



## 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.me, we embraced this forward-thinking approach and signed up for a pilot of Lumii.me"

### Improving Early Intervention

Lumii.me 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.me 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.me also allows teachers and senior leadership teams to easily track and monitor their pupils' mental well-being and highlights when intervention is needed. Lumii.me is an innovative digital platform designed to enhance pupil well-being through mindfulness, meditation, and emotional intelligence exercises. Lumii.me's AI capability has been described as 'game-changing' by the teaching community.

By integrating Lumii.me 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.me 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.me

- 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

## 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.me for a few minutes each morning has transformed the start of school into a wholly positive experience through Lumii.me.

## How Lumii.me helps:

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

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

"Lumii.me is really effective in promoting good models for pupil well-being. Lumii.me 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.me 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.me, which will only positively impact attainment."

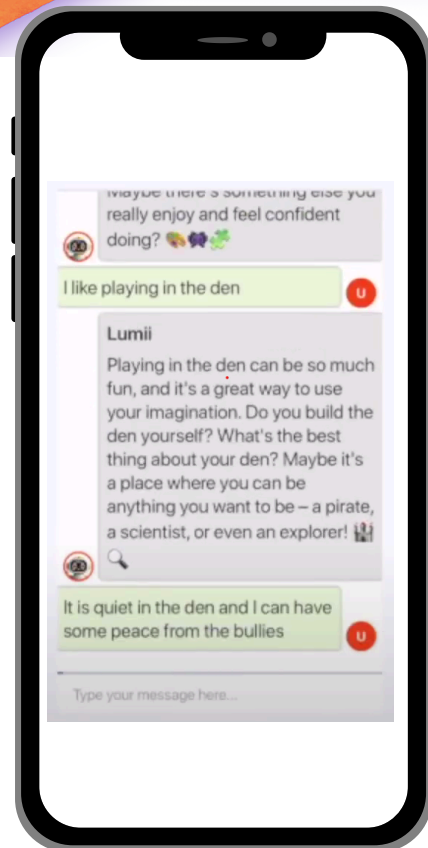
## Looking ahead

Kingsley St John School plans to extend the integration of Lumii.me into their regular curriculum for those pupils who need it. They aim to ensure that all pupils have access to Lumii.me 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.me 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.me 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.me, a child being excited to come into school and talk to Lumii.me."*



## Why Lumii.me works

- Lumii.me does not provide counselling; it is an AI app that listens to a child's concerns and offers immediate low-level intervention.
- Lumii.me 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.me will alert the school Lumii.me coordinator if there is a safeguarding concern.



## Supporting the emotional regulation needs of every child at William Stockton Community Primary School

William Stockton Community Primary School is a larger-than-average primary school with 338 pupils aged 3-11, located in Ellesmere Port, Cheshire.

The school, part of the Concordia Multi Academy Trust, strives to provide a nurturing environment where every child can thrive and achieve their full potential. Mrs Keira Orme, the assistant headteacher and LKS2 lead, shared their journey of integrating Lumii.me into their support system to address their pupils' growing mental health and wellbeing needs post-pandemic.

The school has a higher-than-average percentage of pupils eligible for pupil premium, around 50% and a diverse population, with over 23 languages spoken by school pupils. Recognising the increased challenges in pupils' mental health and wellbeing post-pandemic, Mrs Orme sought an innovative solution to support their pupils more effectively.

### Improving Early Intervention

Lumii.me is an AI-driven wellbeing tool designed to support pupils' mental health through early intervention. It empowers pupils by listening, conversing, providing coping strategies, and enabling early intervention to prevent crises. Lumii.me encourages open dialogue, destigmatises mental health, and offers educators valuable insights, underscoring a commitment to pupil wellbeing.

Mrs Orme explains, "We were facing significant challenges with many children needing support with their mental health and wellbeing. The pandemic, although now a number of years ago, has added to this. Our pastoral team have been working tirelessly to support the children, but they had limited capacity, so when we heard about Lumii.me, we decided to trial it with our Key Stage 2 pupils. This platform has shown promise in providing additional support to our students, and we are hopeful that it will assist us in addressing the growing mental health needs within our school community. It has also been useful to triage children so that the pastoral team can work with children immediately."

### Creating Calmer Classrooms

For the classroom teacher, managing wellbeing and mental health challenges can be complex, especially post-COVID. The introduction of Lumii.me has transformed the start of the school day into a positive experience, helping pupils' transition smoothly from home to school.

