Kensington Primary School

Learning and Playing Together
Student Booklet 2016

Grade 3 & 4
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Kensington Primary School Values

Following our values helps us to make good decisions for ourselves and how we treat others. We have created a great school at KPS because of our values. At Kensington Primary school we expect the following values to be used by students every day:

1. We are honest and fair
2. We care about, co-operate with and support each other
3. We are responsible
4. We respect the rights of everyone and accept differences
5. We are friendly and include others in games, conversations and class activities
6. We care for our environment
What do these values mean?

Honest and Fair

We are honest to build trust. Being honest means:

- telling the truth
- not taking things that don’t belong to you
- owning up when you have done something wrong

We are fair because it gives everyone a go. Being fair means:

- following the rules and not cheating
- returning favours and kindnesses
- helping others get a fair deal

Being Responsible

We are responsible to manage our own behaviour and learning. Being responsible means:

- not letting people down and doing what you said you would do
- being sensible
- helping those who are less able to look after themselves
- Remembering class roles and jobs
Support, care about and cooperate with each other

We support and care about each other because it builds a strong community at school. Support and care means:
- helping, being kind and thoughtful
- giving encouragement and listening
- being patient
- trying to understand and not judging others

We cooperate to build strong groups and teams. This means:
- working together to achieve something
- sharing, listening, encouraging
- working out solutions so that everyone gets some of what they want
- doing your share of the work

Friendly

We are friendly because we want everyone to feel welcome at this school. Being friendly means:
- being kind and welcoming to others by being interested, making eye contact, smiling, saying hello and talking
- offering help
- including others in games, activities and conversations.

Remember being friendly towards strangers is not a good thing to do until you are sure they are safe.
Respect the rights of everyone and see differences as positive and helpful

We respect each other because we value what each person has to offer.

Respect means:

- showing consideration for the rights and feelings of others
- treating others as you want them to treat you
- being polite and using good manners

It is also important to respect yourself. Self respect is when:

- you like and accept yourself
- you believe that you matter and should be treated well by others.

We see differences as positive and helpful. This means we want to create peace and harmony and let all people flourish at school.

This means:

- keeping an open mind
- getting to know and including people even if they are different to you
- making sure you never use words or body language that could make another person feel bad about a difference
- make time to find out more about other people rather than jumping to conclusions
Caring for our environment

Caring for our environment means there will be enough resources for our future. Caring for our school environment means:

- Keeping the yard tidy and clean by picking up rubbish when we see it
- Turning off taps and lights to save water and electricity
- Letting fruit and vegetables in the garden grow without being disturbed
- Composting our food scraps

How can I help make the school cleaner?

Have you composted your lunch scraps?
Bounceback

When you face challenges in your life, you can take charge of the way you think and feel. Remembering to use the Bounce Back strategies can help you see things more helpfully.

Bad times don’t last. Things always get better.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset.

Nobody’s perfect, not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes. They are a part of life. Try not to personalize them.

Blame fairly – how much of what happened was because of you, how much was because of others and how much was because of bad luck or circumstances?

Accept the things you can’t change but change what you can first.

Catastrophising makes your worries worse. Don’t believe the worst possible picture.

Keep things in perspective. It’s only one part of your life.
No Bullying

Bullying is when someone tries to hurt, humiliate or upset another person repeatedly. It can be hurting someone’s body or feelings, spreading rumors, playing nasty jokes, name-calling or deliberately excluding someone. Bullying can happen face to face or via the Internet or mobile phone (Cyberbullying).

Bullying and put-downs are NEVER acceptable. Bullying is serious and illegal behaviour. It spoils things for everyone.

Let the teacher know if you are aware that bullying is going on. It is brave and the right thing to do, you are trying to help someone who is in trouble.

To protect ourselves from bullying we can:

• stand up for ourselves and others
• think for ourselves, state our own ideas and opinions
• use confident body language and stay in safe places

Everyone can act to stop bullying. One person doing something small makes a difference.

If someone is being bullied you can:

• stand up for them, let them know that bullying is wrong and mean
• include them in groups and games
• ask for help from a teacher
• never join in, even smiling supports the bullying behaviour

If you are being bullied you need to:

• tell the person to stop, calmly and firmly
• ask a teacher for support. Teachers care about you and want to stop the bullying
• remember that the person bullying is doing the wrong thing, it is not your fault and there is nothing wrong with you.

If you bully others you need help. Your family will be contacted.
Expectations at Kensington Primary School

In the classroom and the playground we all have rights and responsibilities that we are expected to follow. These come from the school values and are rules that help us learn and play together.

COMMUNICATING

- We use positive and polite language
- We listen carefully and respectfully

LEARNING

- We challenge ourselves to share our ideas and do our best in the classroom
- We take risks and learn from our mistakes
- We co-operate with each other and we share the teacher’s time
- We share the playground and school facilities

GETTING ON WITH OTHERS

- We are courteous and considerate of others
- We respect and support each other’s differences and show this in the things we say and do.
- We respect and take care of other people’s feelings, bodies and property.
- We ask for help if we can’t solve a problem for ourselves.
**BEING SAFE**

- We act to protect the safety and well being of everyone in our school. This includes talking to a teacher if we see something that is unsafe.
- We ask for permission to leave the classroom or school grounds.

**RESOLVING CONFLICT**

- We try to resolve our own problems first in a calm and reasonable manner.
- We are open to the other person’s point of view and listen to what they have to say.
- If we can’t resolve conflicts ourselves we ask someone for help.

**ATTENDING SCHOOL**

- We come to school every day and arrive on time unless we are sick.
- If we have a problem at school that makes us feel like staying home, we talk to someone we trust.
- We bring healthy food for lunch and snacks that help us learn throughout the day.
**Choices and Consequences**

Sometimes students do not make good choices with their behaviour when they are in the classroom, specialist classes or the yard. If this happens, the steps below will support you to take responsibility and repair any damage caused (to relationships, property, your own or others’ learning). Communicating about your behavior with parents and guardians is an important part of supporting you to manage your behavior at school.

For **serious incidents** parents will be contacted immediately and suspension is likely to occur.

- **If you are unable to follow the values and expectations outlined in this book:**
  
  A reminder will be given about the agreed rule that is not being followed

- **If there is no change**
  
  The agreed rule will be restated you will be reminded that if you choose to continue, you will be given time out in the classroom.

- **If there is still no change or there are further incidents**
  
  Time out will be given. This is a time for reflection and an opportunity to make different choices. You will be invited back to the class activity, yard or specialist class after this time. You will be given the opportunity to apologise for the impact your behaviour has had on others. You will discuss with your teacher the changes you need to make and what the teacher can do to help.

- **If you continue to have difficulty managing your behavior**
  
  You will be relocated to a different classroom.

- **If this occurs on several occasion**
  
  Teachers and parents will work together with you to develop a behavior management plan to support and encourage more helpful choices of behavior.
Our Class Agreement
Personal Agreement

I have read this booklet with my parents and I understand what I need to do learn and play together with students and teachers at Kensington Primary School.

Student Signature: ______________________________

Parent Signature: ______________________________

Date: ________________