



Goldenhill Primary Academy



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"Everyone shines at Goldenhill"

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Friday 5th March 2021

Zumos- Wellbeing Curriculum

Dear Parents/Guardians,

At Goldenhill Primary Academy, we are passionate about building strong mental wellbeing and resilience in all our pupils. This is why as a school we are going to launch Zumos as a major part of our school's pastoral care when we welcome all children back on the 8th March. Zumos is a leading online wellbeing system that is CAMHS kite marked and was developed as part of the HeadStart project.

During this very difficult time, we feel, it is even more vital that we take care of our child's mental wellbeing. Therefore, next week we are going to launch Zumos across the academy. Within this week, children will receive their own log in details to access Zumos where they will receive an area to express their feelings, document their thoughts and feelings in a journal and send any worries to their teacher via a worry box. There are also games to play on Zumos to help the children and their wellbeing.

The system has been devised to follow a curriculum; it is a great thing to work on together. As part of this each day the children will take part in daily meditation, a How to be Happy podcast and areas to explore and check in with their daily emotions and feelings. On top of this, the children will also have access throughout each week to play the games, add in any worries to the worry box and listen to personalised podcasts in their toolbox. The messages are very powerful for all children and our teachers love to hear them too!

Your child is also able to access Zumos from home using their given username and password. If children do add to their worry box at home, this will only be checked by their class teachers up until 5pm Monday-Friday.

Please see below a guide on how to access Zumos and all the features it provides.



Step 1

Take your child to www.zumos.co.uk

Step 2

Click on login, type in your child's username and login

Step 3

On logging in Zumos will ask them how their mental health is today, get them to really think about how they are feeling and get them to click on the most relevant icon.

Step 4

Click on their named room, then in the middle screen you will see 'How to be Happy' click play and listen to that recording. Once played if you can spend a minute or two asking them about it, maybe how they could apply it in their life or in the family. Maybe tell them about how you have done it in your life.

Step 5

Back on the home screen, please click on 'Chill Room'

This step is to practice mindfulness and is a great practice for the whole family. The more you practice the greater the benefits. Experts recommend 20 minutes twice a day. But even just 10 minutes a day will show benefits. Settle everyone down either sitting comfortably in a chair or lying on the floor, then simply click on the length of 'Me Time Minutes' you want. The recording will do the rest. There is much to explore in this room, have fun.

Step 6

Click on Life book, this is once again something that can be done as a family or alone. Filling in the questions asked, helps to send their mind on a search for the positive. You can really help them to focus on the positive here.

Step 7

Click on the games room and ask them to play the games for at least ten minutes; more if possible. The games are based on the latest science coming out of our universities called CBM or cognitive bias modification. The evidence is that if these games are played for ten minutes three times a week, after three weeks they are measurably more positive. And the more you play the better the outcome.

Thanks again for all your continued support and we can't wait to welcome you all back on Monday 8th March.

Kind regards

Miss Pitt

Year 2 Teacher

