

JUMP & THRIVE

Jump and Thrive is a small-group programme that helps children who sometimes find school life tricky. It gives them time, tools, and support to help them feel calmer, more confident and more ready to learn in the classroom. Children are invited to take part after being nominated by their teacher. The support is not a punishment or label – it's for any child who could benefit from extra help to feel safe, focused and successful at school

SASP Mentors help children by:



Building supportive relationships with children



Encouraging physical activity



Working alongside children's strengths



What your child can expect:



More sport and exercise, and time in nature



Improved confidence and motivation



Growing communication skills

What you can expect:



Better relationships with your child



Children spending more time in school



A better understanding of your child



One-to-one, small & large group sessions

If you have questions or want to talk, please ask your school about the Jump & Thrive programme!