

Creating calmer classrooms: Supporting pupil's well-being

Kingsley St John School is a smaller-than-average-sized primary school of 77 pupils ages 5-11 based in Frodsham, Cheshire. The school's motto, 'Love, Learn, Aspire, Achieve', is reflected through the leadership team who work together to ensure that every pupil receives a personalised education and reaches their full potential.

Mental health and well-being in schools

It's well known that pupils throughout the world have seen increased anxiety and mental health challenges in children post-pandemic. Kingsley St John School used conventional methods like counselling and pastoral care to support pupils' mental health needs but recognised the importance of additional support to address any mental health and well-being challenges with some pupils.

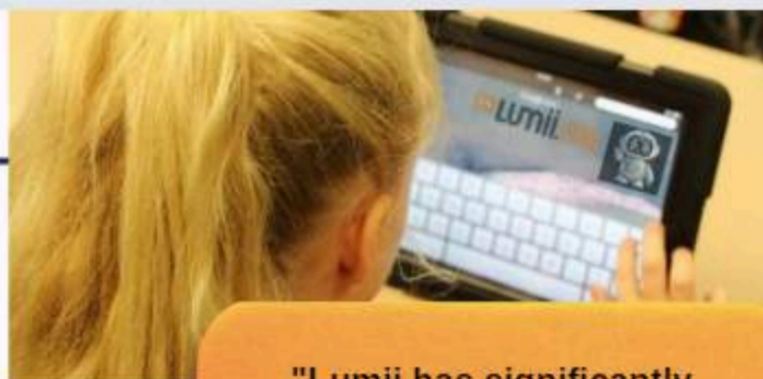
As a forward-thinking school, Rachel Jones, Headteacher, explains how they are using AI to help: "As a headteacher, I've seen the increase of mental health issues in schools post-pandemic. With over 25 years of experience in education, I know that early intervention is critical, and after seeing the AI well-being tool Lumii, we embraced this forward-thinking approach and signed up for a pilot of Lumii."

Improving Early Intervention

Lumii is more than just an app; it's a holistic approach to mental health and well-being 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 well-being.

Lumii also allows teachers and senior leadership teams to easily track and monitor their pupils' mental well-being and highlights when intervention is needed. Lumii is an innovative digital platform designed to enhance pupil well-being 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.



"Lumii has significantly impacted the pupils of Kingsley St John School. For one pupil, the transition from home to school has completely transformed quite quickly."

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 well-being through pupil empowerment
- In-depth view of well-being highlighting any pupil issues
- The bigger picture of well-being for the class and school