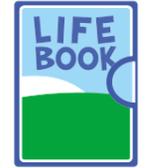


# Features and Benefits



Feature	KS1/ KS2	KS3/ KS4	Description	Benefit	Pupil	School	Region
	Y	Y	The Zumos platform is an online resource available 24/7 and can be accessed by internet connected devices such as laptops, smartphones, tablets and desktop computers.	The interface is age specific and changes according to the key stage pupils have reached, Potential for 100% reach.	Y	Y	Y
	Y	Y	When pupils first log into Zumos they can be offered a way of saying how they feel on a 10 point scale from 'Really Bad' right up to 'Bring it On!'	This is a really good way to see the mood of your pupils and to see how it changes over time.	Y		
	Y	Y	Expert written, Peer reviewed vocal motivational recordings in the categories of Feelings, Life, Relationships and body, on a wide range of topics that matter to young people from I feel suicidal, how do I tell someone I am being sexually abused, I feel so depressed, to eight steps to a happier life. Recordings are 30% informative, 10% supportive language, 60% the steps that can be taken to deal with the issue, delivering a great sense of self-empowerment.	Trusted information, advice and guidance (IAG), consistency of delivery of information on an end to end support system that is accessed anonymously, builds self-confidence and resilience and prevents misinformation through 'Googling'.	Y		
		Y	These short recordings are precise action oriented 2 - 3 minute recordings of the single titles. Designed to deliver information to users that either want quick answers or have a low attention span. They are action oriented with bullet point choices of action. Information is at the bare minimum to enable the listener to make informed decisions.	The same trusted information, advice and guidance (IAG) as main recording but delivered in a "what can I do now" format as a shorter version.	Y		
	Y	Y	Get your pupils playing our games 'Gridler', 'Face Chase' and 'Pip Hop' and you will be helping them to improve their positivity as well as lowering their stress levels.	Games are based around Cognitive Bias Modification (CBM), shown to improve; positivity, focus and wellbeing in as little as ten minutes playing time three times a week. The Zumos games room approach really can get your pupils more positive as well as helping to reduce stress, anxiety and depression for your whole school population.	Y		
	Y	Y	CAMHS approved assessment tools: that measure levels of depression, wellbeing, resilience and self-confidence; repeated quarterly they allow trends to be identified and acted upon. The more pupils you have completing each Power Quiz the better, this really does give greater robustness to your results. So the more pupils that are logged into and encouraged to use Zumos the better.	Wellbeing: Warwick-Edinburgh Mental Well-being Scale (WEMWBS) Depression: Adolescent Wellbeing Scale (Birlson) Self-Confidence: Hare Area-Specific Self-Esteem Scale Resilience: Child and Youth Resilience Measure (CYRM 28)	Y		
		Y	Pupils in your school may experience or witness episodes of bullying, abuse, hate crime and self-harm or they may have health related concerns. All of these can lead to poor wellbeing, feelings of isolation and low performance. SpeakOut is your new way for your pupils to tell you about when these important things are affecting them or someone else.	With speakOut not only can students send a message safely and anonymously, you can reply delivering emotional first aid, reassuring them or moving them towards support and, if required, disclosure and safeguarding. With speakOut you are able to build up a picture of the big issues as they are unfolding as well as respond directly to those affected and mitigate them in real time.	Y	Y	
	Y	Y	How we view ourselves can have a big influence on how we perceive the world around us and how we view and interact with others. The 'How To Be Happy' audio recordings are designed to positively influence internal dialogue and so help to build and maintain emotional resilience. There is a different recording every day. We strongly recommend that they are played daily either during assembly or in tutor time. Each recording lasts about 2 mins.	Encourage positivity and positive internal dialogue. Builds resilience, wellbeing and self confidence. Builds strong character and develops strong coping strategies on a daily basis.	Y		
	Y	Y	Sometimes things and situations can become overwhelming. Pupils can get over excited, stressed, anxious or over emotional, so the Chill Room is the place to go to calm things down, relax and get control. It features a video wall where you can select to play videos of; space, nature, underwater, beaches, sunsets, flowers or gardens together with ambient music. There are also 'Chill' and 'How to be Happy' audio recordings.	The 'Chill Room" is all about how to relax, breathe properly and develop mindfulness skills, whilst the 'How To Be Happy' audio is about positively influencing internal dialogue and developing emotional resilience: calmness, relaxation, focus, mindfulness, reflection, reduction in stress and anxiety.	Y	Y	

