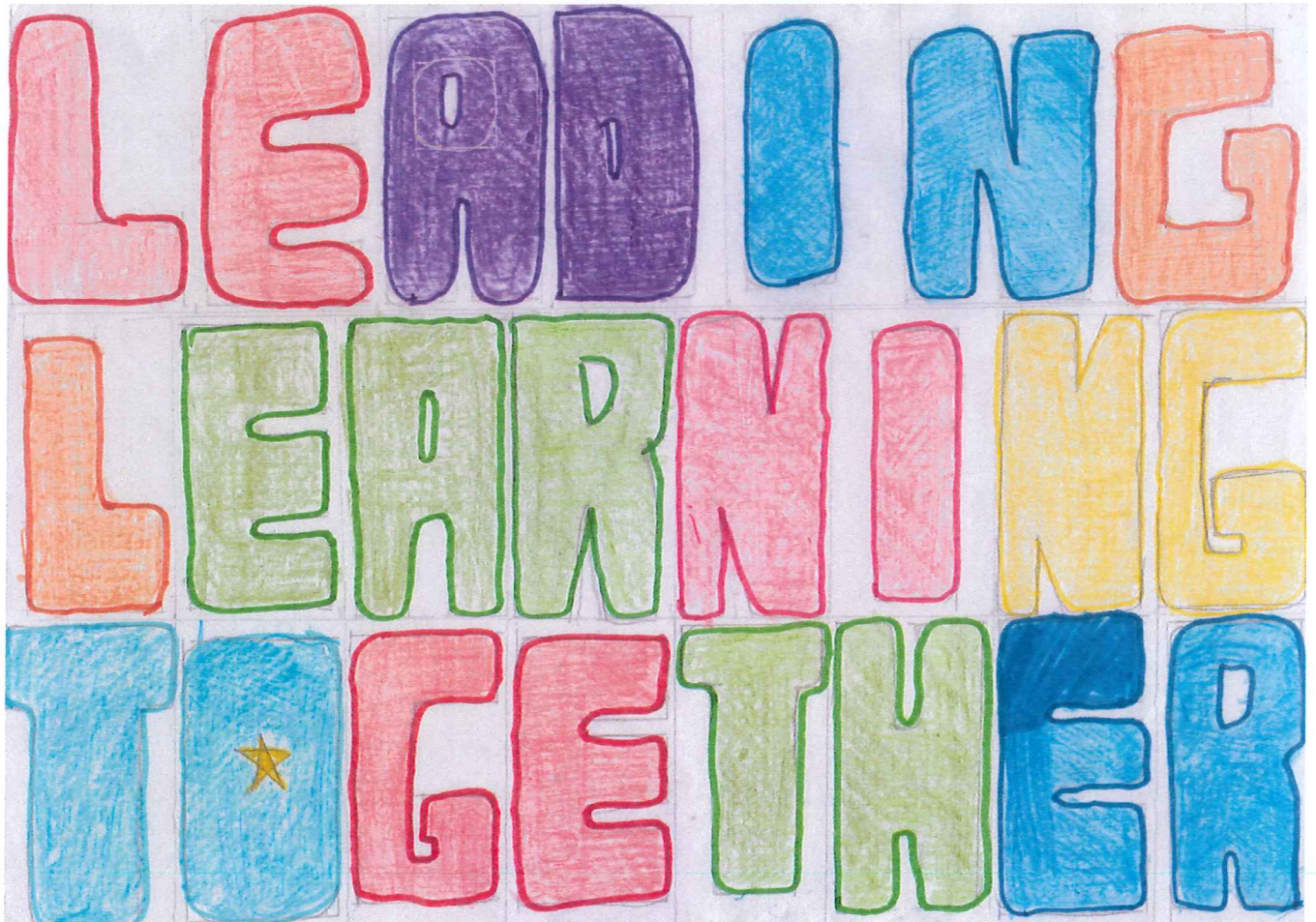


Kensington Primary School



Leading and Learning Together

Student Booklet 2017
Grade 5 & Grade 6

Personal Agreement

I have read this booklet with my parents and I understand the roles and responsibilities of being a student at Kensington Primary School.

