

# PATHS Programme in St. Catherine's



(Promoting Alternative Thinking Strategies)

## PATHS Quote of the Month September

We are delighted to be part of the PATHS programme in St. Catherine's Primary School and that PATHS is taught in all classes from Nursery to Year 6. The PATHS programme involves lots of fun activities dealing with emotions, 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...Resilience is the key.....**

