



## 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

## Empowering pupils

For the classroom teacher, wellbeing and mental health challenges can be complex to manage, particularly with increased challenges with home-to-school transition post covid. These can impact the start of the school day and delay the start of teaching as the teacher addresses wellbeing before the lesson can start. Using Lumii has helped the class, particularly in transition times, such as on arrival in the morning or after break and lunch.

*"Lumii helps pupils deal with any issues quickly and easily; it helps with their emotional wellbeing and sense of belonging within the school community. It empowers pupils to take control of their mental health and equips them with valuable coping strategies to navigate challenges effectively. Lumii also helps with early intervention by identifying potential issues and providing timely support, which will enhance academic performance and social development."*

*"It's been interesting to see some of our year six pupils you would think didn't have any worries, but many of them shared with Lumii that they are worried about moving to high school. Even though we have shared information and spoken with them, for some pupils, having Lumii means that any worries that remained about high school can be explored and dealt with. Now, rather than spending the next few months dreading it, they can enjoy their remaining time with us and their summer holidays looking forward to High School, knowing that they have the tools to cope with the challenges they face. This is so important for their mental health, and it's brilliant that Lumii has helped."*

*"Lumii has had a significant positive impact on the wellbeing of pupils at Tushingham. Pupils love talking to Lumii and feel more validated, supported, and empowered to address their concerns. It has helped uncover underlying issues, manage emotions and provide timely interventions, ultimately improving pupils' self-worth and self-esteem."*

## Positive Outcomes

Lumii offers a range of benefits for both pupils and educators at Tushingham Primary School. For pupils, Lumii provides a confidential platform where they can express their concerns, seek advice, and receive personalised support, promoting their emotional wellbeing and building a sense of belonging within the school community. It empowers pupils to take control of their mental health and equips them with valuable coping strategies to navigate challenges effectively.

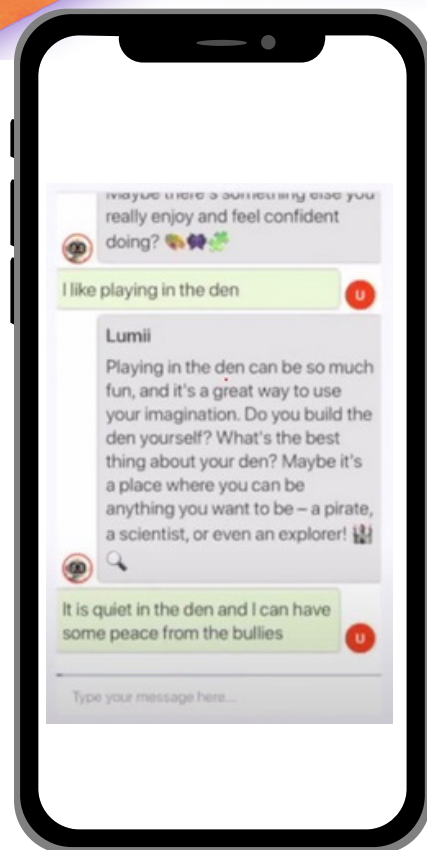
Additionally, Lumii facilitates early intervention by identifying potential issues and providing timely support, ultimately enhancing pupils' overall academic performance and social development.

Tushingham Primary School has seen a reduced demand on teacher time at transition times so lessons can begin efficiently, and pupils seem more settled and ready to learn due to Lumii's implementation. Moving forward, Tushingham aims to continue using Lumii to support pupil wellbeing.

*"We are hoping to extend our use of Lumii as it's a really valuable tool. It's easy to implement and provides an empowering way to support and develop coping strategies for pupils' mental health and wellbeing."*

**Cathy explains how Lumii helps:**

***"By using Lumii for a few minutes, pupils can discuss anything that's unsettled them, and within a few minutes, it's all sorted, and they are ready to start lessons with a clear mindset."***



## Why Lumii works

- Lumii does not provide counselling; it is an AI app that listens to a child's concerns and offers immediate low-level intervention.
- Lumii then works with the child to deliver a plan where the child will organise to go and see the school, meet with some of the teachers and ask their parents for support. Lumii will alert the school Lumii coordinator if there is a safeguarding concern.
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## 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.

