

Empowering Girls to Own Their Well-being at ABU DHABI Charter School

School's Reflections: Wellbeing Wins with Lumii.me

- Early identification of well-being concerns among students and staff
- Promotes student voice in a culturally sensitive way
- Aligns with ADEK's SPIRE Well-being Mark requirements
- Reduces pressure on teaching staff by providing a safe outlet for students
- Enables targeted intervention and support
- Creates a sustainable and data-informed well-being strategy

About the School

The Charter School, located in Abu Dhabi, is part of a group of Charter Schools, serving Emirati girls. The School's ethos centres on nurturing the whole child and fostering a strong sense of belonging. As part of a broader commitment to well-being, the Charter School has made proactive strides in mental health support, piloting innovative digital tools like Lumii.me to empower students.

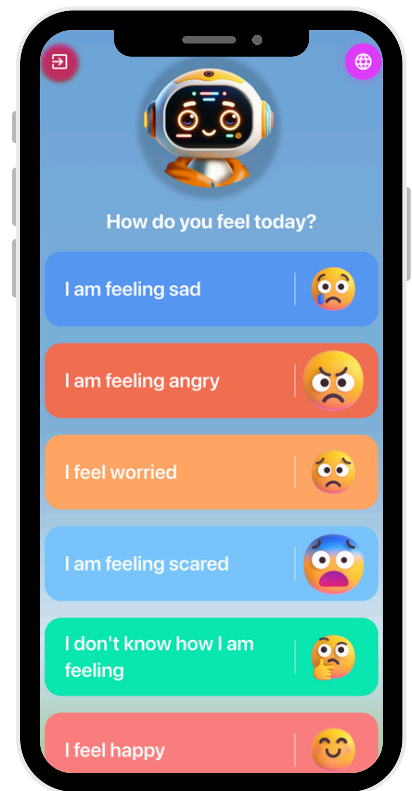
The Head of Well-being, and a key pastoral team member plays a central role in embedding well-being initiatives across the school.

"The early impact has been so promising — staff are freed up to focus on deeper support where it's truly needed. We can't wait to see the long-term benefits to well-being, behaviour, and learning as Lumii.me becomes an embedded part of school life."

Why Lumii.me?

With ADEK's new Well-being Mark becoming mandatory, Head of well-being recognised the need for a robust, proactive, and culturally appropriate solution to support pupil well-being. They had been at the forefront of the school's response, they told us:

"Our decision to lead the trial of Lumii.me was driven by a shared commitment to student and staff well-being. The platform's multi-language and tailored content, aligned with our cultural values and educational context, which made it a natural choice."



Lumii.me's multilingual capability, including the UAE Islamic version, provides students with an inclusive well-being tool aligned with cultural and local values surrounding mental health support. Lumii.me engages with students to provide immediate and confidential support. Providing students with early intervention and a safe space for sharing emotions, challenges, and concerns.

Real-Life Impact

The platform enables students to share any worries and anxieties that might go unnoticed. They can use Lumii.me to navigate common issues such as transitions between year groups, friendship struggles, and academic pressures. The AI-led interaction builds trust while empowering students to develop their own coping strategies.

Around 100 pupils took part in the trial of Lumii.me. While usage is optional, most students enjoyed using Lumii.me, with over four thousand conversations taking place in the trial. Many students used the time during form time and also checked in at least two to three times per week.

"Lumii.me instantly de-escalates emotional distress and helps our students feel heard and understood."

Key usage times include morning arrival and after break periods, where the app helps students reset emotionally and return to class in a calmer, more focused mindset. This frequency of use highlights Lumii.me's growing role as a trusted digital companion for self-regulation and early emotional support.

One of the most significant outcomes has been the platform's ability to reduce the workload on the school's counselling team. Head of wellbeing explains, **"For one girl, there was a challenge within her friendship group, but rather than referring her to our counsellors, we asked her to reflect and talk to Lumii.me and the issue naturally resolved. Lumii.me provides immediate reassurance, meaning our teachers and counsellors can continue to assist all students and triage cases appropriately"**

Bridging Gaps to Allow Every Girl To Flourish

As a teacher, it's common to dedicate a significant amount of time and support to students who present with visible or vocalised needs. However, this can mean that some quieter students, who may be facing internal struggles, go unnoticed. Lumii.me has helped bridge this gap by giving all students a voice, including those who might otherwise remain silent.

