



*Love and Serve
through Christ*

St Augustine's School

Part of the St Margaret Clitherow Catholic Academy Trust

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Scarborough

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admin@st-augs.org

Headteacher: Mr Paul Griffin

8th September 2020

Dear Parent/Carer,

I am excited to tell you about a mental health and wellbeing platform that we have the opportunity to trial for free. It is called Zumos, and it is a totally confidential way for young people to access 24/7 support with their wellbeing and mental health. It has been developed in conjunction with the Child and Adolescent Mental Health Service in Southampton and is being rolled out across the country.

I have registered us as a school, and our students have a code to sign up with.

Students will need to use their email to sign up, however this information is not available to the school administrator. The only information that is shared with the school administrator (Mrs Cullen) is the pupil's identified gender and their year group. This information allows me to understand any patterns or particular issues on a year group level and as a result, tailor support by providing specific assemblies, tutorials or even reading material.

The interface is very user-friendly, and when a student searches an issue they get immediate access to specific, supportive web links, telephone numbers, podcasts, video support and further reading in order to help the student make positive choices.

The platform is not only intended for use when a student has a specific worry or concern, there are daily, short 'how to be happy' clips that focus on techniques linked to the 5 ways to wellbeing and strategies to maximise emotional health. 'Power Quizzes' allow students to reflect upon their own wellbeing and decide if they need to take action to boost it, as well as age appropriate guidance. There are games too, although these are limited to a few minutes per day, and there is a 'chillout' area where meditative breathing exercises and mindfulness practise is supported.

In addition, there is a facility to message the school administrator directly and anonymously, however this will **not** be activated in the early stages of the platform launch.

If you would like to get a feel for the platform yourself, visit <https://www.zumos.co.uk/Wellbeing.aspx> and have a look at some of the resources that have been made available during lockdown.

Signing up to, and using the Zumos platform is entirely optional, however it is my hope that I can get all students at St Augustine's to sign up to Zumos and interact with the platform as often as possible so



St Margaret Clitherow Catholic Academy Trust

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that I can try to get the best possible picture of the overall wellbeing of our students and work in a focussed way to maximise the emotional health of our young people.

If your child would like to sign up before I am able to hold a session to introduce Zumos to them in school, they can go to <https://www.zumos.co.uk/> and enter the following code)in the JOIN US section of the website) STUSEC2829YO12 to sign up.

If you have any questions about Zumos, our wellbeing work, or your child’s wellbeing then please do not hesitate to contact me.

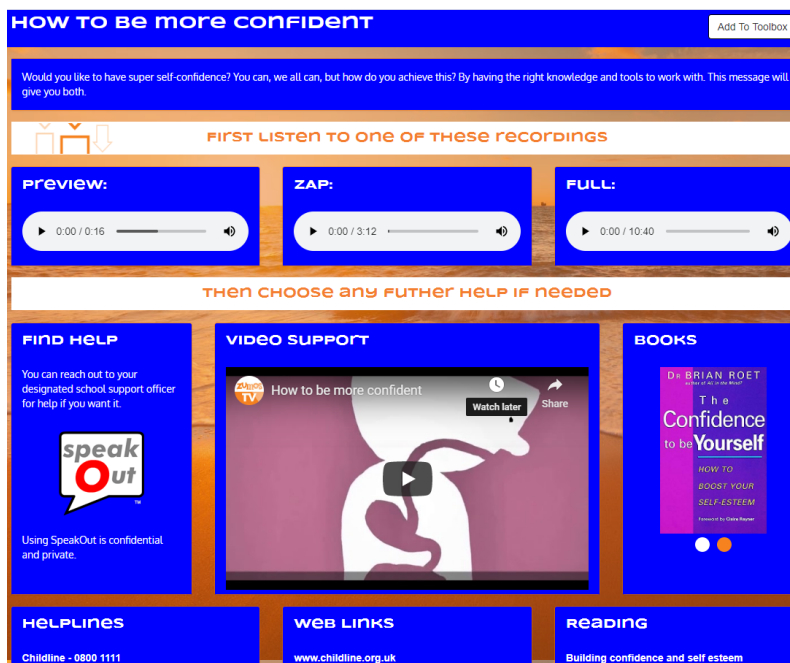


Image 1: screenprint – pupil has searched for confidence boosting tips.



Image 1: screenprint – chill room – visualisation and breathing exercises.