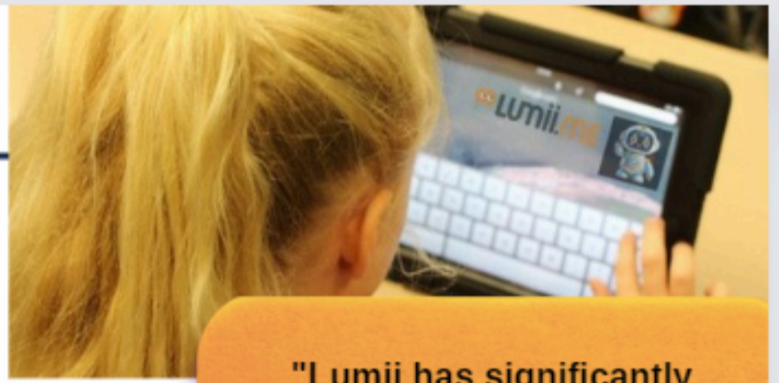
As a forward-thinking school, Rachel Jones, Headteacher, explains how they are using AI to help: "As a headteacher, I've seen the increase of mental health issues in schools post-pandemic. With over 25 years of experience in education, I know that early intervention is critical, and after seeing the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

### Improving Early Intervention

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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

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### Start the day settled

For the classroom teacher, well-being and mental health challenges can be complex to manage, particularly with increased challenges with home-to-school transition post covid. These can impact the start of the school day, often delaying the start of teaching in some cases. Using Lumii for a few minutes each morning has transformed the start of school into a wholly positive experience through Lumii.

### How Lumii helps:

Rachel explains: "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. Lumii's impact has been incredibly positive in a very short timeframe."

"For another pupil, venting during their Lumii sessions meant that the pupil was calmer and more focused during lesson time. Using Lumii means less disruption for the teacher, their class and affords more learning time.

"Lumii is really effective in promoting good models for pupil well-being. Lumii has been a transformative addition to our school community. It provides our pupils with an outlet and immediate intervention that delivers practical strategies to manage their mental health and provide a positive learning environment at their fingertips."

### Creating calmer classrooms

Implementing Lumii has resulted in calmer classrooms and improved Kingsley St John School pupil well-being. Teachers have observed a decrease in disruption to the school day as pupils settle more quickly, and there has also been an increase in pupil engagement. Moreover, pupils report feeling more resilient and better equipped to face challenges.

Rachel says, "Pupils settle quickly and are more focused and engaged with their learning since using Lumii, which will only positively impact attainment."

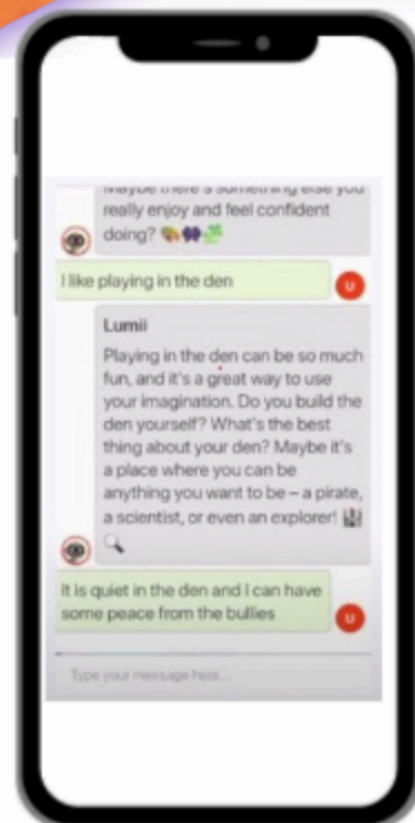
### Looking ahead

Kingsley St John School plans to extend the integration of Lumii into their regular curriculum for those pupils who need it. They aim to ensure that all pupils have access to Lumii resources if they want them and will continue to seek feedback to enhance the platform's effectiveness in supporting pupil well-being.

Rachel added, "We plan to run whole-school Lumii sessions a few times a year, as it's great to check in and monitor the mental health and well-being of all our pupils.

"Lumii has been instrumental in our efforts to prioritise pupil well-being at Kingsley St John School. It's heartening to see its positive impact on our pupils and we're excited about its potential to support their well-being and all-round development further."

*"For one pupil, the transition from home to school has completely transformed quite quickly. We went from school refusal and a teacher having to spend 45 minutes trying to settle a very anxious child to, within a few days of using Lumii, a child being excited to come into school and talk to Lumii."*



### Why Lumii Works

- Lumii does not provide counselling; it is an AI app that listens to a child's concerns and offers immediate low-level intervention
- Lumii then works with the child to deliver a plan where the child will organise to go and see the school, meet with some of the teachers and ask their parents for support.
- Lumii will alert the school Lumii coordinator if there is a safeguarding concern.

## Helping children understand feelings at Diyar Private Academy

Sineena Ali, Senco at Diyar Private Academy, was kind enough to talk to us about how Lumii is helping at their school.

