



 **SAS**

Autumn 2020 Newsletter

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

After months of uncertainty and upheaval, children have adjusted back into classroom settings and bubbles across the country. Every single member of school staff across the country has made enormous sacrifices for the benefit of children at their school and we salute you.

Here's Charlotte H, Carly S & Chloe social distancing at SAS HQ!



Announcements and SAS News

Launch of the National Wellbeing Partnership

On 10 June, SAS announced the launch of the National Wellbeing Partnership. The National Wellbeing Partnership is a group of independent and unrelated individuals/ businesses and charities who have demonstrated impact in meeting the wellbeing needs of staff and pupils in schools in the UK. It is intended as a point of reference for those schools wanting to make a difference to wellbeing in their school context.

“As a head I needed one place where all wellbeing partners are grouped so that I could create a whole school wellbeing approach and culture. The National Wellbeing Partnership is just that and it will make a significant difference to the ability of schools to meet the wellbeing needs of staff and pupils.”

– Andy Mellor, SAS National Wellbeing Director

Wellbeing support with many of the partners has been made available at a discounted rate, or in some cases, there is free support which can be accessed. **For full details of the partnership and the organisations involved. Please click the banner below to visit the partnership page and learn more.**

National Wellbeing Partnership

Just Launched - SAS Gym App

SAS recently launched the SAS Gym app. The app includes workout plans and monthly fitness challenges, set by SAS Personal Trainer Ed.

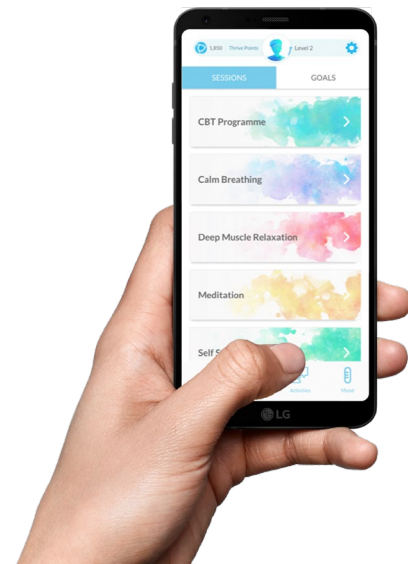
Bespoke support is available to staff named on SAS policies with Ask Ed. Click the links to download the SAS Gym App



Just Launched - Pupils Thrive

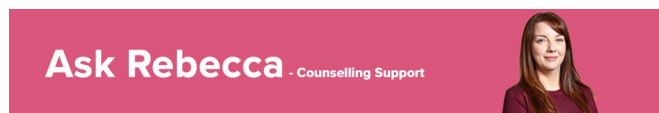
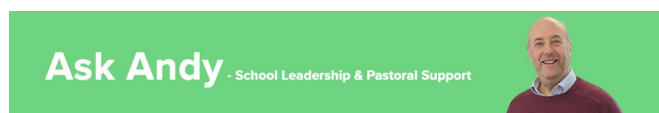
Earlier this year, SAS added Thrive to our staff wellbeing support service. Thrive is a powerful prevention tool, recognised by the NHS, with over 1 million users accessing support day to day to manage their mental health. This service was made available to staff at schools insured by SAS at the start of the COVID-19 lockdown and we have received fantastic reviews from school staff, particularly over the summer months, for how thrive has helped give them the tools to better understand their emotions and to take back control of anxieties that were spiralling out of control.

SAS are pleased to announce that we have further extended our wellbeing this year to include Pupils Thrive, which is suitable for children aged 12+. This service has been made available to schools that access SAS wellbeing through our staff absence insurance at no additional cost and designed to use within a classroom setting. Contact SAS 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. Click the banners below to learn more.



New SAS Statistic - Since the start of the COVID-19 pandemic, SAS Physiotherapy support has been able to **continue to support 94% of all referrals** by providing detailed and personalised exercise programmes and offering advice to minimise effects of the pain the patient is experiencing.

SAS Wellbeing Helps School Staff in 9 Stone Weight Loss Journey

"I just wanted to share with you the amazing achievement of one of our staff members. Last Summer, Jane one of our Lunchtime Supervisors signed up to the SAS Weight Loss Programme and joined a local Slimming World Group. She has done absolutely amazingly and to date has lost an incredible 9 Stone and is determined to loose even more! She shares her weight loss journey with her friends and loves the encouragement she deservingly receives, we are all so very proud of her."

Everyone here at SAS is incredibly inspired by your story and proud of you Jane! Well done!



Sign up for future SAS webinars and watch past webinar series.

National Wellbeing Partnership Offers

Edupod - Wellbeing Audit Programme

20% off standard & pro packages

Schools People - HR Support

Try before you buy & 10% discount on services

Teachappy - Wellbeing Training for School Staff

10% off standard fees

TicTrac - Health and wellbeing platform empowering people

£1 per user per month

FAST Pathways -

20% discount on mental wellbeing skills programmes for 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

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

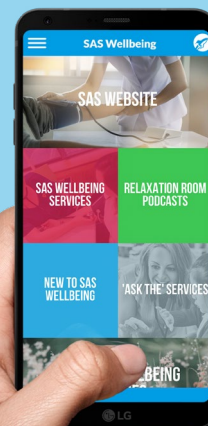
Cancer & Chronic Illness / Nurse Support - 01773 814 404

GP Helpline - 0845 403 1037

Pupil Wellbeing - 07113 851 043

Download the SAS App

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



Available on the
App Store



GET IT ON
Google Play

Hello from the
SAS Wellbeing
Team!

See You Soon For
the Spring Term
Newsletter

