

PATHS TO SUCCESS

SCHOOL NEWSLETTER WINTER TERM 2012/13

Dear colleagues,

Welcome to the second edition of the Paths to Success newsletter. We would like to thank you all - and in particular the Year 3 teachers and pupils - for your cooperation with the research visits that took place before Christmas. These were incredibly successful and we have a vast amount of data to begin exploring.

With best wishes

The PATHS to Success Research Team



PATHS Fact: There are over 2,600 children taking part in PATHS lessons across our 23 PATHS to Success schools!



Update from your PATHS psychologists

After a very successful training session in January, we would like to share some of the good ideas generated for during the sessions, in particular for promoting strategies for calming down, making use of the feelings face cards and dictionaries, and how to keep the PATHS Pupil of the Day fresh. Full details are available on the 'Resources' page of the PATHS to Success website (www.pathstosuccess.info) or from your PATHS psychologist.

Kirsty, Craig and Emma



PATHS Pupil of the Day

Make the Pupil of the Day feel special and give them special privileges. For example:

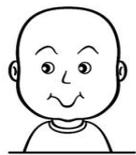
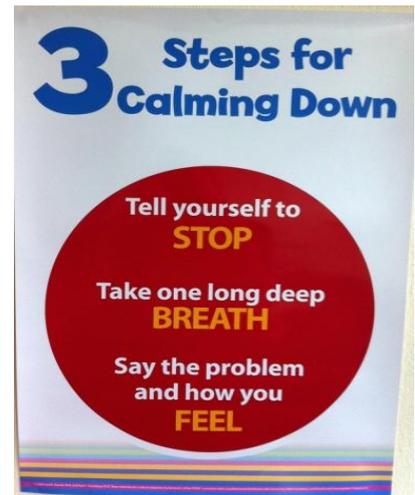
- Have a special chair, fleece, throw or cushion on their chair to make it feel extra special.
- Allow a choice of rewards for the chosen pupil of the day
- Change the type of rewards the pupil of the day gets on each turn.
- Ask the class to decide what the pupil of the day should get to make them feel special for the day. This gives the pupils a feeling of ownership and lets their voice be heard.

Thank you to **Mauldeth Road Primary School** for allowing us to use photos of their PATHS Pupil of the Day chairs!



Schools in focus – Involving parents in PATHS

Stamford Park Primary School held a PATHS Parents' Information Session in October. The school's PATHS psychologist was invited to deliver a presentation about PATHS and the PATHS to Success study. Parents were then given the opportunity to ask questions and have a look through the programme resources. Attendance was good at the event and parents asked lots of interesting questions about how they could reinforce the use of PATHS strategies at home. Parents also shared their own experiences and were particularly positive about having the opportunity to read, and add to, their child's Compliment Sheet when it was sent home.



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Mad or Angry

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Excited

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Excited

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St. Augustine's CE Primary School have run Family SEAL workshops for several years, so in November they invited their PATHS psychologist to help them run a PATHS workshop for the parents and children in Years 3 to 5. Following a short presentation about PATHS, parents and their children had fun working together in pairs to: complete an 'emotions' quiz based on the pictures from the Jump Start lessons; ice 'feelings faces' onto biscuits; play a 'feelings face' matching-pairs game; create their own extended yellow-light of what they would do if they were angry at home; and read books or play games with a social and emotional learning theme.

Highfield Primary School and **Gee Cross Holy Trinity Primary School** both invited their PATHS psychologist to set up a PATHS stand which parents could visit during the school's Parents' Evening in November. Many parents stopped to find out more about PATHS and teachers also directed parents to the stand after they had spoken to them. Parents were given the opportunity to have a chat about the programme, ask questions and look through the PATHS materials - information leaflets were provided to parents who did not have much time to stop and chat. It was interesting to hear parents' experiences of PATHS in the home already and many parents commented what a positive experience Pupil of the Day had been for their child.

Please contact your PATHS psychologist if you would like to arrange a PATHS parent engagement opportunity of the kind described in this newsletter.

As part of their South African themed-week in January, **Haveley Hey Primary School** invited their PATHS psychologist to join the parents and children of one of their Year 3 classes for an art event to give the parents an opportunity to find out about PATHS in an informal setting. The PATHS psychologist and the children gave a brief introduction to the key concepts and then the parents and children competed in pairs in an 'emotions' quiz. After this the parents had the opportunity to ask the PATHS psychologist any questions whilst the children carried on with the art session, producing some lovely African landscapes.

Evaluation update

After successful research visits to the Year 3 classes, Alex will be contacting schools soon to arrange visits to the Year 4 classes. These are scheduled to take place before the Easter break.