



## Shine Time with Angela

Shine-Time is a therapeutic one on one session for children. When children have been experiencing difficulties in their lives these can impact on their ability to learn and thrive at school.

The rationale behind Shine-Time is to give them special and concentrated time where they can explore a variety of emotional issues and also find ways to deal with stresses in a safe and supportive individual setting.

Various research articles show the importance of children's emotional well being has such a profound effect on children's attainment in school and also their life long chances of happiness and success.

A study commissioned by the Department for Education found that a wide range of "stress factors" in the home resulted in a sharp dip in pupil performance at school.

The report revealed that exposure to parental divorce or constant arguing among mothers and fathers after the age of seven was closely associated with "lower educational attainment" at secondary level.

It also emerged that having large numbers of brothers and sisters, parents with poor literacy skills and being frequently disciplined in the home had a negative impact on results in primary school.

The conclusions - in a study by the University of London's Institute for Education - will fuel concerns over the effect of poor parenting on children's education."

Professor Layard and his colleagues at the Wellbeing research programme at the London School of Economics' Centre for Economic Performance conclude that a child's emotional health is far more important to their satisfaction levels as an adult than other factors, such as if they achieve academic success when young, or wealth when older. The authors explain that evaluating the quality of a child's emotional health is based on analysing a range of internal factors in a person's early life, including whether they endured unhappiness, sleeplessness, eating disorders, bedwetting, fearfulness or tiredness."

"Child interventions can produce massive savings to public finances but these are often at a much later date," the authors note. They conclude: "By far the most important predictor of adult life-satisfaction is emotional health, both in childhood and subsequently. We find that the intellectual performance of a child is the least important childhood predictor of life-satisfaction as an adult."