

Theta Group

The aim of the Theta Group at Eastcroft Park School is to support children who need longer term, more intensive intervention than is on offer from A Quiet Place® short term programmes, to access education.

Helen Davies and Kim Fulson, A quiet Place facilitators, explain how the Theta Group ran.

The Theta group consisted initially of 12 children and later 11 children of lower academic ability.

Each morning the children were given breakfast, sitting around a large table. They quickly adapted to the opportunity to have pleasant conversations with each other. Even those children who were traditionally quiet in a group situation eventually grew in confidence and contributed to the discussion. The adults tended to be very much in the background. Two children, appointed weekly as monitors, set the table and prepared the cereals and also cleared up and washed up.

After breakfast, the children received 10 minutes of either visualisation or massage followed by stretching and / or exercise to encourage focus to promote relaxation and general well being.

Immediately after lunch the group received 10 minutes of intervention of either visualisation or massage followed by stretching and / or exercise to encourage focus to promote relaxation and general well being.

After the SATS in May, the morning session was dropped, although the children continued to have breakfast. The session after lunch continued as it was deemed necessary to help the pupils refocus after what could be a disruptive lunch break. Prior to the end of the summer term, breakfast was discontinued in order to prepare the class for the "normality" of high school.

It was generally found that : 2 children who had always been compliant and willing to please, continued to do so. 2 children who had always found it very difficult to relax, continued to struggle with this, but by the end of the spring term, they had stopped disrupting the rest of the group during the class relaxation. The remainder of the children appeared to benefit and this was reflected in their SATS results but a small number seemed reluctant to take the opportunities offered to help themselves change their mood if they had been upset or annoyed or offended.

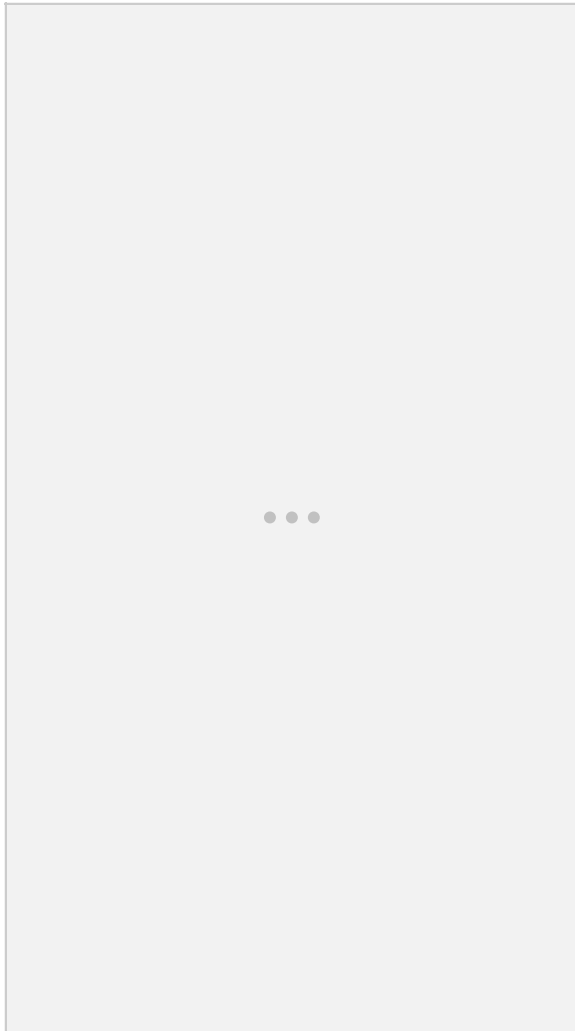
Feedback from the children was positive and they said that they looked forward to and preferred to have a massage each day. Some found the visualisations difficult to achieve. Two children regularly feel asleep during relaxation sessions.

