

INVESTED WELLBEING IMPACT REPORT

2021-22

01



100% of school staff said they have seen improvement across:

- Classroom behaviour
- Learning environment/ focus
- Overall class energy
- Daily language/ Communication
- Peer respect
- How pupils enter school/ start the day
- Community spirit

78% of staff saw an improved impact in pupil's resilience and their ability to overcome Learning, Emotional and Social challenges.

02



03



70% of staff has seen a decrease in emotional outbursts in class after just 2 terms of using the Pit Stop Education Programme tools.

97% of staff can see their pupil's building a knowledge of how to emotionally regulate themselves effectively. Regularly seeing them using the tools independently as needed.

04



05



92% of staff said that the tools and ongoing support has positively impacted the whole school community and their personal teaching approach to the rest of their teaching careers.

62% of staff were initially sceptical upon joining the Pit Stop Programme...

Now **100%** of staff would recommend the Pit Stop Education Programme to other schools.

06



Staff voice

"My WOW moment is when young children have arrived sad and by the time we have done our first pit stop they are ready to join our carpet time."

"It gives me, as well as the children a moment to recentre."

"The methods are so simple to fit into daily life"

"Parents are sharing that they are seeing less outbursts at home "

" My wow moment is seeing a high profile child joining in every day!."

" I can see how these small changes are having big impacts."

"A calmer atmosphere is more easily achieved."

" I know now how to focus the children effectively"

"The impact on my classroom is that children respond to the Pit Stops and can come to attention in an instant".

"Children are asking for a pitstop independently when they need it"

"The team spirit when we all repeat words together and as a school we all feel part of community that we all share"

"As a teacher, it helps me to reset and re-focus along with the children"

"All the staff seem happier since we started this!"

"I NOW know that it is just as important to take pit stops for myself as the children"

"I love that I have a shared language and strategies as I teach through the school"

" My wow moment is seeing a child with anger management issues become calmer."

"I feel calmer and able to regulate myself more easily, which helps me be calmer as a teacher in class"

"High profile children and children unable to regulate their emotions for long periods of time, are calmer in shorter periods of time".

"My biggest 'WOW' moment in my classroom so far is how easily the children can come back from something potentially distressing using the techniques"

"I love seeing children using tapping to support their emotions without being prompted and when a child asked if we could do a pitstop so they could focus for their learning."

"The Pit Stop education is very positive in its impact on our classroom learning."

"The Pit Stops have helped consolidate a baseline for all staff to deal with challenging situations consistently. One voice, one plan"

"Love the whole school positive approach"

"Children using strategies more independently, breathing and telling themselves more positive comments. "