorations.

Thank you from everyone at Schools Advisory Service for brightening our December!



Voice of Wellbeing

The voices of wellbeing is a podcast that dives into the Six Circles of Success for Mental and Emotional Wellbeing, to create something that would support the wellbeing of those working in our schools as we move towards the end of a very long COVID term, to help staff in schools understand their wellbeing better, helping people make changes to their wellbeing which will support them as they move into the last few weeks of term and beyond.

To watch the first 3 video podcasts please click the banner below.



Voices of Wellbeing

National Wellbeing Partnership Offers

Amazing People Schools - Wellbeing Learning Platform

Free access for one half term including unlimited teacher and staff accounts,
Free online inspiration workshop for staff & 20% discount on annual subscription

Freedom Foundation - Music & Dance to Explore Emotion

SAS clients will receive 10% off our standard costs.

SupplyWell - Digital Online Health Assessments

Mental Health First Aid Training for SAS Schools

Educate to Flourish - Wellbeing Training for Children & School Staff

10% discount for educational settings that are SAS clients

Terms and conditions apply. Contact SAS for more information.

SAS Policy Reminders

Staff Lists -

With a new term you may find that your school / academy has a few new faces. If you need to insure these staff or remove any staff which have left, please remember to update your staff list on the online portal.

School Holidays -

It is worth a quick glance at your holidays for the rest of the academic year to ensure that all holidays including inset days have been added to the administration portal.

Outstanding & New Claims -

Please ensure you update any outstanding claims with any new information, certificates or return to work dates. Also please remember to report any new claims which may have commenced over the school holidays.

For any administration support, please contact your account manager



How to Access Wellbeing

SAS staff wellbeing services are available to all staff named on SAS policies and our pupil wellbeing support is available for the school to access on behalf of the pupil. A range of wellbeing support is also available to staff not insured on your policy. Contact your account manager to learn more.

SAS Website

More information can be found on our website about the Whole School Wellbeing services available to your school community. Requests can be submitted online. Click the links below to access this information.

Pupil Wellbeing

Staff Wellbeing

Call SAS Wellbeing Support

Physiotherapy - 01773 814 403

Counselling - 01773 814 402

Cancer & Chronic Illness / Nurse Support - 01773 814 404

GP Helpline - 0845 403 1037

Pupil Wellbeing - 07113 814 095

Download the SAS App

Search the app store for 'Schools Advisory Service' or click the below to download



See You Soon For the Summer Term Newsletter!

