



Jump & Thrive is a trauma-informed programme supporting selected Year 7 pupils with emotional regulation, resilience, and school engagement to ease their transition into secondary education and boost learning readiness

Who is it for?

Students will be selected as part of the transition triage process. These will be pupils who may be at risk of:



Persistent absence or reduced attendance



Disengagement from learning



Emotional dysregulation impacting classroom behaviour



Low confidence, self-esteem or social difficulties



Vulnerability to exclusion or removal from class

How does it work?

Each student is paired with a trained SASP Jump & Thrive mentor who offers consistent, holistic support throughout the week, including:



Check-ins

Proactive daily 1-to-1 check-ins / weekly 1-to-1 and small group sessions



Jump & Thrive hub

Access to a dedicated hub for regulation breaks and targeted mentoring



In class support

Coach and reinforce strategies in real-time



Lunchtime/ after school clubs

Supports regulation through movement, activity, and connection

What outcomes are we aiming for?



Improved attendance and punctuality



Reduction in removals, exclusions or time out of class



Increased engagement in learning



Enhanced emotional literacy and self-regulation



Stronger relationships with peers and trusted adults



Improved confidence and readiness to learn

Your role as school staff

Staff are key to Jump & Thrive's success. We'll work with you to embed it in support of your pastoral and academic goals. You can support by:



Referring students and contributing to triage and review conversations



Advocating for the programme with students and parents/carers



Sharing insights on student progress or regulation needs



Reinforcing regulation tools in your own interactions with students



Welcoming the mentors as part of the wider pastoral and inclusion team

Jump & Thrive complements your existing pastoral, SEND, and behaviour strategies by adding specialist capacity focused on early intervention, emotional readiness, and relational repair.

We're not here to replace LSAs or TAs – we're here to offer relational, trauma-informed support that strengthens your existing provision.

Want to know more?

Please speak to Rebecca Barber or contact Laura on Ldyke@sasp.co.uk for more details