Student Signature: _____

Parent Signature: _____

Date: _____

This booklet was edited and illustrated by Lawrence, Josh, Jack T, Jack M, Kenneth, Rory, Dan, Zoe, Amelia, Ashley, Kristine

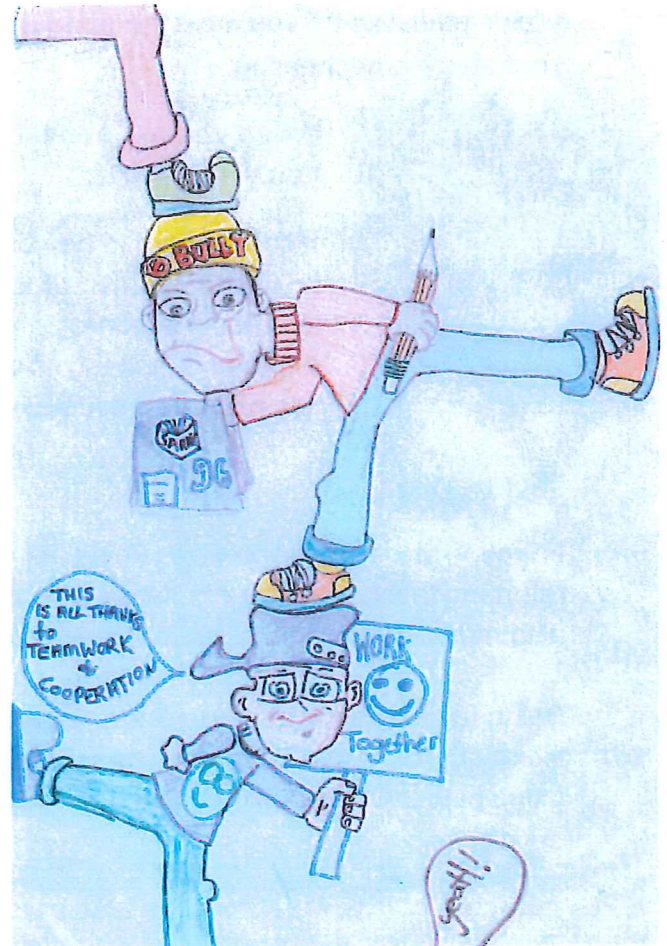
November 2014

School Values, Personal Values

Following our values helps us to make good decisions for ourselves, and how we treat others. Doing the right thing by others and yourself helps to develop self respect.

At Kensington Primary School there are values that we all agree to follow. The school community works better if people have shared positive values. We expect these values to be used by students every day:

1. We are honest and fair.
2. We support, care for and cooperate with each other.
3. We are responsible.
4. We respect the rights of everyone and accept that differences make a stronger and more interesting community
5. We are friendly and include others in games, conversations and class activities.
6. We care for our environment



Values are easy to talk about but are harder to act on, especially when no one is looking

What do these values mean?

BE HONEST

Being honest builds trust. It means:

- telling the truth
- giving things back when they belong to someone else
- 'owning up' when you have done the wrong thing
- not stealing or cheating

It can be hard to be honest when you think you might get in trouble...

When you are honest, people trust you.

It can be hard to be honest when you have exaggerated or told a lie to impress someone.

In the end, honesty is usually easier as lies have consequences and usually need more lies to back them up.



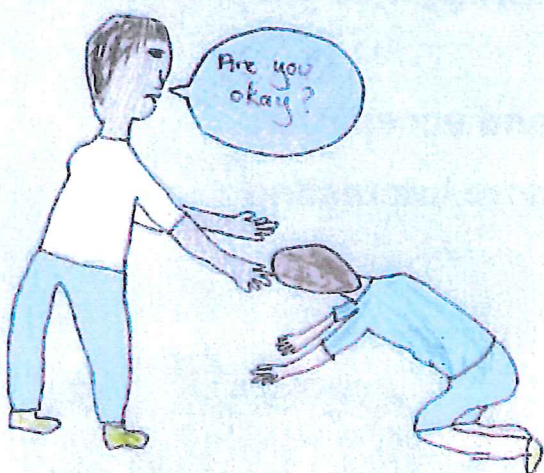
BE FAIR

Fairness gives everyone a go. Being fair means following the rules and not cheating, returning favours and kindnesses and helping others in the community to get a fair deal. It also means applying the same rules to everyone.

Being fair is difficult because there can be many different ideas of what is fair in any situation. If you are trying to be consistent, sharing things, having an open mind and not using power OVER anyone, you are likely to be acting in a fair way.

SUPPORT, CARE FOR AND COOPERATE WITH OTHERS

Supporting and caring about others means helping, being kind and thoughtful, giving encouragement and listening. It also means being patient, trying to understand and not judging. You can care about and support people even if you don't know them. When we care about and support each other we work better together and trust develops.