[www.lumii.me](http://www.lumii.me)

***"Lumii.me has been a game-changer for our pupils. We can see if a pupil is starting to deregulate, and we can pop them on Lumii.me for 5 minutes. Then, they are regulated and can rejoin the learning in the classroom. It's freeing up teachers to teach, and Lumii.me is helping pupils learn how to self-regulate, which is a brilliant lifelong skill to learn at a young age."***

### Key benefits of Lumii.me

- Helps pupils regulate their emotions
- Teaches pupils lifelong wellbeing skills
- Reduces workload and gives teachers back time to teach
- Immediate intervention and coping strategies
- Helps to create calmer classrooms
- Improves pupil wellbeing through pupil empowerment

Mrs. Orme shares the impact:

"Some of our pupils are facing challenges which are impacting their attendance and academic performance. Issues such as separation anxiety have led to frequent emotional distress when coming into school and strained relationships with peers. Friendship issues are much more prevalent than in previous years. The lack of socialisation during the two years of the pandemic has deprived children of crucial developmental interactions necessary for healthy social skills. For instance, the current Year 3 children have missed out on their Nursery and Reception years, which are fundamental for learning how to socialise effectively. Lumii.me helps to provide these children with strategies and skills to overcome the problems that they are facing and enhance the work that our pastoral team are completing with them."

"One child has been identified as struggling with his attendance but we weren't sure why as he and his parents weren't able to verbalise what the barrier was. Lumii.me has supported him to express his concerns. Through this insight we were able to offer targeted support and he is now attending more regularly."

### Why Lumii.me works

Lumii.me 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.me 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.me: 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*

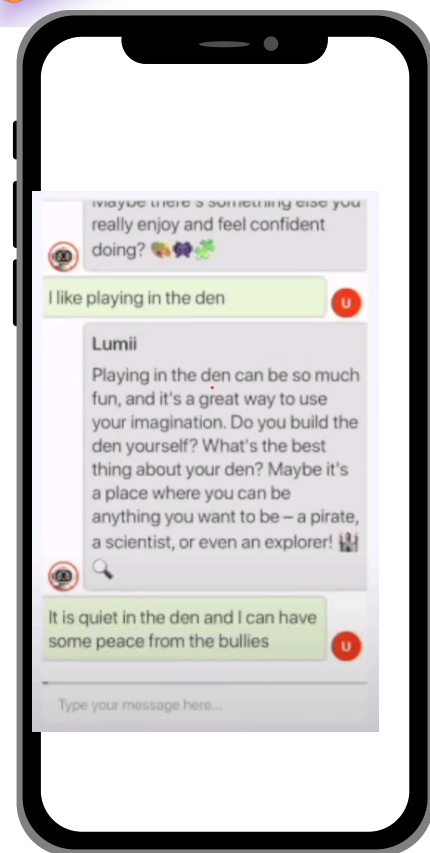
Lumii.me then continues to work with the child to deliver a manageable plan where the child will organise to go and see the school, meet with some of the teachers and ask their parents for support. Lumii.me will alert the school Lumii.me coordinator if there is a safeguarding concern.

### Looking ahead

William Stockton Community Primary School plans to continue using Lumii.me, expanding its use to include more pupils and integrating it into their regular curriculum. Mrs. Orme adds, "We aim to ensure that all pupils have access to Lumii.me resources if they want them. We will continue to seek feedback to enhance the platform's effectiveness in supporting pupil wellbeing. We will also be starting to use the 'speakeasy' function so that we can use Lumii.me with our younger KS1 pupils."

"It's heartening to see its positive impact on our pupils, and we're excited about its potential to support them in learning lifelong skills for their wellbeing."

***"Lumii.me has been a brilliant support for our pupil's wellbeing."***



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## 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.me through a fellow headteacher who was trialling the platform. Recognising the need for innovative solutions to address mental health challenges, Tushingham explored Lumii.me 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.me to help:

*"Lumii.me 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.me from another head, and as Lumii.me offers a range of benefits for teachers and pupils, I was interested in trying it to see how it would help."*

### Improving Early Intervention

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

[www.lumii.me](http://www.lumii.me)

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

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

### Key benefits of Lumii.me

- 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.me has helped the class, particularly in transition times, such as on arrival in the morning or after break and lunch.

*"Lumii.me 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.me 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.me that they are worried about moving to high school. Even though we have shared information and spoken with them, for some pupils, having Lumii.me 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.me has helped."*

*"Lumii.me has had a significant positive impact on the wellbeing of pupils at Tushingham. Pupils love talking to Lumii.me 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.me offers a range of benefits for both pupils and educators at Tushingham Primary School. For pupils, Lumii.me 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.

