



Bellenden Primary School

Executive Headteacher: Mr Gregory Doey

Head Of School: Mrs Julie Ireland

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Dewar Street,

Peckham,

London

SE15 4JP

Wednesday, 18 December 2019

Dear parents and guardians of **Year 3,4,5 & 6 Pupils**

You and your child have an exciting opportunity through our school to be an early user of Lumi Nova: Tales of Courage. Our school has chosen to participate in a pilot study for this product, and we want to invite you to join us.

About the game

Lumi Nova is an engaging immersive mobile game created by BfB Labs, a London-based social enterprise. Its development has been backed by the NHS to help young people build confidence and learn to cope with feeling worried.

Game play involves you and your your child selecting goals dealing with anxiety or phobias, and completing small challenges that help them slowly build up courage and learn to face their fears. Some of these challenges happen in the game, like drawing or watching videos. Other challenges will happen outside the game, where you'll help them as they take on these tasks. The game automatically concludes each session after about 30 minutes of play.

What participating in the study will involve

Your young person will have full access to play Lumi Nova at no cost to you, but you'll need to be involved at a few key points:

- Complete three surveys about your child's anxiety, before during, and after the game.
- Download the game on a device for your young person to use
- Choose goals for your young person
- Support your young person in real-life challenges
- Encourage your young person to keep playing the game

What will I need ?

Any iphone, ipad or android phone or tablet, and access to the Apple apps or Google Play store

When is this happening?

TEL: 020 7732 7107

FAX: 020 7732 1351

Email: office@bellenden.southwark.sch.uk

www.bellenden.southwark.sch.uk

Game play will start from 10th January 2020. If you've signed up, you'll receive a text message with the game key you need to start playing the game. Your child will play for around 8 weeks, until 9th March. There's a final questionnaire to complete in June, and a final celebration party for everyone who completed the study.

Ann Marie Gittens-Obika
Inclusion Manager