Being kind and supportive can be difficult if you are not thinking for yourself or only thinking of yourself...

BE RESPONSIBLE

Being responsible means not letting other people or yourself down and doing what you said you would without having to be told or reminded. It also means doing your chores, trying to be on time so you don't upset other

people's plans, and helping those who need it. When we act responsibly we gain trust from others and respect ourselves.

Acting responsibly will lead to having more choices, freedom and respect for yourself and from others.

At times wanting to have something straight away, being impulsive or not thinking of others gets in the way of acting responsibly...



RESPECT OTHERS

Respecting others allows us to value what each person has to offer. It means treating others as you want them to treat you. It means you have to stop and think about the feelings and rights of others. Respect involves:

- being polite and using good manners
- not insulting or hurting others
- looking after shared property and the property of others
- asking permission to use things that belong to someone else.

It is also important to respect yourself...

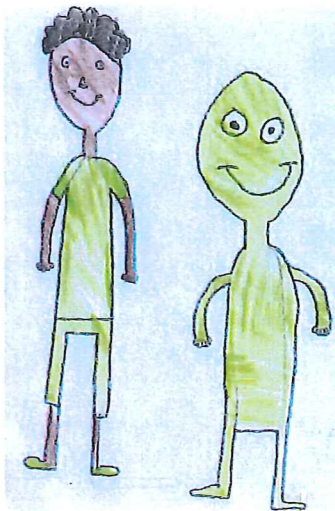
It is also important to respect yourself –this is when you like and accept yourself. You believe that you matter and should be treated well by others. If you have self respect then you also protect yourself, take care of yourself and keep yourself safe from harm. If you respect yourself, you speak up when someone doesn't treat you respectfully.

ACCEPT AND CELEBRATE DIFFERENCES

Everyone is different and that is okay. If you feel okay about differences in people, then you get to know people who are different from you, you include them in activities and conversation and you don't tease or exclude them.

To show that you believe differences make a stronger and more interesting community, you will be able to:

- put up with things you don't like in others
- find the good things about differences
- welcome others and include them in the fun you are having
- notice when someone is left out and invite them in
- avoid stereotyping, using putdowns and 'excluding'.



BE FRIENDLY AND INCLUDE OTHERS

Being friendly allows everyone to feel welcome. It means being kind and including others even if they are not your friends or they are people who are hard for you to like. This means looking into their eyes and smiling, saying hello and talking to them, being kind to them and inviting them to join in activities and conversations.

CARE 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 healthy by picking up rubbish when we see it, turning off taps and lights to save water and electricity and allowing fruit and vegetables in the garden to grow and ripen without being disturbed.

Let us learn
from the
Lorax...



Bounce Back

When you face challenges in your life, you can take charge of the way you think and feel. Remembering using 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

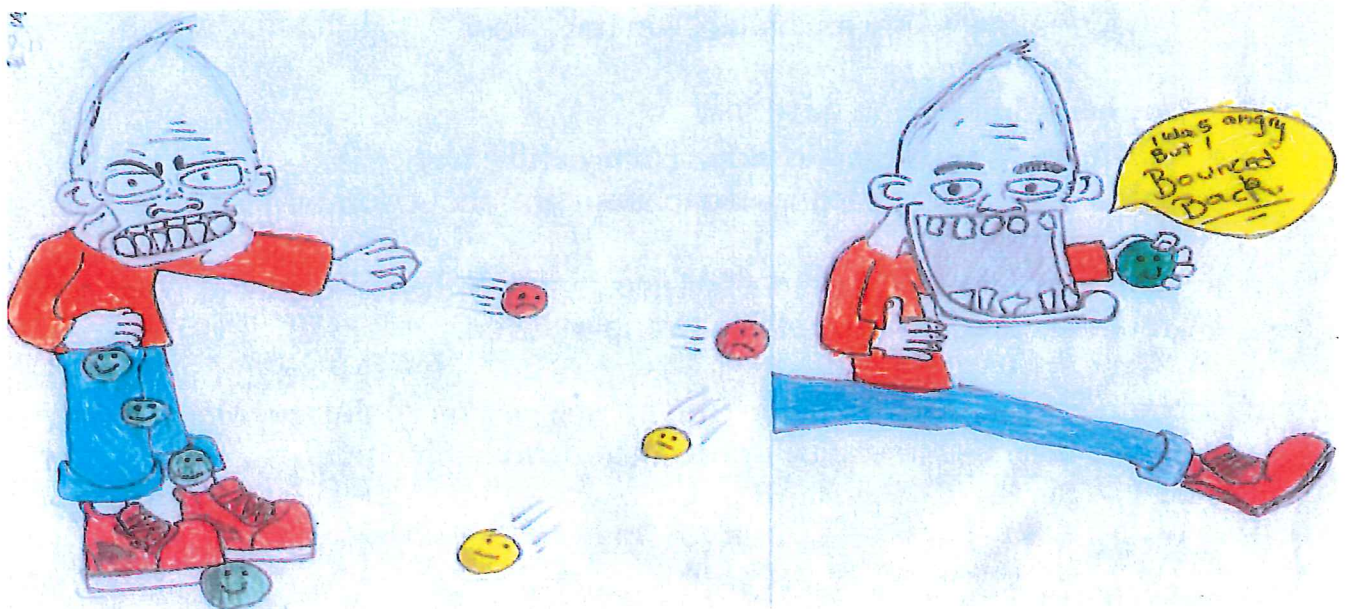
Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes. They are a part of life. Try not to personalize them.