Feature	KS1/ KS2	KS3/ KS4	Description	Benefit	Pupil	School	Region
	Y		Pupils in your school may experience or witness episodes of bullying, abuse, hate crime and self-harm or they may have health related concerns. All of these can lead to poor wellbeing, feelings of isolation and low performance. Worry Box is your new way for your pupils to tell you about when these important things are affecting them or someone else.z	With Worry Box not only can students send a message safely, you can also reply, delivering emotional first aid, reassuring them or moving them towards support and, if required, disclosure and safeguarding. With Worry Box you are able to build up a picture of the big issues as they are unfolding as well as responding directly to those affected and mitigate them in real time.	Y	Y	★
	Y	Y	Life Book is a way pupils can record what they are happy about and what they are feeling in general. It uses a combination of icons, pictures, mood scales and limited text entry to allow a pupil to reflect on their day and what they are looking forward to tomorrow.	Reflecting on the day and being encouraged to think about what was positive about it and things to look forward to tomorrow are important. This builds over time to encourage a more positive and balanced view.	Y	Y	
	Y		This room gives pupils access to recordings and any support information. It also displays any trophies they may have won playing the Cognitive Bias Modification (CBM) games within the games room. The Tool Box gives access the recordings and support placed into it by a teacher. When a teacher places titles into a pupil's KS1 Tool Box it glows, letting a pupil know something new has been placed into their Tool Box. Pupils can customise the look of My Room, they can change colour of the walls, rug and blind.	The KS1 Tool Box glows, letting the pupil know something new has been placed into their Tool Box. Teacher access to Tool Box is via the teacher/school login process.	Y	Y	
		Y	From time to time issues can crop up within the school, such as; problems with bullying, self-harm, body image and eating disorders. Recognising the need to have safe, accurate information and support there are a number of pre-defined campaigns that can run. Simply select the campaign, set the start and end dates then click 'run' to make it live for your pupils.  Examples of available campaigns are: • Eating Disorders • Self-Harm Awareness • Childhood Obesity • Friendships • Suicide Prevention • Anti-Bullying • People with Disability	Each campaign has first step help recordings, links to helplines and nationally recognised websites as well as videos and information leaflet pdfs that can be downloaded and read.	Y	Y	
		Y	Every title is accompanied by approved web links, helplines, suggested reading material and books, video support and directions on what you as a school want your students to do.	Surrounding students with the right information, providing an end to end support system that prevents misinformation through Googling.	Y		
	★	Y	Be informed, motivated, inspired and have a laugh with the best videos - recommended by you or selected by us on Zumos' new klik video player!	Pupils will be more informed, motivated and inspired, seeing the world around them more clearly with a smile and a laugh while they discover more and more.	Y	Y	
		Y	While pupils are using and exploring Zumos the system scores what they are doing, it notices things like; • The number of times they have logged in • How often they have listened to How To Be Happy • Playing Mind Tap games for 10mins 3 times a week • How many Power Quizzes or About Me Quizzes that have been completed • How many titles they have listened to • How much Further Help they have looked at	Logging into and using Zumos has real benefits, the more they use it the more positive they will be and with Zumos Rewards that use and effort can be recognised. With the Zumos Rewards system they can win win win!  The system scores the things they are doing and 'attaches' this score to their Zumos Rewards Card, it then compares that reward score to everyone else's from your school and sends a message to you and the winning pupil. The pupil presents their winning Zumos Rewards Card so that the number can be compared to that generated by the rewards system, they can then claim their prize! Prizes are included in the project.	Y	Y	
	Y	Y	Daily personality quizzes that are both fun and informative.	They will test and probe your pupil's personality, helping them to learn about themselves, their personality and how they project themselves.	Y		

