



Report for 2020-21



Boys Noise is a 10-week programme for boys struggling with social, emotional, behavioural or personal issues. It consists of small group HeartSense sessions, focussing on emotional education and an after-school club, focussing on team games, social skills and confidence building. This year due to the large amount children that were suffering from anxiety one school also asked us to work with girls.

- 161 children reached (27 of which were club only)
- 7 programmes delivered
- 5 primary schools

We collect data from the children, teachers and parents, unfortunately due to covid19 we were not able to have contact with the parents of the boys we worked with and we only received a couple of teachers' surveys which would not have given statistically viable information.

Area	Children Positive change	Children No change
Attitude towards learning	82%	13%
Respecting others	69%	28%
Listening	62%	36%
Handling negative situations	46%	36%
Confidence	79%	18%
Understanding and expressing emotions	72%	26%
Wellbeing	79%	21%
Behaviour at home	36%	44%
Behaviour at school	62%	23%

Quotes:

- *'It felt like we were actually being listened to'* (child)
- *'He has really benefitted from BN this term. He has a better sense of self-worth and his self esteem and confidence have improved. He has been able to manage his emotions in way that means he does not get so angry and defensive. He is more able to maintain his work and learning and less likely to be taken off-task. He has made great academic and personal progress since March 21 and has really matured.'* (teacher)
- *'I am very grateful for the input you have given to my daughter, the intervention sessions really helped as it was so important for her to have a space where she could show her feelings and in the last couple of weeks she has been able to come to terms with what's happening and she's a lot happier.'* (parent of child struggling with recent divorce)

Conclusion

At the start of this academic year we were unsure if the schools would want us in due to covid19 but with the large amount of issues that were raised from lockdown there were some of our schools that wanted us in straight away. We worked with a large number of children this year that were dealing with high levels of anxiety rather than any behavioural issues which has been a large part of what we have done in previous years this has been reflected in our data. We ended the year running HeartSense sessions in five schools with only one club. We are hoping that in the next academic year we will be running more clubs and be able to return to having more contact with the parents of the children we are working with.