"Lumii.me ensures that no child slips through the cracks by offering a safe, confidential space to express their worries. It helps us see the invisible students who may be struggling, empowering early intervention and better support for all."

"There was one student who always appeared cheerful and engaged, on the surface, you'd never have thought anything was wrong. But through Lumii.me, she could open up about feeling overwhelmed and isolated. That insight allowed us to step in, offer the right support, and make meaningful changes for her. Without Lumii.me, we might never have known."

Positive Outcomes

Since introducing Lumii.me, The Charter School has witnessed a meaningful shift in student engagement with mental health support. Students feel more confident, connected, and capable of expressing their emotions.

"We recognised a growing need for a well-being solution that goes beyond reactive support. Lumii. me's culturally grounded, proactive approach, especially its Islamic UAE version, offered exactly what our students and staff needed to feel understood, supported, and empowered in their daily lives."

Next Steps

Looking ahead, The Charter School aims to embed Lumii.me into its whole-school well-being strategy, using data from the platform to inform proactive pastoral care. Plans are in place to expand use across the year groups and share best practices with other Charter Schools in the network.

"If you're a school thinking about trying Lumii.me, I'd recommend giving it a go. It's been a game-changer for us, empowering students, reducing teacher workload, and providing a safe space for students to open up. Even after a short time, we saw its positive impact on student well-being and classroom calmness."

Why Lumii.me Works

- **Confidential AI-led conversations tailored for the Islamic cultural context**
- **Immediate low-level interventions reduce pressure on staff**
- **Identifies well-being trends and individual concerns early**
- **Supports school readiness, focus, and emotional regulation**
- **Scalable, sustainable solution aligned with SPIRE – The ADEK Well-being Mark**



12 Months of Transformation with Lumii.me at Kingsley St John

Kingsley St John School is a smaller, than average, sized primary school of 77 pupils aged 5 to 11 based in Frodsham, Cheshire. The school's motto, 'Love, Learn, Aspire, Achieve,' is reflected in its leadership team's commitment to providing every pupil with a personalised education and opportunities to reach their full potential.

In response to rising anxiety and mental health challenges in children post-pandemic, Kingsley St John School sought innovative solutions beyond traditional counselling and pastoral care. Recognising the importance of early intervention, Headteacher Rachel Jones adopted Lumii.me, an AI-powered wellbeing tool, to enhance pupil support.

"As a headteacher, I've seen the increase of mental health issues in schools post-pandemic. With over 25 years of education experience, I know early intervention is critical. After seeing Lumii. me, we embraced this forward-thinking approach and signed up for a pilot."

12 Months of Impact, How Lumii.me Has Transformed Pupil Wellbeing

Lumii.me is more than just an app; it provides a holistic approach to mental health and wellbeing in schools. Powered by AI, Lumii.me Jnr listens, engages in meaningful conversations, provides coping strategies, and enables early intervention to prevent crises. The platform fosters open dialogue, destigmatises mental health discussions, and offers educators valuable insights into pupil wellbeing.

Since adopting Lumii.me, Kingsley St John School has seen positive transformations among its pupils. Currently, seven pupils engage with Lumii.me daily, using it as a tool to navigate emotions, build resilience, and gain a sense of control over their wellbeing. The school is now expanding access to Lumii.me and integrating it into broader wellbeing initiatives.

"We don't want to use it haphazardly; Lumii.me is an early intervention tool. We're mindful about how we introduce it, ensuring it reaches the right pupils who truly benefit from it."

Creating Calmer Classrooms

The implementation of Lumii.me has significantly improved classroom dynamics. Teachers report reduced disruptions, quicker morning transitions, and increased pupil engagement. The school has also noticed that Lumii.me acts as a form of de-escalation for pupils struggling with emotions.

"Seeing the positive impact of Lumii.me on pupils wellbeing, we are excited to see the impact on our staff wellbeing."

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
- An in-depth view of wellbeing highlighting any pupil issues
- The bigger picture of wellbeing for the class and school

"One pupil who used to struggle with transitioning into school was anxious and resistant. We went from school refusal, where a teacher would spend 45 minutes settling them, to the child coming in happily within a few days of using Lumii.me. They now look forward to talking to Lumii.me every morning."

Another pupil, who initially struggled with anger and dysregulation, used Lumii.me as a tool to calm themselves before engaging with learning. Over time, the pupil moved from daily reliance on Lumii.me to no longer need it, becoming a more independent and regulated learner.

