



## VALUES & PASTORAL CARE POLICY

**RATIONALE:** at Scarborough Primary School we aim to development students social and emotional capabilities. Our measure of success will be an increase in the following:

1. Confidence (academic, social)
2. Persistence
3. Organisation
4. Getting Along, and
5. Resilience

And a reduction in behaviour slips at whole school level for anti social behaviours.

### A Whole School Approach

All staff will use the “You Can Do It” program and resources. <http://www.youcandoit.com.au/>.

All classes to use the **Community Circle** strategy twice per week.

**Scarborough PRIMARY Schools Whole School Purpose** is to realise, through the following beliefs and actions:

- The building of social, emotional, and motivational capacity of young people rather than on their problems and deficits.
- The encouragement of prevention, promotion, and intervention efforts (school, home and community) in order to build the social and emotional strengths of young people.
- The development of a strength-building approach, where YCDI seeks to build the capabilities of adults (community, school, home) associated with positive outcomes in young people.

#### The 5 Keys of YCDI! Education

Our core purpose is the development of young people’s social and emotional capabilities, including:

- Confidence (academic, social)
- Persistence
- Organisation
- Getting Along, and
- Resilience

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

1. Accepting Myself
2. Taking Risks
3. Being Independent
4. I Can Do It
5. Giving Effort
6. Working Tough
7. Setting Goals
8. Planning My Time
9. Being Tolerant of Others
10. Thinking First
11. Playing by the Rules, and
12. Social Responsibility

This last point includes the values of Caring, Doing Your Best, Freedom, Honesty, Integrity, Respect, Responsibility, Understanding, Tolerance, and Inclusion.

## Implementation

All staff are required to read the books and familiarise themselves with the YCDI resources. Class teachers are to deliver the YCDI program in class.

The School Chaplain is also available to assist class teachers in lesson delivery / planning. Lessons can be delivered in class through Health program or other learning areas.

### **The 5 Keys of YCDI! Education**

Our core purpose is the development of young people's social and emotional capabilities, including:

- Confidence (academic, social)
- Persistence
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- Getting Along, and
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## Use of Language

Implement language prompts and language that encourages self control. (Example outlined below.) Teachers must take time to use language prompts to re-direct behaviour both in front of the class and individually.

## Emotions & Feelings

As an element of the English program, take the time to discuss emotions and feelings from a character point of view. The emotional intelligence key indicators (outlined below) can act as a guide in initiating these discussions. Some suggested books that specifically target this area are attached.

Proverbs/quotes are often a good way to initiate discussion. You can also visit the websites listed if you require more information in this area (see appendix 3).

## Manners

We believe manners are the lubricating oil of a school. Manners – simple things like saying “please” and “thank you” and knowing a person's name or asking how they are – create the tone and culture of a school.

## Community Circle

The use of a regular class “Community Circle” is aimed at developing reflective practices in students and promoting self motivated learners. It's an opportunity to discuss issues as a group and suggest possible solutions. This is a proactive approach to ‘nipping it in the bud’.

## Resources / Links Appendices

Links: The Values Policy is directly linked to the Behaviour Management Policy, in particular, the Repair and Restitution process.

Attached:

Appendix 1: Questions that Encourage Self Control

Appendix 2: EQ Curriculum

Appendix 3: Proverbs and Useful Websites

## QUESTIONS THAT ENCOURAGE SELF-CONTROL

- Right thing or wrong thing to do?
- Strong moment or weak moment?
- Feelings or thinking in charge?
- Can you take charge of yourself or are you inviting me to take charge?
- Being your own boss or are you asking me to be your boss?
- Being a strong friend or a good friend?
- Are you a master or a victim of your feelings?
- Are you running away from the problem or dealing with it?
- Am I trying to hurt you or help you?
- Am I angry with you?

**Appendix 2**

# EQ Curriculum

<b>Self Awareness</b>	Can identify emotions and name them
	Can describe ways we can recognise how other people are feeling i.e. facial expressions, sounds, body language
	Can link feelings to thoughts
	Recognises. personal strengths and weaknesses
	Able to understand the causes of feelings
	Can describe the sequence of thoughts and emotions that lead to an action or actions
	Recognises the differences between feelings and actions
<b>Self Control</b>	Expresses emotions appropriately to the situation and time
	Ability to change and alter moods
	Displays less impulsive behaviour by controlling impulses
	Less physical and verbal expressions of anger directed at others and self
<b>Motivation</b>	Able to avoid distractions and stay on task
	Able to deny immediate gratification
	Able to organise and manage themselves to improve the chances of success
	Able to marshal emotions in the pursuit of goals and persevere in the event of failure
<b>Empathy: Awareness of Others</b>	Able to appreciate another's point of view and are more tolerant and accepting of others
	Able to identify and respond appropriately to another's emotional cues
	Respects the personal space and property of others
	Actively listens to and shows interest in and compassion for others
<b>Managing Relations</b>	Communicates effectively to manage and placate the emotions of others to resolve conflicts and disagreements
	Values the rights of others and can work and play with a wide range of people
	Can negotiate, compromise, cooperate, and problem-solve to achieve objectives
	Is helpful, considerate, honest, fair and tactful when relating to and engaging with others
<b><i>Wilson McCaskill, 2006</i></b>	