Helen Davies

Kim Fumpson

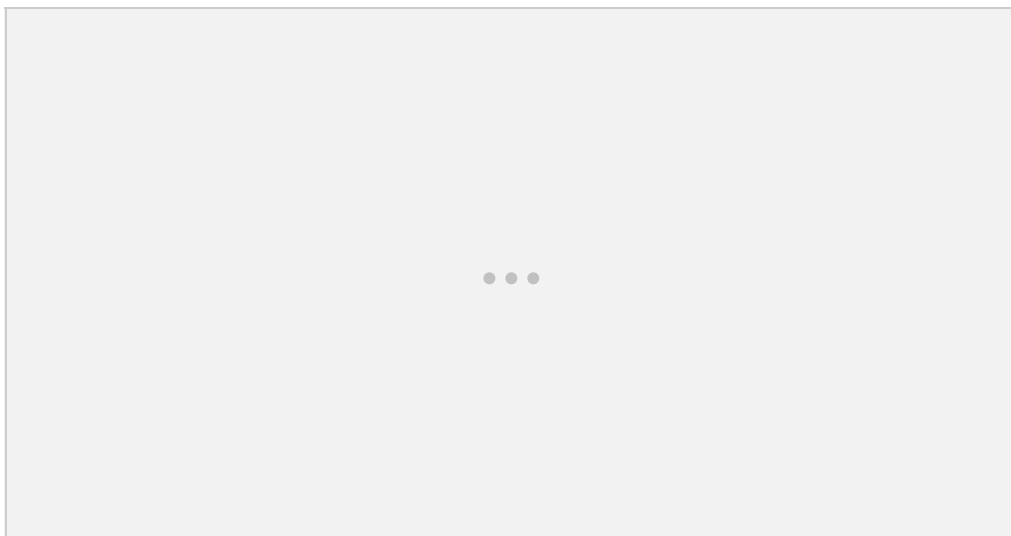
Academic Motivation

The recording for the Theta group cohort of 12/11 Y6 pupils was scored on a 1-4 rating with .5 increments, this was done each 6 week period.



Charts showing the progression for all subjects rated through the period recorded

Values are based on 12/11 pupils in the cohort



Findings

There was an 24% improvement in motivation over the 6 subjects rated

The individual subjects improved Reading (24%), Writing (30%), Maths (24%), Science (34%), Creativity (19%), Speaking & Listening(17%)

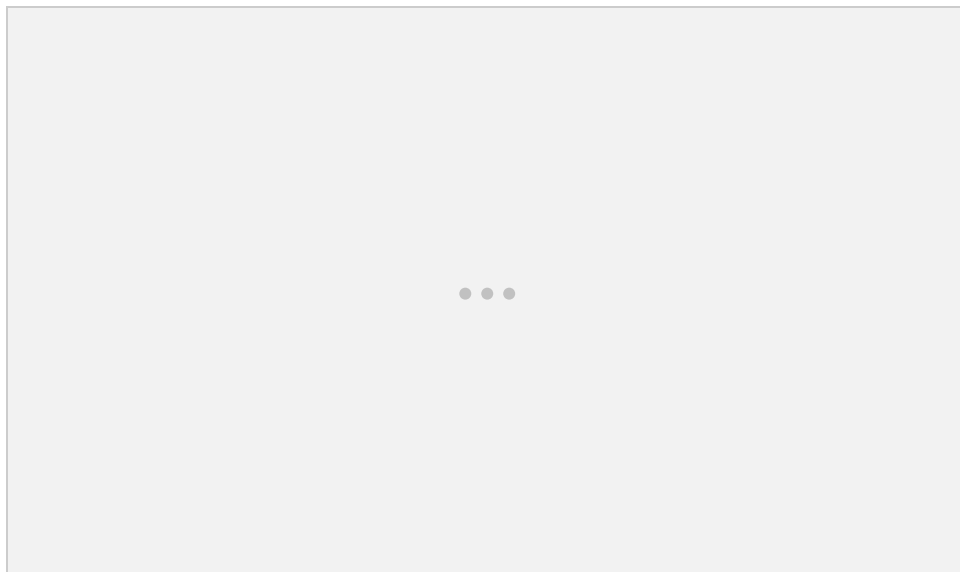
Unique Outcomes

The main value of these scores is to show the benefit of the programme on a long term basis.

The pupils' unique outcomes changed on a regular basis so they actually improved in six different areas.



**Stress
Levels**



Findings

The progress to begin with is limited but by the end of the programme they are showing a clear improvement.

There is a decline in the last 6-week block which coincided with the pupils SATs.

However this still showed an improvement from the starting point.

Pupil stress levels improved on average by 66% over the period recorded

End of Year Results

Comparison of the year tests for the Theta Group

	Y5 QCA 08				SA		
	Read Act	W Act	Math Act	Sci Act	R Act	W Act	Eng Act
Pupil 1	3C	2A	N	2A	3	3	3
Pupil 2	2A	2A	3C	3B	4	3	3
Pupil 3	3C	3B	3C	3A	5	3	4
Pupil 4	3C	2A	3C	3B	4	3	4
Pupil 5	N	3C	3C	3B	4	3	3
Pupil 6	3C	2A	3C	3C	4	3	4
Pupil 7	3B	2A	N	3B	4	3	3
Pupil 8	3A	3B	2A	3B	3	3	3
Pupil 9	N	3C	3C	2C	3	3	3
Pupil 10	N	N	3C	3B	2	2	2
Pupil 11	BELOW L3	BELOW L3	BELOW 3C	2	2	2	2

a - Working towards the next level
c - Just into that level

b - Secure at that level

Theta Group Year 5 QCA

Read Act	W Act	Math Act	Sci Act
Pupil 13C	2AN2A		
Pupil 22A	2A3C3B		
Pupil 3 3C	3B3C3A		
Pupil 43C	2A3C3B		
Pupil 5N	3C3C3B		
Pupil 63C	2A3C3C		
Pupil 7	3B	2AN3B	
Pupil 83A	3B2A3B		
Pupil 9N	3C		3C2C
Pupil 10N	N3C3B		
Pupil 11	BELOW L3	BELOW L3	BELOW 3C
			2