

Zumos

What is Zumos?

Zumos is an information, advice and guidance platform aimed at boosting the emotional wellbeing and mental health of all students in school. There are daily mindful activities and challenges, power quizzes similar to those used by mental health professionals to give you tips on how to feel your best, and guidance on when, where and how to seek help.

In school, Mrs Cullen gets an overview of the types of things each year group are looking at, and the general mood in school (if everybody uses it properly) and can, as a result, tailor the information that comes out at form time or if necessary run special sessions.

Go to www.zumos.co.uk

Click 'join us'

Enter the student code for all St Augustine's students: STUSEC2829YO12

Complete the details (you will need to use your email address but this is never shared with school, we only get your gender and year group)

Log in daily for a positivity or relaxation boost.

You can also search titles if you have a worry or concern about something and find further information and advice.

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