

# **Mithian School Pyramid Club**

## **Case Study**

Mithian School is a small school with just over 100 pupils. To give a balance to the Healthy Schools Plus Project at Mithian, it was decided that emotional wellbeing of pupils could be assisted by the introduction of a Pyramid Club. In the Summer Term 2010 the first Pyramid Club took place. It was staffed with one teaching assistant from Mithian and two volunteers (also both teaching assistants from a local secondary school).

Pyramid Club's aim is to raise the self-esteem of children who for various reasons may go unnoticed within the classroom, or who do not seem to interact with their peer group in the classroom and in the playground.

The club includes up to ten children and the selection procedure is following the guidelines set down by The Pyramid Club.

### **Who did you work with?**

It was decided that the children would be selected from Class 2, (year 3 and year 4) selecting a balance from both year groups. The teaching staff assessed the pupils using documentation from Pyramid Club. A shortlist was then made by the Head teacher, Mrs P Missions and the teaching assistant running the course. Eight children were selected and invitation letters were sent home, with an explanation of what the club involved. Seven children decided they would like to attend.

### **Activities**

Pyramid Club consists of 10 sessions after school once a week for an hour and a half. Each session began with a register for the children and adults to sign in. Then every session had a refreshment time at the start with a drink and an informal friendly group chat. Guidance from the children within the club was given to the adults as to the activities they would like to do. The majority of ideas were achievable. The ideas included a lot of cooking and baking and of course eating everything produced! The children created designs for a t-shirt each and then painted and produced their unique designs. Outdoor activities included a

lot of tennis, football and games. The final session was a celebration event and the group went bowling.

### **Outcomes**

All three adults running the Pyramid Club noticed the slow and steady progression of all the children socialising as a group. The noise volume definitely increased each week and all the conversations were positive social engagement.

### **Highs and Lows – Problems / Challenges**

The attendance of the children within the group was outstanding. Each and every session was thoroughly enjoyed by all the children and adults together.

One child declined the invitation. This did present a challenge of explaining the benefits of the club and trying to persuade the child and parent to drop in and visit, but unfortunately this didn't happen.

### **Comments or Feedback – children, parents, teachers**

#### **Children**

“I got to know my friends a bit better. It was fun, I liked football, cooking, making collages and tennis.”

“I liked pyramid club, it gave me time to talk to my friends and play with them.”

“I liked to talk to my friends. Bowling was the best!”

“I think it's a really good club because you get to make more friends.”

"I liked playing football with my friends, one day I might play for Manchester United. I enjoyed making pizza, smoothies and collages."

"It's a really good club, if anyone goes next year they will enjoy it."

"I really enjoyed decorating biscuits, making pizza, smoothies and sandwiches. I liked finding out new games and playing them and I liked the party."

## **Parents**

"My child enjoyed pyramid club and all the activities. She is more confident, it has helped a great deal."

"My daughter liked Pyramid club she liked making smoothies and cooking. She seems more confident and has created closer friendships with some children. She has enjoyed every session."

"Thank you, it's a well planned exciting group and I wish I could go! My daughter is more confident with other children and in school with adults."

"My son has been able to show his personality a bit more and grow in confidence with friends and teachers/adults. He has looked forward to every Monday, which is great for a parent to see. It would be great if it went on

throughout the year, if funds allowed, for the children lacking self esteem."

"This club has particularly increased my daughter's confidence because her usual friends didn't go. Thank you for giving her this opportunity."

### **Teaching Staff**

*"The children chosen for the Pyramid club were, before the club began, all very low profile within the classroom. They rarely put their hands up in a whole class, or even a small group situation. They did not often initiate conversation with the adults within the classroom and were extremely hesitant to try new activities if there was the possibility of failure.*

*By the end of the project the difference in the children was huge. They were much more high profile within the classroom and were volunteering answers in front of the class. They became much chattier with the class teacher on a social basis, and also more assertive with their peers. There was a great increase in their confidence."*

*Louise Doyle  
Class Teacher  
Autumn 2010*

### **Photos**



**Artefacts** – most evidence was eaten!!!