

# PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

## PATHS Quote of the Month May

Good manners are GOOD for you! They are easy to demonstrate and almost always come with a smile. So, remember to be polite, say please, thank you, you're welcome, hold open a door, help tidy up, even if you did not make the mess. Send out your good manners into the world today, they are like little boomerangs, when you send them out with good intentions, they nearly always come back the same way.

