

NEWSLETTER

The Benefits of Complimenting

Spring 2016

What another busy start to the school year! September kicked us off to a flying start with numerous teacher training days, the coaches did a superb job organising, planning and preparing for delivery of these events. We have been really pleased with the positive feedback received from teachers as a result of attending these days, thank you! Coaches have also been busy supporting schools with the development of a whole school approach to PATHS® and generalising beyond the classroom with the delivery of Additional Staff Training, PATHS® Pals Training and Parent Sessions. We are really pleased to see PATHS® being fully embedded into the life and culture of a number of the schools we are working hard to support.

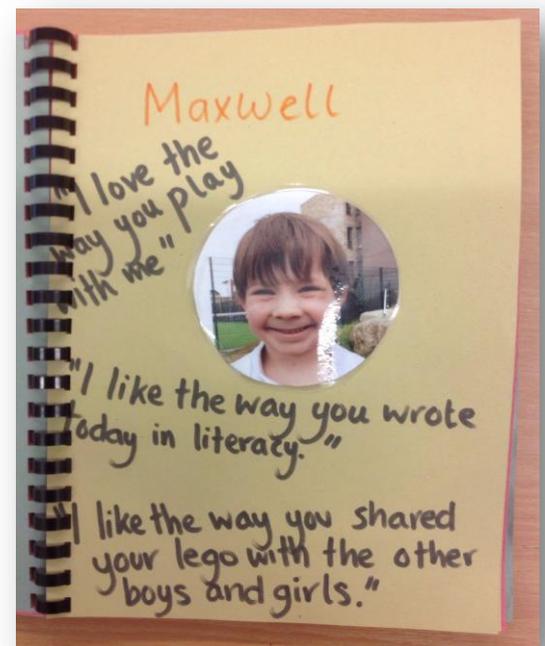
Evidence of pupil engagement and successful implementation of PATHS® continues to be collected in schools. We are overwhelmed with many great stories and photographs of all the hard work which is being completed and the impact it is having on pupils, teachers and whole school environments.

Don't forget to visit our website www.pathseducation.co.uk and our Facebook and Twitter pages PATHSEdUK.

Pupil of the Day (POTD) and complimenting will always be one of the highlights of the PATHS® programme, but why? **What is it about complimenting that we enjoy so much?** Throughout this newsletter we will be exploring the theme of 'The Benefits of Complimenting' and sharing good news stories of the impact complimenting is having on children and adults in the schools we are working in. For those who are finding the process repetitive and are lacking in motivation we will look at ways in which the process can be refreshed.

But firstly, **why do we spend so much time promoting, encouraging and modelling complimenting?**

As explained in the introductory pages of the PATHS® teaching manuals, the receiving of compliments develops self-esteem, as well as a realistic view of one's abilities to do things successfully (self-confidence). Self-esteem and self-confidence are both important for healthy maturation, as well as for social competence and later academic achievement. The development of self-esteem and self-confidence requires repetitive experiences of a positive and realistic nature, hence why we conduct POTD daily. Frequent complimenting also enhances group cohesion, cooperation and belongingness, which are critical for pro-social development. The process of POTD can significantly impact the process of building group attachment within the classroom.



"There is more hunger for love and appreciation in this world than for bread."
Mother Teresa

WHY COMPLIMENT?

* It feels good!

*It's **fun** and **free**!

***Behaviour** that gets rewarded gets repeated.

*They are a good **conversation starter**.

*Sincere compliments help to build **trust** and **friendship**.

*They help to **burn calories** (if they produce a smile that is!)

*They can **change** the way a person feels about themselves.

*They help us to **value** those around us.

*They give us an opportunity to speak **goodness** into a person.

*They urge people onto achieving their **goals**.

*They are **motivating**.

*It's a tool that can be used to offer **emotional support** to others.

*Sincere compliments can have a **life long lasting impact** on the way a person sees / values themselves.

*Some people have **never received a compliment**.