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 again and again. It can be hurting someone's body or feelings, spreading rumors, playing nasty jokes, name-calling or 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.



Everyone can act to stop bullying. Even one person doing something small can make a difference.

Let a teacher know if you are aware that bullying is going on. It is brave and the right thing to do because 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, have our own ideas and opinions
- use confident body language and stay in safe places

If someone is being bullied we 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 by smiling or using other body language that supports the bullying behaviour



If you are being bullied you need to:

- tell the person bullying 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 parents will be contacted. Many young people who bully become adults who mistreat and hurt others.



Expectations of student leaders

5/6 students provide leadership and act as role models for all students. The school has high expectations of you! The expected behaviours and ideas to support you are presented in 3 sections:

1. Your learning
2. Getting along with others
3. Looking after your health, safety and wellbeing

1. Learning

Expectations:

- 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

Ideas to support you and solve problems about learning:

Taking responsibility for your own learning

As you move through primary school and into secondary school you will notice that you are being given more opportunity to take charge of your own learning. Teachers become a resource for you and you need to make your own decisions about your learning. This means to make the most of each school day, you need to be prepared to think for yourself, be curious and active in your learning. If you are waiting to be told what to do next, you may be missing an opportunity to challenge yourself and increasing the neuron connections in your brain!



Self-discipline, Will Power and Organisation

Students have many different abilities and interests at school.

Success at learning is less about ability and more about self discipline, will power and organizational skills. Will power comes from knowing that good things will come from taking action, seeing the negatives of not taking action and making plans. Self discipline involves putting in effort and hard work, not being distracted by other

things and managing your time well. Organisational skills include: using diaries, calendars and other helpers; breaking tasks into chunks; using helpful thinking to avoid putting things off; and encouraging yourself to work towards your goals. Time management is organising your time to make sure you do the things you have to do, so you have time left to do the things you want to do.



Stress

Stress is okay, stress is normal. A certain amount of stress gets a person going and motivates them to do things. When people talk about 'being stressed' it means stress levels are too high or your coping skills are not working. What causes stress in one person may not affect another. Coping with stress is a skill that can be learned and involves using helpful thinking. Don't be afraid to ask for help, when you notice that you are feeling overwhelmed. Talking to someone can help you to develop a strategy to cope and gives you a reality check about the situation, to help you see things more clearly.

Ideas to manage stress:



- Go for a walk or run
- Hang out with friends
- Take some deep breaths, try yoga or meditation (www.smilingmind.org)
- Set realistic goals
- Avoid soft drinks and caffeine
- Speak to someone, a teacher, parent or counsellor



*"Let it go, let it go, I can't
hold it back any more..."*

2. Getting along with others

Expectations:

- We use positive and polite language
- We listen carefully and respectfully
- 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 ourselves
- We try to resolve our own problems first in a calm and reasonable manner
- If we can't resolve conflicts ourselves we ask someone for help

Respect
is for those who
deserve it, not for
those who
demand it.

Ideas to support you and solve problems about getting on with others

Assertiveness

If you can communicate in an assertive way, you are able to stand up for yourself, state your own opinions and disagree with others without hurting their feelings. Sometimes we don't say what we really think or feel, or end up always agreeing with others without putting ourselves in the picture. This is communicating in a **passive** way.