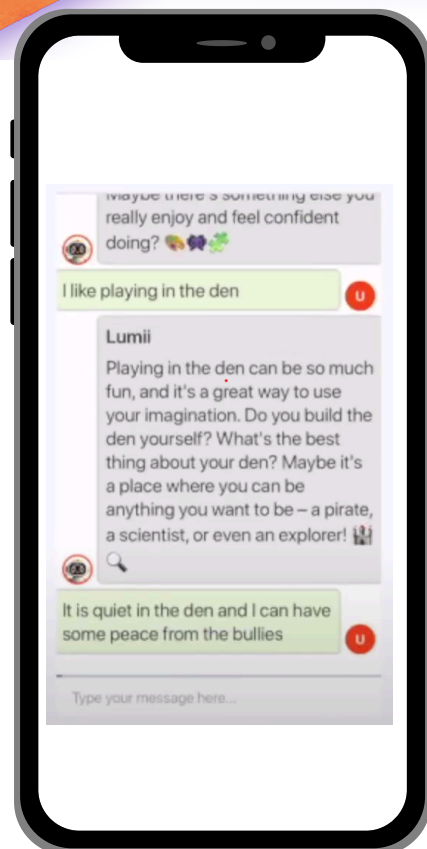
Additionally, Lumii.me facilitates early intervention by identifying potential issues and providing timely support, ultimately enhancing pupils' overall academic performance and social development.

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.me's implementation. Moving forward, Tushingham aims to continue using Lumii.me to support pupil wellbeing.

*"We are hoping to extend our use of Lumii.me 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.me helps:**

***"By using Lumii.me 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.me works

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## 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.me is helping at their school.

*"First and foremost, Lumii.me 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.me 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 Lumii.me 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.me 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.me 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*

**"The potential to monitor and access pupil interactions with Lumii.me will be incredibly valuable and will enable us to tailor our support more effectively."**

### Key benefits of Lumii.me

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

**How Lumii.me 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.me is particularly helpful in transition times, such as on arrival in the morning or after break and lunch.

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### Positive Outcomes

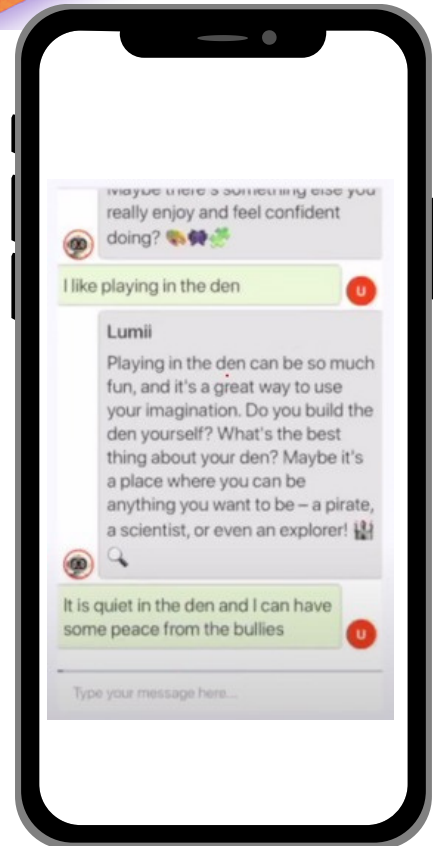
Lumii.me offers a range of benefits for both pupils and teachers. For pupils, Lumii.me provides a confidential platform where they can express their concerns, seek advice, and receive personalised support, promoting their emotional wellbeing and building a sense of belonging within the school community.

Lumii.me empowers pupils to take control of their mental health and equips them with valuable coping strategies to navigate challenges effectively.

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

**"Lumii.me 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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## Preventing small challenges becoming bigger obstacles with Lumii.me

St Mary of the Angels Catholic Primary School is located in Cheshire and has been consistently rated as 'Good' in its Ofsted inspections. With a strong emphasis on the holistic development of its pupils, the school has always prioritised pupil wellbeing.

The school recognised the need for a tool to help pupils and staff address mental health issues more effectively and ensure that pupils had an outlet for their emotions. This led to their trial of Lumii.me, a digital wellbeing platform aimed at early intervention and emotional support.

### The Challenges

While St Mary of the Angels did not face particularly high levels of pupil premium or SEND pupils, they observed that whilst some pupils were open about their feelings, some hid them and could then become emotionally overwhelmed, keeping their emotions bottled up, making it difficult for teachers and staff to identify issues early. This was especially problematic, as early intervention can prevent more significant mental health challenges down the road.