WHY NOT?

Top Tips for Quick and Successful Complimenting

- 1) **Be organised** – have you photocopied a set of complimenting slips with the letter to go home on the back?
- 2) **Make it unique, fun and engaging** – do you have a special chair/pillow/throne that the POTD can sit on?
- 3) **Model** – are you modelling the first compliment, using the type of language, sentence structure you would expect from your pupils?
- 4) **Peers** – is the POTD selecting two peers to give them a compliment, are they following your example and 'up levelling' their compliment if they are able to?
- 5) **Self-reflection** – is the POTD complimenting themselves, are they being supported as necessary with this?
- 6) **Home links** – is the compliment list being sent home so that the POTD can collect further compliments?
- 7) **Celebration** – do you have a special book/display/washing line which you use to celebrate the compliments the children have received?
- 8) **Delegate** – if your pupils are old enough, have you made it their responsibility to make sure complimenting takes place daily, are they scribing for example?



This POTD display in Year 2 at St Saviours Primary School is one that is used and appreciated daily. The children love seeing their photos on the wall and are well supported in their complimenting process with key words which are posted around the edge.

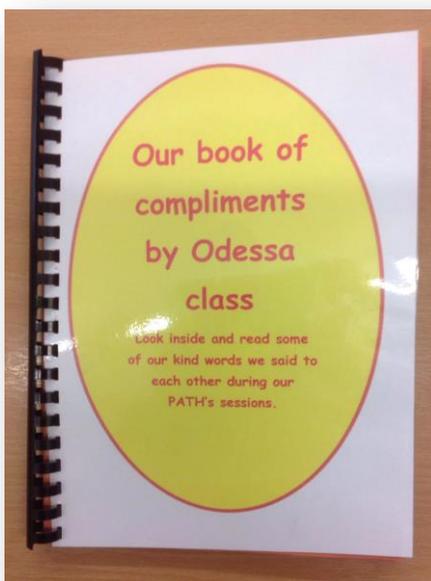
Q - How have you managed to make the POTD process unique to your class?

Q - What creative elements have you added which add excitement to the process for the children?

Q – Are there ways in which you can add visual support to help children with 'up levelling' their compliments?

Keeping POTD Fresh, Exciting and Unique to your Classroom

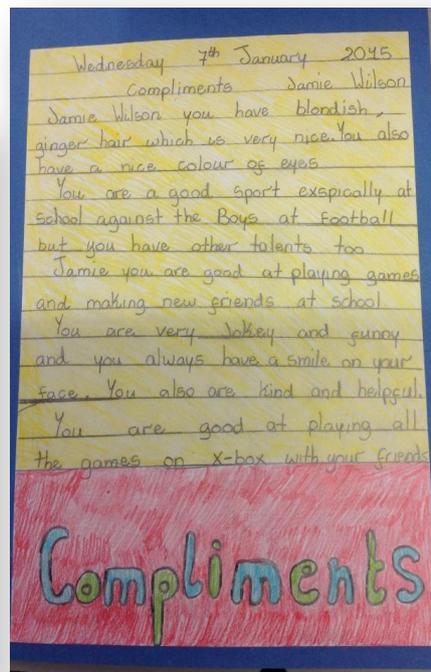
Lots of teachers have explained how much the children love giving and receiving compliments and how this has helped to foster a really positive and supportive atmosphere in class. Coaches have seen some wonderful examples of complimenting in practise, and this book from Odessa at Redriff Primary School is one such example.



Move Over Secret Santa ... We Now Have Secret Compliments!

P6 Teacher from St Mary's Primary School wanted to kick start the Pupil of the Day concept with a fresh approach. So on discussing this with his class they came up with the idea of using the idea of 'Secret Santa' but instead of presents they would write compliments for the chosen pupil, hence 'Secret Compliments.' The pupils each chose a name from the named lollipop sticks and for homework that night they wrote compliments for this person. The next day they stuck the compliment sheet into a scrap book. This was a lovely experience for the children, beams of

The class teacher reported that the children love looking back at the compliments that they received and parents enjoyed flicking through it when they came in for parents' evening.



happiness and excitement could be observed from all pupils in the room, just like that of Secret Santa but what a gift this was! For a peer to take the time to write compliments about you just speaks volumes on the ethos of this class and the commitment to PATHS® from the teacher.