Passive communication does not help us to feel confident or in control of our lives.

Sometimes we communicate in an **aggressive** way: our own thoughts and opinions seem to be more important than anyone else's. You might put other people down or talk over the top of them. Learning to be in charge of your feelings and expressing your feelings in a calm way are good ways to become more assertive.

Remembering to talk about situations from your own point of view "I think... I feel..." , can help you to stay assertive and not become blaming or aggressive.

Leadership skills

You may think that some students are 'natural' leaders and others are not, but everyone can learn the skills needed to become a skilled and inspirational leader. Here are some tips for being a great leader.

- A leader first of all needs to be a great listener and be able to communicate well with others.
- Speaking in a clear, confident way can really help.
- It is also helpful to learn to give and take, negotiate and compromise
- A leader understands that a group can get more done than someone going it alone, so encourage team work and collaboration.
- To support a team or group you need to have planning and organisational skills and be clear about the goal that the group has in mind.

- There will be problems along the way for anyone taking the lead, so persistence, problem solving skills and determination will be important elements of being a success as a leader.

Many things you are involved in each day at school and home give you practice at these skills – so the next time you get the chance, put up your hand to take on a leadership role and feel the satisfaction of working with a group to make a difference!

Peer Pressure

Growing older means making lots of decisions, often with no clear right or wrong answer (for example choosing which subjects to study or which sport to play). Some decisions involve making moral choices influenced by your values. It can be hard to know which decision is right when you are on your own and it can become even harder when other people are involved.

People your own age are called your peers. We are all influenced by our peers – we learn from our peers and peers can influence each other in positive and negative ways. When peers try to influence how you act or what decision you make, it is called peer pressure. Everyone has to learn to deal with different types of peer pressure – even adults. One of the most powerful forms of negative peer pressure is to make you believe that ‘everyone is doing it’ (whatever ‘it’ is) and that if you don’t follow the group you’ll be left out of other things and lose friends.

It can be hard to stand up to peer pressure but if you pay attention to your own feelings and beliefs you can do it. When you are confident and say “no”, walk away or resist doing something, you trust your own judgment and help others to think about their decision making. If just one other person resists, it takes the power out of peer pressure. It is great to have friends with similar values, who will back you up. Help your friends to resist peer pressure by supporting them. Talk to someone you trust if you experience a lot of negative peer pressure – **it is never too late, even if you feel guilty for already joining in.**



“Say what you want to say, and let the words fall out, honestly, I want to see you be brave...”

Think about the future

Everyday young people are involved with decisions that can have long term impacts. A risk that you take by yourself or with your peer group, may have long term impacts on your own or others’ future. Some young people who have made mistakes are left with

a criminal record or a life-long disability or the loss of a friend.

It is also important to think about the digital footprint that you leave when you use the internet or mobile phone. While it may be hard to see it as a problem now, the information, photos or comments that you make online stay there and can be accessed by a future employer or another person that you may be hoping to impress. You need to make good decisions, as any damage caused to your reputation cannot be undone once it is in cyber space.

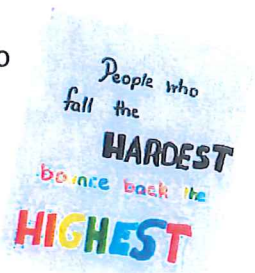


Look for friends everywhere

It can be easy to become so used to a group of friends that you stop looking for opportunities to let new friends into your life. Students who seem to be popular and well-liked are often the ones who are friendly to everyone. Do your best to let everyone feel welcome to talk to you. Look for chances to meet, talk to and play with many different kids. People and friendships change as you get older – welcoming new friendships lets you benefit from lots of kids' experiences – you never know who you might 'click' with!

Friendship problems

Cliques are groups of friends, but not all groups of friends are cliques. The thing that makes a group a **clique** (say: **klik**) is that they leave some kids out on purpose. Usually one or two popular kids control who is in the clique and who is left out. Kids may act much differently than they did before they were part of the clique. They may even act differently today from how they were yesterday. Sometimes kids in the clique are mean to kids they think are on the outside. It can be really confusing.



If you or someone you know is being treated meanly or bullied by members of a clique, telling an adult is important. With support young people learn to play together, include each other, mend hurt feelings, and repair broken friendships. Popularity is best earned by treating everyone with respect and kindness.

