



Diocese of Salisbury

Academy Trust

'Beyond expectations for all of God's children'

Hi All, Welcome to a weekly 'how are we all doing?' collage board. Hopefully, there is something included in here that you will want to think about and perhaps explore further. All these ideas/resources/suggestions have been tweeted on the [@thedsat](#). We will continue to add things through the DSAT Twitter account. Take care, AIT.

From Mark:

Just a short personal reflection, given that we are officially in the Easter holiday period. I have been trying religiously to make the most of my allowance as far as daily exercise is concerned. In fact, I have been getting much more exercise than I normally do – a hidden blessing at the current time. As I walked very early last Sunday morning, when most of the world had hardly even registered that a new day had dawned, I was just struck by the sudden signs of new life around me. Where the news agenda is dominated by lots of sadness and even death, I was reminded that the focus of Easter is ultimately on new life, once the darkness has passed. I took a few pictures and I share them with you here now as a reminder that Jesus said: 'I am come that they might have life...in all its abundance' (John 10:10). Hopefully, you are finding some time to embrace the fulness of life with those around you over this Easter time.



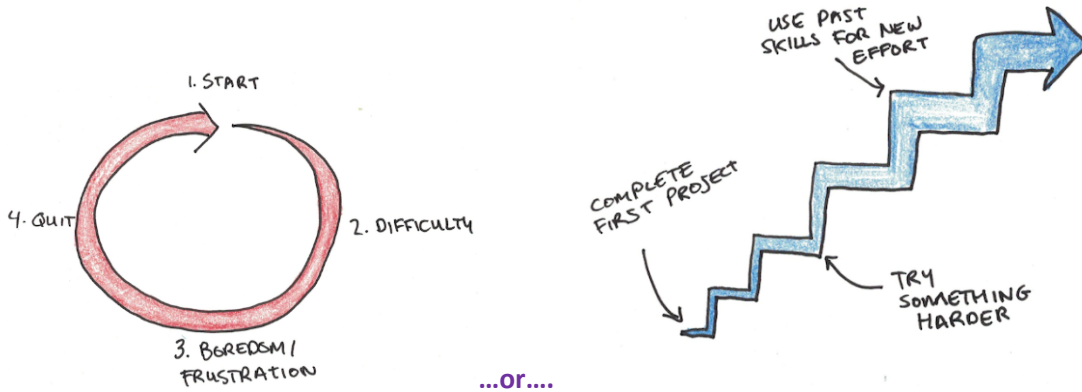
Can I also draw your attention to the offer below of support services from our teacher absence insurance provider SAS. This is normally available only to teachers, for whom we purchase absence cover. However, during this period, they are opening this up to all staff within DSAT. Please do make use of any of these services that you feel might be a help – all contact details are provided on the last page of this briefing.

For us all:

Last Friday we spoke about looking after our own well-being – ensuring, if even for only a short time, our own needs are put up front and centre each day. Hopefully you found the two offerings last week – 'Something you enjoy' and 'Self-care (body, mind & soul)' useful. This week, we will think about the power of giving to others and our own self-improvement. The Queen in her address to the Nation, spoke about the opportunity at this time to 'slow down, pause and reflect in prayer or meditation'.

- ♥ **Giving to others.** We all do this without thinking, our service to our children in school, continually grows beyond expectations, as we reach out to the communities we serve. Now, as we are in the Easter Holidays (given that they will most likely look a little different this year), it is a time to reflect on, and absorb the impact of what we offer. For many of us, this may include shopping for a vulnerable relative, checking on an elderly neighbour, dropping around a cake, sharing a meal we have cooked, calling our parents, it may just be as simple as taking a deep breath when our children have asked us for the 10th time if they can....and replying in a calm and restorative way. 😊 *We are already a group of caring and giving adults, who want the best for others. Let's recognise our acts of kindness, and be proud of them each day.*

♥ **Self-improvement – a big idea!** Is there something that you have wanted to learn / start for a while now? Is this the time to start small, with something that may grow to be big? Learn a language, start that craft you've always wanted to try, read that book that's been on the shelf...a guide to...get stronger or fitter? Start really small, set up a new action which when done repeatedly will develop into a new habit. Then build on this, one small step at a time. If you can, share it with someone in your household, or call a friend to tell them about what you have been up to. *Now is the perfect time...*



Camden Voices – True Colours

https://www.youtube.com/watch?v=lqWQCWc_zCc



Hope you enjoy this song...

✓ Create a routine for the day – structure is the pre-requisite to freedom.