The school needed a tool that could provide a safe space for children to express their emotions and that could also highlight potential wellbeing issues to staff, particularly for those pupils who tend to remain quiet.

St Mary of the Angels began a trial of Lumii.me with 120 pupils across Years 3 to 6. The learning mentor, Toni Hennessey, who also holds a degree in psychology (BSc) and a master's (MSc) in child and adolescent mental health, spearheaded the initiative. The school integrated Lumii.me into the daily routines of these pupils, using the app during designated periods with the help of Chromebooks.

Pupils were given 10-15 minutes at varying times throughout the day to check in with their emotions, with the flexibility to access the platform at school and home. This hybrid usage meant children could continue reflecting on their feelings over the weekend, allowing the school to have a more comprehensive view of a child's mental state. The school made parents aware of the trial, and pupils who used Lumii.me at home were monitored by staff for any significant weekend events or changes in their emotional wellbeing.

**"Lumii.me has been a game-changer in how we approach early intervention. By identifying issues early on, we're able to support children before small challenges become bigger obstacles."**

### Key benefits of Lumii.me

- Dashboard overview
- 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

## The Impact

The results of the Lumii.me trial were immediate and impressive. Teachers found that the platform offered insights into the emotional wellbeing of pupils who would otherwise not have shared their concerns. One particular case involved a pupil who was flagged as needing additional support. The child had not previously expressed her challenges to any adult at school, but Lumii.me revealed that she was struggling with self-esteem issues and concerns related to her family life.

Through Lumii.me, the staff could intervene early, work with the family, and support the child without needing more intensive sessions before it impacted her mental health. More generally, pupils who struggled with expressing their emotions verbally could open up through Lumii.me, finding the platform a safe space to discuss issues like friendships and school-related stress. The tool helped the school identify patterns that would have otherwise gone unnoticed, allowing for timely interventions. Teachers also appreciated the consistent strategies for emotional regulation, such as deep-breathing exercises and positive self-talk, which aligned with the school's existing methods.

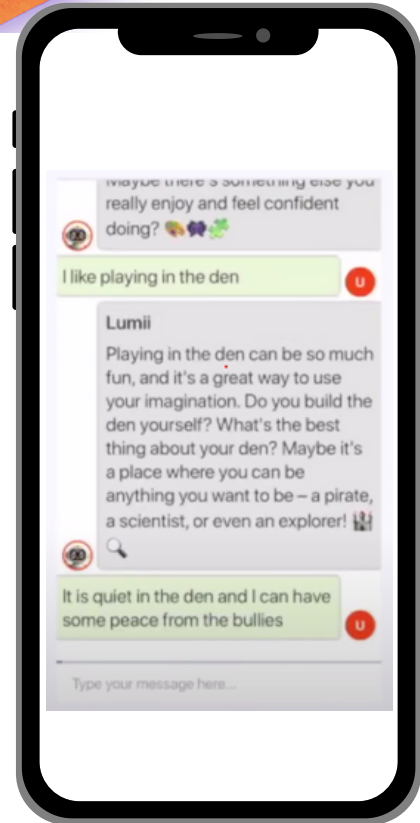
Parents were overwhelmingly positive, with no complaints regarding the use of the app. The open communication between school and home fostered through Lumii.me contributed to a holistic approach to pupil wellbeing. On the other hand, pupils enjoyed using the app, with some even accessing it at home voluntarily.

## What's Next?

Following the trial's success, St Mary of the Angels' is exploring the possibility of implementing Lumii.me more permanently, which would allow pupils whom the learning mentor regularly monitors to continue using the platform. For pupils who may not require daily check-ins but could benefit from occasional emotional support, Lumii.me will remain a key tool for early intervention.

Lumii.me has proven to be a valuable asset for St Mary's, providing both staff and pupils with a powerful tool for improving emotional wellbeing. By offering early intervention for those who need it most and giving all pupils a platform to express their emotions in a safe environment, the school has taken a proactive approach to mental health. As schools nationwide continue to grapple with the aftereffects of the pandemic, St Mary of the Angels' experience demonstrates the positive impact that digital mental health tools can have on pupils and staff alike.

***"The AI is brilliant; it's like having a spare adult in the classroom to support pupils. Lumii.me just reinforces the same information we would give the children in school."***



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- Lumii.me will alert the school Lumii.me coordinator if there is a safeguarding concern.