



## **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 their 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](mailto:anna.sims1@nhs.net)**

