



Schools Advisory Service



Summer 2020 Newsletter



Hello and welcome back to the Summer 2020 instalment of the SAS newsletter!

It's not been the start of the year we all wanted, but we have to remain vigilant and focus on the positives, which we aim to highlight here. We're an extremely positive bunch here at SAS, and we are proud to continue supporting school staff and pupils in any way we can.

Announcements and SAS News

SAS Extend & Adapt Wellbeing Services

The last few months have brought times of chaos and uncertainty, particularly within the education sector. School staff around the country have worked tirelessly to support home learning and provide care and lessons for key worker and vulnerable children. We see and appreciate all that you and your staff are doing during these times of international turbulence.



During the initial few days of lockdown, SAS adapted the way we provide wellbeing services to enable physical and mental support to continue throughout the lockdown and social distancing period. This involves the introduction of Thrive, E-Gym and Be Mindful (more details below).

We are proud to say that for the duration of the school closures, we have extended our wellbeing support to ALL staff at schools with SAS staff absence insurance, not just those named on our policies.

SAS Wellbeing App Update

Recently, we launched the new, updated SAS Wellbeing app, full of information about SAS wellbeing services and an area to request access to wellbeing support. We have also included useful help features and links to access expert advice and access pastoral and wellbeing resources.

You can access the SAS app by downloading it from the Apple & Google play app stores by searching 'Schools Advisory Service' or click the buttons below to download.



New to SAS Wellbeing Services



E G Y M



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF EDUCATION

Thrive with SAS - NHS approved app providing guided mindfulness therapies

Be Mindful - 4 Week NHS approved mindfulness support for schools

EGYM - Includes a range of exercises & gym challenges

Accredited Mental Health & Wellbeing Governor E-Module & School Mental Health Award

Contact your Account Manager for More Information on Our New Services



New - Ask June Mindfulness Consultations

To further support staff with one-to-one queries, SAS are delighted to introduce our new mindfulness coach: June.

As well as being available for any individual questions relating to mindfulness, June will be happy to discuss the techniques involved and provide access to a library of guided meditation recordings.

Coming Soon - National Wellbeing Partnership

SAS are excited to announce the launch of our National Wellbeing Partnership, coming in June. The NWP will feature a variety of mental and physical health resources that share the SAS principles.

We will be sending further information shortly to announce the partnership and provide details on how you can learn more about the services in the very near future.

Ask Andy Blogs

Since joining SAS in January, our new SAS Wellbeing Director Andy Mellor has been busy speaking with schools around the country about ways to improve their wellbeing culture and sharing best practice amongst schools. Andy taps into his 30 years in education to provide valuable advice and support to schools across the country as well as submitting a monthly 'Ask Andy' blog.

Schools looking for ideas or support with how to support pupil and staff wellbeing can 'Ask Andy' for specific advice.



SAS Team Fundraising

SAS Cancer & Chronic Illness Month

£92 raised for Cancer Research UK

World Book Day

2 boxes of books donated to British Heart Foundation

Sports Relief

£700 raised for Sports Relief

Wear A Hat Day

£100 raised for Brain Tumour Research

Race for Life

SAS Team member Lauren completed a sponsored run to raise money for Breast Cancer research in honour of her friend. Lauren raised over £250.



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

A little reminder of the ways to access the SAS Wellbeing Services, which are currently extended, providing support to all staff at your school.

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 851 043

Download the SAS App

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Hello from the
SAS Claims Team!

See You Soon For
the Autumn Term
Newsletter

