

School Expectations

Through applying the “7 Habits” each day, students will show **respect for self, respect for others, and respect for the environment.**

Habit #1- Be Proactive

- I will try my best
- I will celebrate my strengths
- I will ask for help when I need it
- I will do my work in class and I will do my homework
- I will ask for help calmly when I’m stuck or I’m not sure what to do
- I will keep my cubby and locker clean and organized
- I will be responsible for my own behaviour: I choose my actions and my attitude.
- I will use technology appropriately for school purposes only, and give credit to the sources I am using.

Habit #2- Begin With the End In Mind

- I know that my mistakes help me grow
- I look for ways to be a good citizen. (i.e.: I will not litter and I will pick up things off the ground even if they are not mine to keep our school clean).
- I set goals for myself and plan ahead.
- I will maintain a positive Jewish identity.

Habit #3- First Things First

- I will take care of my belongings and the belongings of my classmates
- I will walk in the halls of the school in order to keep myself and others safe
- I will take care of school equipment, materials and furniture
- I will follow safety rules including following protocol for fire drills
- I will manage my time and set priorities
- I will arrive to class on time and attend school regularly.
- I will talk quietly in the halls so I don’t disturb others who are working

Habit #4- Think Win - Win

- I will be kind, patient, and inclusive toward everyone
- I will greet others with welcoming words and a smile
- I will apologize and make amends if I treat someone badly
- I will understand that my teachers want the best for me and I will accept the opportunities they provide me, even when it feels hard
- I will treat others the way they want to be treated
- I will be polite by using please and thank you when others do nice things for me

- I will use my words and stay calm, even when I feel upset or feel that I've been wronged

Habit #5- Seek First to Understand

- I will listen so I know what to do
- I will accept the help and support from my teachers when I'm struggling
- I will listen to other points of view

Habit #6- Synergize

- I will accept feedback in order to learn
- I will hold the door open for others when I see others coming
- I will celebrate my strengths and the strengths of others
- I will work cooperatively with others
- I will solve differences through collaboration and discussion

Habit # 7- Sharpen the Saw

- I will eat nutritious foods
- I will get a good night's sleep
- I will stay balanced and spend time with friends and family
- I will practise self-care
- I will be kind and compassionate toward myself and others.
- I will learn and use tools to help self-regulate such as prayer, yoga, meditation, listening to music.
- I will have positive energy and spirit throughout my day (**Ruach** - North Star alert)