"He was once disengaged, struggling with self-regulation, and now he's won our Independence Award. He says, 'I don't need Lumii.me anymore; I can think through things myself.' It's been a game-changer."

How Pupils Engage with Lumii.me

The way pupils interact with Lumii.me has evolved. Some use it to express emotions through text, while others engage playfully with emojis. A unique observation has been pupils' venting through Lumii.me, even swearing at the AI.

"Some pupils have said, 'If I swore at a human, that would be bad, but because it's AI, I'm not hurting anyone's feelings, and it makes me feel better.' It's an interesting dynamic that shows how pupils are using Lumii.me as an outlet for emotions they struggle to express elsewhere." For some pupils, the challenge has been learning to be open and truthful with Lumii.me. One child, for instance, tends to mask emotions, often stating they feel 'fine' despite underlying struggles.

Expanding Lumii.me's Role

The school has expanded Lumii.me's integration into broader wellbeing initiatives. In addition to its daily use among targeted pupils, Kingsley St John School has begun running whole school access weeks.

"We've introduced Lumii.me to all of Key Stage 2 for Children's Mental Health Week, and we plan to do this three times a year. This helps us identify pupils who may benefit from targeted support but haven't been identified yet." Additionally, the school is exploring using Lumii.me with staff as part of their wellbeing initiative.

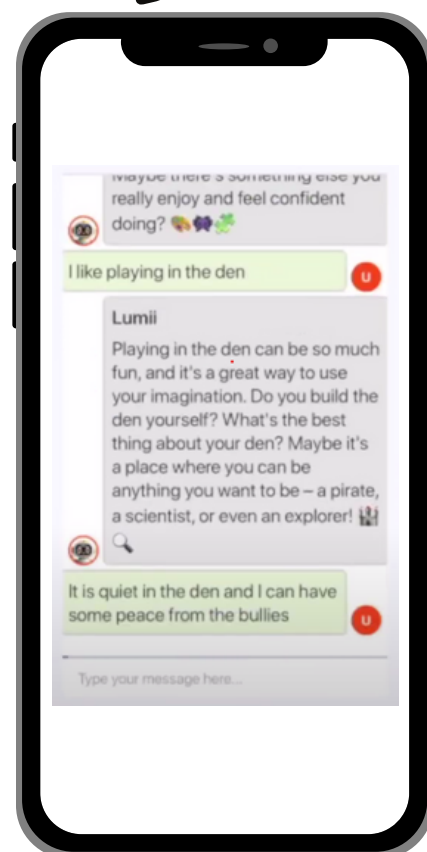
"We're now trialling Lumii.me for staff, as it's important that wellbeing tools are available not just for pupils, but for our teachers too."

The school's approach reflects a commitment to long-term wellbeing and pupil empowerment, ensuring that Lumii.me is used for pupils and staff so that everyone in school can access immediate support and benefit from developing lifelong wellbeing strategies.

Find Out More

If you would like to learn more about Lumii.me contact Hello@lumii.me.

"Using Lumii.me helps pupils settle quickly, be more engaged, and positively impacts attainment."



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.



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 well-being.

"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 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

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.

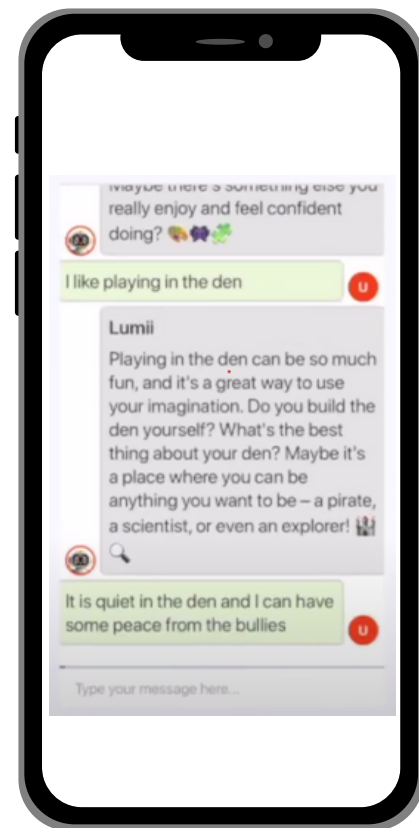
Parents were overwhelmingly positive, with no complaints regarding the use of the app. The open communication between school and home fostered through Lumii.me contributed to a holistic approach to pupil wellbeing. On the other hand, pupils enjoyed using the app, with some even accessing it at home voluntarily.

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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