



## Merley First School

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Dear Parents

It has been well documented and reported that personal wellbeing and mental health have been impacted by the pandemic and, in addition to the systems we already have in school which support children's wellbeing, we have decided to adopt an online wellbeing, resilience and confidence building system called Zumos. Zumos has been developed with educational psychologists, counsellors, mental health services and many others and has a proven record of making a tangible difference. The mission of Zumos is described below.

*"Zumos mission is to measurably improve world happiness! It is the first online service of its kind. It is what the experts agree as being the best way to find happiness in your life, whatever your circumstances. It has all the tools you need to deal with life's challenges and tragedies as they arise and the system is ever-growing.*

*Zumos builds your self-confidence and wellbeing. It helps you to practise being a mindful person and builds your inner strength to be a resilient person and it enables you to track your progress.*

*It helps you to find happiness in your life every day. It shows you how to be your own best friend, your greatest motivator, personal trainer and wisest mentor. It shows you that you are amazing, unique, talented and capable of doing the things you dream of."*

You can find out more about Zumos at: [www.zumos.co.uk](http://www.zumos.co.uk)

Your child has a personal login for Zumos which will be sent to you via Class dojo messaging. If you do not receive it, please contact your child's class teacher.

Below is a letter from Zumos which will introduce you to the system but if you need any further help please do let us know.

Best Wishes

*C Waldron*

Carolyn Waldron  
Inclusion Lead

**WIMBORNE**  
Academy Trust



Allenbourn Middle School Colehill First School Emmanuel Middle School Hayeswood First School Hillside First School Lockyer's Middle School Merley First School Pamphill First School Queen Elizabeth's School St John's First School St Michael's Middle School Verwood First School Witchampton First School

We at Zumos are passionate about building strong mental wellbeing and resilience in all our pupils. This is why Merely First School has embraced Zumos as a part of the school's pastoral care. Zumos is a leading online wellbeing system that is CAMHS kitemarked and was developed as part of the HeadStart project.

As we have this great resource available to us and your child already has a login, we have made this guide for how to use Zumos at home.

The system has been developed to follow a curriculum, so all you need to do is sit with your child, get them to login and play the recordings outlined below. It is a great thing to work on together or as a family. If you like you can discuss the recordings and ensure the messages have been understood.

These steps can be done in one go or spread out over the day. The more time practicing on Zumos the better, but please help them to complete each task each day.

### Step 1

Take your child to [www.zumos.co.uk](http://www.zumos.co.uk)

### Step 2

Ask your child to login with the details they will have been supplied with. On logging in Zumos will ask them how their mental health is today, get them to really think about how they are feeling and ask them to click on the most relevant icon. (If they have forgotten their login details please contact us)

### Step 3

The first time you login to Zumos please click on 'Games Room' and then 'Power Quiz', let your child complete these CAMHS approved quizzes themselves by thinking about each question. If they have already been completed, they will not appear. They only appear every three months. These quizzes show what level of wellbeing your child has to start and measures the impact Zumos is having on your child's wellbeing each quarter.

### 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 scientific research coming out of our universities called cognitive bias modification or CBM. 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.

## keep exploring

Zumos also has lots of self-help titles in 'My Room' - please encourage your children to explore these titles and to listen to anything they might have a worry with. The titles are all expertly written and peer reviewed and will really help them to deal with problems they might be worried to tell you about. These will help them to seek the help they need.

Thank you so much for your support, this recent crisis has forced us all to look at how we do things in a new way and we are determined to offer as much support with this as we can.

