

# PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

We are delighted that our school is a PATHS Model School and that PATHS is taught in all classes from Nursery right through to Year 7. The PATHS programme involves lots of fun activities dealing with important issues such as Feelings, Behaviours, Solving Problems, Making Friends and Self-Esteem. It links directly with our Personal Development and Mutual Understanding curriculum and aims to help children develop the fundamental skills needed for life. From time to time your child will have fun home activities to complete relating to the programme. Get involved! Ask your child in the coming weeks about our fantastic PATHS programme and help prepare them with the essential skills they need for their life ahead. There will be an inspirational PATHS quote each month in our newsletter highlighting key PATHS ideas.

Check out September's quote...

## PATHS Quote of the Month September

"Wouldn't it be a wonderful world if everyone followed the Golden Rule? Let's show the world how to do it by treating others the way we want to be treated. "