*"First and foremost, Lumii has been an exceptional tool in our endeavours, especially in its role in helping children identify and express their emotions. This feature alone has significantly contributed to our objectives, offering a practical and engaging way for children to explore and understand their feelings."*

### Personalised support

*"The potential to monitor and access their interactions with Lumii will be incredibly valuable and will enable us to tailor our support more effectively, ensuring that we can address the needs of each child more precisely and observe their progress over time."*

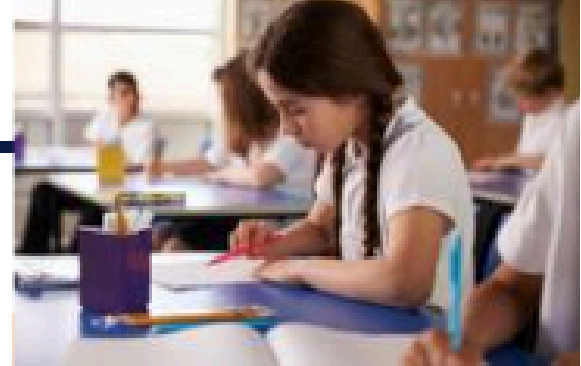
### Multiple languages

*"The introduction of multiple languages in Lumi is another aspect we're highly supportive of. It aligns perfectly with our goal of promoting partial independence among the children.*

*By allowing them to use Lumii in their preferred language, we're not only enhancing their learning experience but also empowering them to engage more confidently and independently."*

*"This development is particularly crucial as Lumii transitions from being administered in one-on-one sessions to a more flexible, accessible platform and is a strategic step toward creating a more inclusive, effective tool that meets the diverse needs of its users."*

*Sineena Ali is the Senco at the Diyar Private Academy on their Early Years and Girl's Campus - Dibba, Fujairah*



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**How Lumii Works** For the classroom teacher, wellbeing and mental health challenges can be complex to manage, particularly with increased challenges with home-to-school transition post covid.

These can impact the start of the school day and delay the start of teaching as the teacher addresses wellbeing before the lesson can start. Using Lumii is particularly helpful in transition times, such as on arrival in the morning or after break and lunch.

**Why Lumii works** Lumii does not provide counselling; it is an AI app that listens to a child's concerns and offers immediate low-level intervention, giving pupils a safe space to talk and empowering pupils to self-problem- solve. An example of a conversation could be;

*Child chat: I feel worried*

*Lumii chat: Worry can weigh heavily like a backpack. Let's try and lighten the load. What's got you feeling worried? Maybe we can figure it out together.*

*Child chat: I'm worried about starting high school*

*Lumii: It's pretty normal to feel worried about change. Perhaps we can figure it out and make a plan together?*

*Child chat: Yes, a plan sounds like a great idea*

Lumii then continues to work with the child to deliver a manageable plan where the child will organise to go and see the school, meet with some of the teachers and ask their parents for support. Lumii will alert the school Lumii coordinator if there is a safeguarding concern.

### Positive Outcomes

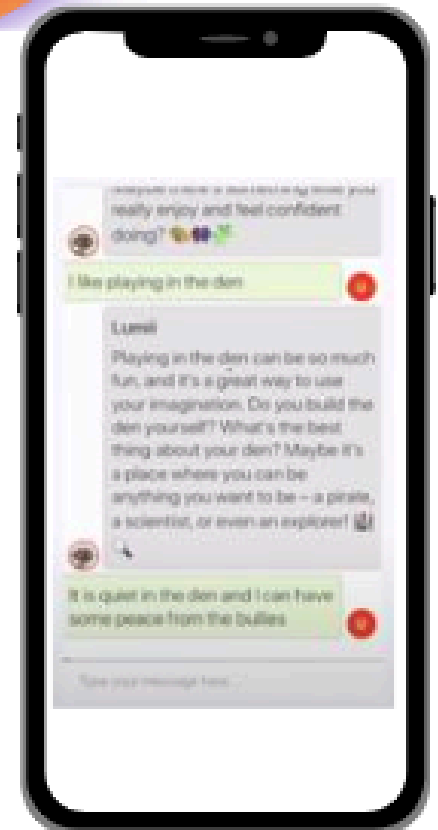
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Additionally, Lumii facilitates early intervention by identifying potential issues and providing timely support, ultimately enhancing pupils' overall academic performance and social development.

*"I am eagerly anticipating Lumii's evolution and am excited to see how these new features will enrich the program. We are looking forward to Lumii's continued growth." said Sineena*

*"Lumii helps us to ensure that we can address the needs of each child more precisely and observe their progress over time."*



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