As well as Pupil of the Day developing self-esteem it has also allowed the pupils to build a positive ethos in their classroom.

"Stacey is very good at art. She can colour in very neatly, paint very well and draw really good. She knows exactly what colour to use and where to use it."

"A compliment can impact you for the rest of your life."
P6 Pupil

"I had a report from a parent, who in the past has had a challenging relationship with the school, she was thrilled to read the compliments about her son which were sent home"
Principal

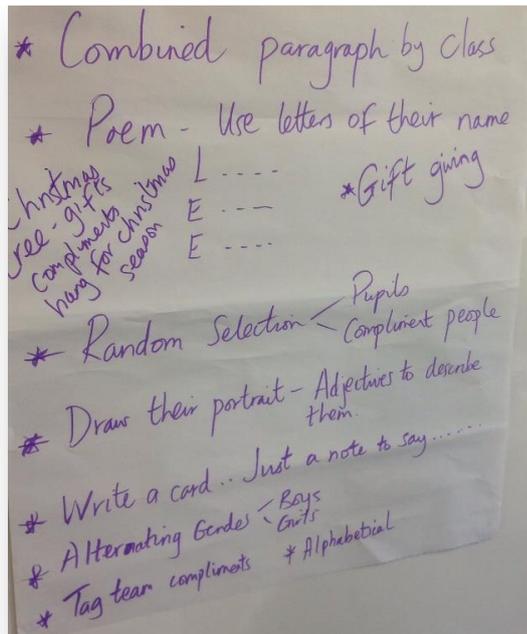
"The pupils never let me forget at the end of the day to give the compliments to the Pupil of the Day!" Teacher

"It only takes five to ten minutes, so it is easy to fit in."

Teacher

For one teacher POTD was becoming a jaded process and he was feeling unenthusiastic about it. He had a class **problem solving meeting** and as a result two volunteers took ownership of the process. Their roles included; printing off pictures of the pupils, alternating the POTD choosing a boy then girl etc, putting the compliment sheet up during the day to which compliments get added. It then goes home for the family to add to it, the POTD returns it and the teacher adds his comment. This is then added to a wonderful display on the wall. The teacher explained that the children are very proud to have a lasting look at what is said to them and that he is pleased with the new, fresh approach of POTD in his class.

Another teacher also felt the need to refresh POTD and make the process more meaningful, as the class were entering their second cycle of complimenting. She decided to hold a **class problem solving meeting**. It was a most enthusiastic group of P6 pupils who came up with the solutions in the photograph adjacent.



The best way to liven up the process of complimenting in your classroom is to **get creative**. Think about ways in which you would appreciate being celebrated and incorporate them into the process, remember complimenting is not just for the children but the adults too! Below are a just few ideas. If you come up with anything super exciting take a photo and share it on our Facebook/Twitter pages: PATHSEdUK.

- Create **acrostic compliment poems** for the POTD
- Start the process with a short **beat/spoken word** created by the class
- Ask the class to **redesign the compliment sheet**
- Complete a cycle of **secret complimenting**
- Create a word bank of **adjectives** to be used during complimenting
- Make use of the class **thesaurus**
- Complete **Post It note** compliments
- Complete **sticker compliments** and attach them to your POTD to wear all day
- Compliment characters in **books** to help with generalisation
- Have a **policy of complimenting** visitors when they enter the class
- Extend compliments with **'why' 'when' 'how'**
- Pass around an **envelope** with POTD's name on it and peers add in a compliment

If you were to hold a **problem solving meeting** what **solutions** would the pupils in your class come up with?