BEST AFTERNOON ROUTINE RECIPE



GO FOR A SHORT WALK



TAKE A POWER NAP



EAT HEALTHY SNACKS



CREATE AN END OF DAY TO-DO LIST



DRINK WATER



WORK IN 50MIN SPRINTS



ELIMINATE DISTRACTIONS

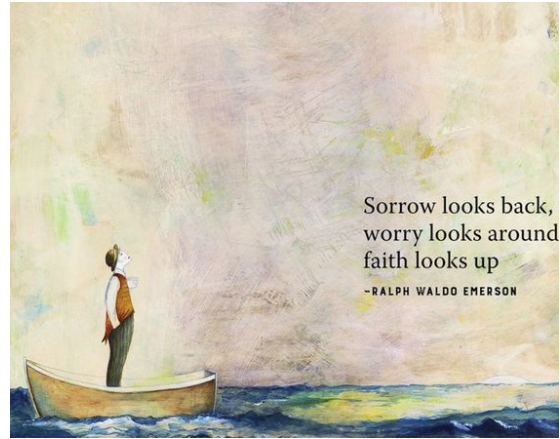


DO A LIGHT MEDITATION











REORGANIZE YOUR PRIORITIES & SET DEADLINES

@thefabstory



✓ Consider creating your very own 'self-care checklist' – see below for an idea.

Self-care checklist		Mon	Tues	Weds	Thurs	Fri	Sat	Sun
	Eat fruit/veg at every meal			♥	♥	♥	♥	
	Daily schedule			♥	♥	♥	♥	
	Take time to reflect			♥	♥			
	Learn a new skill			♥	♥			
	Find pictures/photos I love			♥		♥		
	Cook with the children			♥	♥	♥		
	Stretch		♥	♥	♥	♥		
	Write a letter to a friend							

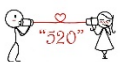
♥ Achieved



Self-care for my body & soul



Self-care for my mind



Self-care through giving to others and connection



SAS #WORLDHEALTHDAY ANNOUNCEMENT

We would like to take this opportunity to thank each and every staff member at your school for their tireless effort; in not only caring for key workers and vulnerable children, but all the children distance learning, parents, carers, colleagues- the list goes on! Like all key workers across the country, your staff are putting others before themselves- risking their own health and wellbeing for others. It is truly remarkable, and we thank you from the bottom of our hearts.

We wanted to show our appreciation to your staff by offering all staff, including those not named on your SAS policy, access to our fantastic wellbeing services for the entirety of the shutdown, so they can lean on us for support whilst everyone else leans on them.

Please share this email with all of your staff so they know how to access the services and what support is available to them, completely confidential and free of charge see below;

NHS Approved Mindfulness Support

Staff can request access to [Be Mindful](#), a 4 week mindfulness programme and the only NHS approved mindfulness programme for schools by emailing our director John Brady at john@uk-sas.co.uk with the school name, postcode, their name and their contact email address.

Alternatively staff can sign up for Be Mindful on the link below for Thrive with SAS if they would prefer.

SAS Mental Health Support

Coming soon – [Thrive with SAS](#) is an award winning evidence-based smartphone application providing in-depth tools and support for anyone to improve their mental wellbeing. This helps to prevent, screen and manage mental health conditions 24/7.

Thrive works to empower individuals to live happier, healthier lives.
To request access to Thrive with SAS as soon as it is available, [click here](#).

SAS Telephone / Video Counselling

SAS [Counselling](#) is available for staff via telephone or video at a time that suits them.
To access SAS counselling, please call [01773 814402](tel:01773814402) or email our Nurses at nurse@uk-sas.co.uk
Opening hours Mon – Fri 8:30 – 4:30

SAS Nurse Support Services

Our [SAS NMC registered nurses](#) are on hand to answer questions staff have regarding their health & wellbeing.
To speak to the SAS nurses, please call [01773 814403](tel:01773814403) or email our Nurses at nurse@uk-sas.co.uk
Opening hours Mon – Fri 8:30 – 4:30

Helpful online resources –

Dr Jud Brewer (The anxiety habit loop) 3mins

<https://drjud.com/how-anxiety-becomes-a-habit/>



10 tips to help if you are worried about coronavirus

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

All coronavirus queries should refer to government advice, which can be found by [clicking here.](#)

SAS Physiotherapy Support

Physiotherapy self-services are available. Our SAS nurses will complete a telephone assessment and our Physiotherapist will provide tailored online exercise support specific to the ailment experienced.

To access physiotherapy, please call [01773 814403](tel:01773814403) or email our Nurses at physio@uk-sas.co.uk

Opening hours Mon – Fri 8:30 – 4:30

SAS Socials

Staff can follow SAS socials for the most up to date SAS news as well as resources we are sharing to help during the coming period of self-isolation.

Staff can also contact our SAS nurses by direct message via our socials.



Download the NEW SAS App

- Learn More about SAS Whole School Wellbeing Services
- Confidential Request to Access Wellbeing Services
- Access exclusive SAS customer content
- Latest news and push notification reminders

To download, search **'Schools Advisory Service'** in the app store.

TSCx Apply