

17th April 2020



Dear Parents/Carers,

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

During this very difficult time where everyone is expected to spend long periods of time stuck at home, it is even more vital that we take care of our child's mental wellbeing as well as our own. Therefore, we wanted to reach out and offer this additional support to all, whilst they are at home.

This new **70 day Lockdown Wellbeing Programme** is available for staff, students and parents alike. There is no subscription or sign-up necessary, simply follow the link below and start accessing the resources. They include Mindfulness activities, How to be Happy recordings, resources to gain new skills and challenge yourself, as well as lots of expert written content helping you manage relationships and other aspects of life. This support is available to everyone whether Zumos users or not so please feel free to share with friends and family. It is a great thing to work on together, or as a family. The messages are very powerful, we know our teachers love to hear them too. If you like, you can discuss the recordings and ensure the messages have been understood.

This national 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 to our students and their families as we can.

<https://www.zumos.co.uk/Wellbeing.aspx>

Kind Regards,

Deborah East.

Deputy Head



Headteacher: Dr D Craddock PhD MA BSc (Hons) NPQH
Deputy Headteacher: Mrs D East BSc (Hons) PGCE SENDCo
Assistant Headteacher Mrs C Watkins BSc(Hons) PGCE

West Moors Middle School
Heathfield Way, West Moors
Ferndown, Dorset, BH22 0DA

Telephone: 01202 872474
Email: office@westmoorsmid.dorset.sch.uk
www.westmoorsmid.dorset.sch.uk