



Sacred Heart Catholic Primary School



Executive Headteacher: Aidan McGovern

5th January 2021

Dear Parents and Carers

Today we begin the PATHS Programme. We will have PATHS lessons twice a week and during this time we will cover many topics including:

- Friendship
- How to recognise and understand feelings
- How to use and improve thinking skills
- Various ways to solve problems etc.

We would like to ask for your assistance in helping your child complete a Home Activity. These tasks are not time consuming but fun and meaningful and reinforce previous learning.

In our first lesson yesterday, we developed a set of classroom rules. As a Home Activity, your child has been asked to develop a short list of rules they are supposed to follow at home. We would also like you to tell your child some of the rules you were supposed to follow when you were their age!

We will be running an information session for you to learn how PATHS can support you and your child, later in the term. Meanwhile, if you have any questions regarding the programme or lessons, please do not hesitate to ask.

There is also a pupil of the day compliment sheet that the child/pupil will receive when it is their turn. Please would you add your own compliment to this.

Thank you for your time and support.

Yours sincerely

Irene Henden