



Summary: Impact of PATHS on Children in Norfolk 2014/15

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 and to facilitate educational processes in the classroom.

This report relates to the progress of 1947 pupils (aged 5 – 11years) from 15 schools over a 10 month period (Sept 2014 – June 2015).

By October 2015 PATHS will be delivered in 86 schools across Norfolk supporting approximately 14,800 pupils.

Impact of PATHS within 10 months

- 17.6% to 22% improvements in **Social and Emotional Competence**
- 14.3 % to 20.5% improvement in **Pro-Social Skills**
- 12.8% improvement in **Concentration and Attention**

What children think..

"You can talk about things that you would not normally share, like your feelings and you can get praise about yourself. Makes you feel really good about yourself and makes you feel like you are not useless."

"I get upset but without PATHS I wouldn't tell anyone about it. I would keep it inside."

"I enjoyed sorting out problems on the playground because it is helping me with friendship."

Views from school staff

"Pupils and staff respond to the positive environment created using the PATHS ethos."

"Problem solving strategies have made children more independent."

"A really positive and proactive approach to managing and challenging behaviour. Less time is now spent in class 'dealing' with difficult behaviour that follows play/lunchtimes."

"Hope that next year we will continue to embed and consolidate the approach."

Responses from parents and carers

"Since starting school my child has been much more able to discuss her feelings and has realised that she needs to think before acting."

"My daughter's confidence has significantly increased."

"My child has used 'Turtle' to control an upset and has also asked me to use this when I have felt angry or upset."

Comments from Ofsted

"Pupils look forward to being 'pupil of the day'... the school gives strong emphasis to raising self-esteem through praise and encouragement."

"A .. programme of sessions is provided to help pupils understand how their behaviour impacts on others and how to 'read' other people's reactions. This helps them to develop life skills."

"One of the strengths of the teaching is the way teachers try to raise pupils' aspirations and to develop their thinking about learning through their emotional development."

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