## **Appendix 3**

# **Proverbs**

## **Quotes on Self Awareness**

Everyone thinks of changing the world, but no-one thinks of changing himself  
*Leo Tolstoy*

He who asks is a fool for five minutes, but he who does not ask remains a fool forever.  
*Chinese Proverb*

Everything that irritates us about others can lead to an understanding of ourselves.  
*Carl Jung*

Whether you think you can or whether you think you can't – you are right.  
*Henry Ford*

We don't see things as they are, we see things as we are.  
*Anais Nin*

When you meet someone better than yourself, turn your thoughts to becoming his equal. When you meet someone not as good as you are, look within and examine your own self.  
*Confucius*

It takes seventy two muscles to frown but only thirteen to smile.  
*Anonymous*

Our greatest glory is not in never falling, but in rising every time we fall.  
*Confucius*

## **Quotes on Self Control**

I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self.  
*Aristotle*

Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward.  
*Napoleon Hill*

The best time for you to hold your tongue is the time you feel you must say something or bust.  
*Josh Billings*

We improve ourselves by victories over ourselves. There must be contest, and we must win.  
*Robert Burns*

He who controls others may be powerful, but he who has mastered himself is mightier still.  
*Lao-Tzu*

He that would govern others, first should be the master of himself.  
*Philip Massinger*

To enjoy freedom we have to control ourselves.  
*Anonymous*

## Quotes on Friendship

A friend can tell you things you don't want to tell yourself.

*Frances Ward Weller*

A true friend sticks with you through thick and thin no matter what.

*Kayla*

A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.

*Unknown*

A road to a friend's house is never long.

*Danish Proverb*

Similarities create friendships while differences hold them together.

*Unknown*

When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it.

*Edgar Watson Howe*

The greatest good you can do for another is not just to share your riches but to reveal to him his own. *Benjamin Disraeli*

A friend is a present you give yourself.

*Anonymous*

In prosperity, our friends know us; in adversity, we know our friends.

*John Churton Collins*

Never do a wrong thing to make a friend or to keep one.

*Robert E. Lee*

## Quotes on Habits

We first make our habits then our habits make us.

*Anonymous*

Habit is a cable. We weave a thread of it every day and at last we cannot break it.

*H Mann*

Habit is either the best of servants or the worst of masters.

*Emmons*

The chains of habit are generally too small to be felt until they are too strong to be broken.

*Johnson*

When we have practised good actions awhile they become easy; when they are easy we take pleasure in them; when they please us we do them frequently; and then, by frequency of act, they grow into a habit.

*Tillotson*

Sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

*G. D. Boardman*

## Quotes on Anger

An angry man opens his mouth and shuts his eyes.

Anger and haste hinder good counsel.

Anger manages everything badly.

Angry words fan the fire like wind.

Grow angry slowly; there's plenty of time.

Whatever begins in anger ends in shame.

Anger is often more hurtful than the injury that caused it.

## Quotes on Empathy

We must be the change we wish to see in the world.

*Ghandi*

Great opportunities to help others seldom come, but small ones surround us every day.

*Sally Koch*

If you have not felt the joy of doing a kind act, you have neglected much, and most of all yourself.

*S. Neilen*

How wonderful it is that nobody need wait a single minute before starting to improve the world.

*Anne Frank*

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. *Archbishop Desmond Tutu*

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

*Wasmund*

Power is the ability to good things for others.

*Brooke Astor*

## Proverbs: USEFUL WEBSITES

Over 750 English Proverbs for Kids, Teens & College Students

<http://www.syvum.com/proverbs/index.html>

Activities include:

- Match proverbs to meanings
- Match meanings to proverbs
- Assorted games
- Proverbs for children

## 230 Common Proverbs

<http://www.manythings.org/proverbs/>

## Proverbs/Maxims

<http://pages.prodigy.net/jmiller.cb/prov.html>