Feature	KS1/ KS2	KS3/ KS4	Description	Benefit	Pupil	School	Region
	Y	Y	<p>The statistics package gives people in positions of responsibility, together with anyone else involved in managing the care and wellbeing of your pupils, a real time, evidence based decision making process.</p> <p>Because the service is 'anonymous', then use is 'Fear Free' creating a user environment where your pupils are free to explore, discover, learn and listen to the things that they find important to them as individuals, some of it will be deeply personal.</p> <p>This gives rise to highly valid pupil data, free from bias. However, whilst the secondary service is anonymous you will know; school year, gender, what they are exploring and when the activities are taking place. KS1/2 is not anonymous and is based around teacher support.</p> <p>This is significant real time demographic and pupil activity data collection, effectively your pupils will be giving you constant feedback on what matters to them and therefore what the big issues are, all without having to administer surveys or asking them to complete questionnaires that they are unlikely to complete in an honest, consistent or statistically meaningful way.</p>	<p>Schools using our service are able to:</p> <ul style="list-style-type: none"> <li>• View trends highlighting areas of growing concern</li> <li>• Measure change by running the CAMHS approved evaluations in months 1, 4, 8 and 12 of the project</li> <li>• Measure outcomes of targeted interventions.</li> </ul> <p>Measurements can be tracked across:</p> <ul style="list-style-type: none"> <li>• interest clusters</li> <li>• school years</li> <li>• age/gender groupings</li> <li>• entire populations</li> <li>• evidence based indicators of change,</li> <li>• provide feedback to keep interventions on track</li> </ul> <p>Our easy to use administration area of Zumos allows you to simply view on a dashboard the number of students accessing each topic, if they clicked through to further help, how many individuals accessed titles once, twice, three times or more, whether or not they clicked through to further help and which school year and what gender they are.</p>		Y	Y
	Y	Y	<p>You can monitor your wellbeing progress step by step and day by day with life tracker. You can monitor your power quiz evaluations as you improve your score by following the guidelines on Zumos, as well as monitoring your mindfulness practice, how to be happy, games and other feature usage, along with prompting for under used tools. The aim is to reach resilience on our points scale each day by carrying out specific activities and ultimately measurably improving your mental wellbeing.</p>	<p>Monitoring personal usage and progress is empowering and motivating. Having an understanding of your starting point as measured through recognized evaluations and being guided on the steps needed to improve that score delivers a unique opportunity for self-empowerment and control.</p>	Y	Y	Y
	N	Y	<p>Our 28 day courses work in the same way as our How to be Happy recordings, but over 28 days instead of the entire year. Each course delivers a deeper understanding on a specific subject that expands beyond our single recording titles. Each day has a different task that can be practiced throughout the day to slowly build the techniques needed to address the issue.</p>	<p>Anxiety, depression, anger etc. are just a few of the issues many of us battle with on a daily basis. Working on the evidence that it takes 21 days to form a habit, these courses are designed to build good habits and to reduce or eliminate learned behaviour or responses, by creating and strengthening new neural pathways.</p>	Y	N	N



*"Zumos offers IAG (information advice and guidance) from an holistic perspective much more detailed and far more advanced than normal IAG services"*

OFSTED

*"I do now have a student that has told me that they used it when they were feeling very, very low and that it stopped them attempting suicide. I don't really think it needs a bigger endorsement than that."*

Jo Mersey - Assistant Headteacher - Milton Cross Academy

*"I can see such huge benefit in this programme and am excited to get started. On first view the pages I have seen today are clear and look inviting, whilst being pitched at an appropriate level... The CBM approach is fascinating and looks to be very powerful!! Here's to the next step!"*

Class Teacher, SENCO - Charles Kingsley's CE (VA) Primary School

*"I was really impressed with Zumos and its approach to children and young people's emotional health and wellbeing. It is a pragmatic way to enable individual young people to empower and educate themselves at the same time which can actually prevent minor issues escalating, in my view personal view as an RN and HV this is a 21st century tool which C&YP would understand and really utilise"*

Linda Edward - Senior Public Health Commissioner - Children & Young People

*"Zumos. A one stop shop for school leaders to assess the health and wellbeing of pupils without them really realising it. Useful data to put in front of Ofsted as evidence of how well you know your school population and what you can do about it."*

Head of Enterprise and Personal Development Learning, Springfield Secondary School

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