



Summary 2015/16

Impact of Promoting Alternative Thinking Strategies (PATHS) on the social and emotional competencies of primary aged children in Norfolk

Promoting Alternative Thinking Strategies (PATHS) is a whole school evidence based early intervention-prevention programme that aims to enhance the social competence and social understanding of children (aged 5 – 11years) and to facilitate educational processes in the classroom.

This report relates to the period Sept 2015 – June 2016 and them impact on pupils from 15 schools. (1930 pupils and 506 pupils who receive Pupil Premium funding)

Impact of PATHS on all children within 10 months

- 21.3% to 33% improvements in **Social and Emotional Competence**
- 20.4% to 25.7% improvement in **Pro-Social Skills**
- 17.4% improvement in **Concentration and Attention**

Impact of PATHS on pupils receiving Pupil Premium funding within 10 months

- 20.6% to 36.3%. improvements in **Social and Emotional Competence**
- 21.9 % to 30.4% improvement in **Pro-Social Skills**
- 19.4 improvement in **Concentration and Attention**

What children said..

“Being PATHS Pupil makes me feel not quite so ordinary.”

“I like ...compliments - because they make you feel good about yourself.”

“The traffic lights gives you steps to calm down and helps you solve a problem independently “

“The pictures on the shed show me how to behave and when I have problems with my friends I sort them out quickly.”

“When mummy gets cross with me I do ‘Turtle’ and mummy does too and we calm down.”

Views from school staff

“Children find it easier to discuss their feelings and have developed better communication skills as a result. “

“I do love PATHS Pupil – it is a nice way to start the day on a positive note.”

“A lot of parents have been told how to do ‘Turtle’ by their children when they have been angry or upset themselves. So powerful!”

Really supportive in sorting out problems and falling out in the playground.”

Responses from parents and carers

“Definitely boosted self-esteem and confidence. It’s a fantastic concept and works really well. I love it.”

“The PATHS Child of the Day is really positive and my child is so pleased and proud of the compliments. He likes to be given the extra responsibilities. ”

“We find Turtle helps open up discussions about why he is upset.”

“There has been a very positive impact for my daughter. I feel there have been subtle changes in the way she thinks things through and uses logic to overcome her worries. She feels supported not alienated.”

“My child was feeling upset but by being PATHS Pupil of the Day made her realise that she was well loved!”

Comments from Ofsted

“A programme to develop pupils’ social and emotional skills has led to a growth in their confidence and ability to understand and express their feelings. As a result, their attitudes to learning have improved.”

By autumn 2016 PATHS will be delivered in 105 schools across Norfolk supporting approximately 15,000 primary aged pupils.

For a full copy of the report please contact: anna.sims1@nhs.net

