



Empowering Pupils to Own Their Wellbeing at Tushingham Primary School

Tushingham Primary School is located in Cheshire West and has around 100 pupils aged 3 to 11. Tushingham Primary School's motto is 'Love one another for love is from God', which weaves through every aspect of school life, including wellbeing, to ensure every pupil is happy and feels part of their inclusive school community.

The school has achieved outstanding ratings and accolades, such as the 'RE Quality Mark Gold' award and their recent SIAMS inspection report. But, despite its high standards and achievements, like all schools across the UK, the school faces challenges related to its pupils' wellbeing and mental health, especially in the post-COVID era. With societal pressures and anxieties affecting children, there was a growing need to expand their already effective support systems within the school environment.

The school became aware of Lumii through a fellow headteacher who was trialling the platform. Recognising the need for innovative solutions to address mental health challenges, Tushingham explored Lumii as a tool to support their pupils, nurturing them to be their best. Tushingham is led by Cathy Davies, executive headteacher, who explains how they are using Lumii to help:

"Lumii provides a confidential platform where pupils can express their concerns, seek advice, and receive personalised support to empower them with self-coping strategies. We heard about Lumii from another head, and as Lumii offers a range of benefits for teachers and pupils, I was interested in trying it to see how it would help."

Improving Early Intervention

Lumii is more than just an app; it's a holistic approach to mental health and wellbeing in schools. Powered by the Large Mental Health Model (LMHM) AI, Lumii Jnr empowers pupils by listening, conversing, providing coping strategies and enabling early intervention to prevent crises. It encourages open dialogue, destigmatises mental health, and offers educators valuable insights, underscoring a commitment to pupil wellbeing.

Lumii also allows teachers and senior leadership teams to easily track and monitor their pupils' mental wellbeing and highlights when intervention is needed. Lumii is an innovative digital platform that is designed to enhance pupil wellbeing through mindfulness, meditation, and emotional intelligence exercises. Lumii's AI capability has been described as 'game-changing' by the teaching community. By integrating Lumii into their curriculum and extracurricular activities, schools can empower pupils with their own tools to manage stress, build resilience, and improve overall mental health.

"Practically, as teachers, we cannot check in on 30 children in each class as much as they would want us to, but with Lumii, we can, and it will highlight any issues for us. It's brilliant."

"Teachers love Lumii, and our pupils enjoy talking to Lumii and the brilliant support and guidance Lumii gives them."

Key benefits of Lumii

- Immediate intervention and coping strategies
- Reduces the workload for teachers
- Helps to create calmer classrooms
- Instant de-escalation of challenging behaviours
- Improves pupil wellbeing through pupil empowerment
- In-depth view of wellbeing highlighting any pupil issues
- The bigger picture of well-being for the class and school