

# DANE ROYD SCHOOL

#### <u>Thank you!</u>

A huge thank you to everyone who was able to contribute to our Harvest collection! The CGCC were extremely grateful for our generous collection and all donations will help to support local families in need.

Thank you !

#### Light-up Wakefield!

From **17-19** November, Light Up Wakefield will delight visitors with 3 days of light installations, craft activities, Christmas Craft & Gift Market, street entertainment and more.

For timings and the Light-up trail, follow the QR code.



November 2023 – Well-being/Safeguarding Newsletter

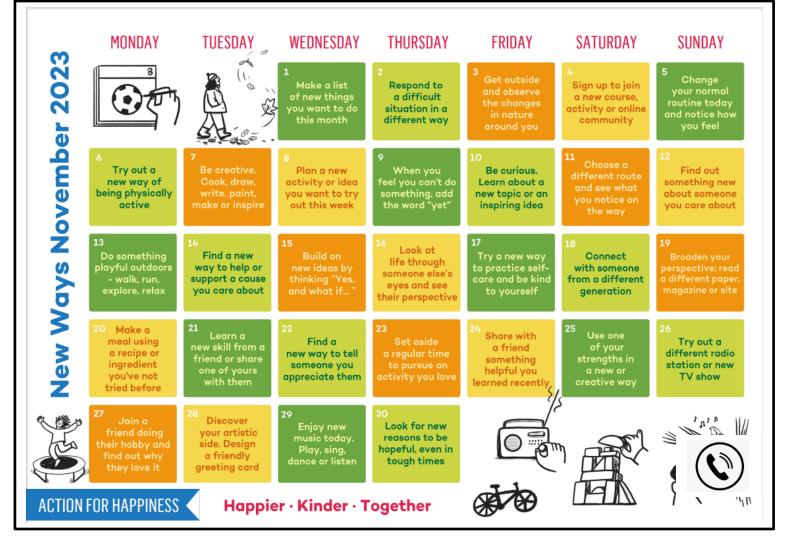
#### Salt-dough Fingerprint Ornaments

Home-made presents are a thoughtful way to show someone how much they mean to you at Christmastime. Why not try these simple saltdough fingerprint baubles as a lovely keep-sake?

#### You will need:

- Salt dough and flour
- Rolling pin
- Christmas tree cutter
- Colourful paint and a black pen
- String or ribbon





### <u> Digital Therapeutic Tool – Lumi Nova</u>

We are delighted to share with you a new NHS funded service designed to support young people aged 7-12 who are experiencing worries or anxieties; Lumi Nova.

## What is Lumi Nova?

Lumi Nova is an intergalactic adventure game to support young people to fight fears & manage worries. Whilst exploring planets, customising characters and earning treasure your child breaks their fears and worries down into manageable steps, learning life-long skills and building resilience.

Watch the short informative video for more information



# <u>Who can use Lumi Nova?</u>

Lumi Nova is created for 7 - 12 year olds (school years 3 - 7) who are having difficulties with fears, worries, anxiety related to social situations, separation or phobias. Lumi Nova is ideal for children who may:

- lack confidence to try new things
- seem unable to face simple everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts have negative thoughts about what's going to happen
- be avoiding everyday activities, eg. going to school, seeing friends
- become irritable, tearful or clingy Lumi Nova is not suitable for children in crisis, with more complex needs or disabilities preventing them from using a mobile device.

We would recommend neurodiverse children use the game alongside a professional.

# <u>Is Lumi Nova safe?</u>

Designed by BFB Labs, Lumi Nova was developed with NHS clinicians and leading academics at the Anxiety & Depression in Young People Clinic based at the University of Reading. It is based on Cognitive Behaviour Therapy which is proven to be a highly effective treatment. Lumi Nova is CE marked and registered with the MHRA. It adheres to strict standards of clinical safety and cyber security. Lumi Nova is recommended by NICE (National Institute for Health & Care Excellence).

# How do I access Lumi Nova for my child?

Accessing Lumi Nova is quick and easy and doesn't require assessments or lengthy forms. Lumi Nova is free to download from the Apple and Google Play Stores and is compatible with iPhones, iPads and most Android smartphones and tablets. Use the link below to register and receive a Game Key to activate Lumi Nova. You will receive an SMS message that will guide you through getting started.