Fights with friends can make us feel miserable and affect our wellbeing. Most friends will fight at some time – life is full of mis-understandings, short tempered days and mean moments. The most important thing to do if you fight with a friend is to stop and think about what has happened rather than responding when you are feeling angry and hurt. Think about what caused the fight, how you were both feeling at the time and what was going on. Think about how you are feeling now – are you angry at your friend for something they did or more sad that you are fighting? Is there an opportunity to make things better if you can put your angry feelings aside? Is your friendship more important than the issue that caused the argument? Finding a way to move forward can often start with building a bridge by saying sorry for your part in what happened.

3. Looking after your health, safety and wellbeing

Expectations

- 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.
- We play and use equipment safely.
- We ensure that we never bully or use putdowns. We let teachers know if bullying is happening.
- We walk inside buildings quietly and take care on the stairs.
- 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 to help us learn throughout the day.

Ideas to support you and solve problems about looking after your wellbeing

Self esteem

Self esteem is about how valuable or worthwhile you feel as a person. It is not about boasting and thinking you are better than others, it is about knowing and trusting your strengths and believing in yourself and what you can do. We aim to develop a high level of self esteem so we can feel good about ourselves and those around us. When you are able to acknowledge the things you do well, talk to yourself in a positive and kind way – especially when you make mistakes - and remember that you are growing, changing and improving at things all the time, you increase your self esteem. Helping others and making a contribution to your community can also have benefits for your self esteem. When you take on board too much criticism from others, talk to yourself in a negative or hopeless way or care too much about what others think of you, you decrease your self esteem. If you are finding it hard to see good things in yourself and think you may have a low self-esteem talk to someone you trust.

Remind yourself
that it's okay not to be
perfect

Mental Health

Keeping ourselves healthy involves both our mental and physical health. Sometimes young people experience times where they feel anxious, worried or depressed. For most people these feelings are a normal part of life and pass in a few hours or a few days. Sometimes if the feelings persist or become overwhelming they can be a sign of a more serious mental health issue. It is important to talk to someone if you ever feel depressed or worried for more than two weeks. Depression affects all areas of your life: home, school and social life. It is not a personal weakness or a character flaw, it is a total body illness that affects thoughts feelings and behavior. It can be treated and you can feel a lot better. Talking to friends and being open about what you are feeling can help too.

Being who you want to be

There are many things that influence young people as they grow up – family, peers, school, media, society. It can be difficult to find your place amongst all these influences – particularly if you feel as though your ideas, way of being, sexuality etc is not accepted by your family or society as a whole. It seems as though the 'rules' society has in relation to how we should look, what the definition of success is, gender roles and relationships are fixed. In fact these 'rules' are limiting and do not allow a celebration of diversity. Finding your own expression of who you are involves looking inwardly and not just taking on the expectations or constraints that you may feel at times. It can be helpful to seek out other people or organisations that have similar ideas, feelings, values as yourself to support you to have confidence to be who you want to be.

Be who you want to be not
what others want to see

Alcohol and other drugs*

Experimenting, risk taking and being curious are a natural part of growing up. Taking risks can be fool-hardy, if you do not have enough information to make a good decision. It is important to learn as much as you can about both legal drugs like alcohol and tobacco and illegal drugs. There is a lot of information you need to know about what these substances do to a young person's body and brain. While older friends, siblings etc may tell you what they know, it is always best to find out the information for yourself, from a well researched source such as the Australian Drug Foundation www.druginfo.adf.org.au. (Other web sites included at the end of this booklet.) It is also really important to talk to your parents about these issues and ask them any questions you may have. Having the right information and plenty of support from adults you trust, is an important part of staying safe as you get older.

* Many substances can be called drugs. Drugs are chemicals that act on the brain and change the way you think, feel or behave. Some drugs are legal and some are illegal. Legal drugs have been subjected to Government controls and quality checks. With illegal drugs, there are no safety checks, so you can never be sure of exactly what is in the drug, how strong it is, or exactly how it will affect you.

Feeling safe

As you enter your teenage years you will have increased freedom to move around your suburb, your city, go to parties, use public transport etc with less adult supervision. It is fun to explore new places with friends and to try new things. If you keep a few important things in mind you will increase your safety and enjoy yourself more.

- Go with a group and stick together
- Plan how you will get to where you are going, how much money you will need for transport, food etc
- Tell an adult where you are going and how long you will be
- Always have a backup plan in case something goes wrong
- Never get into a car if the driver has been drinking or taking drugs
- Stay in well lit areas and try to stay in areas where other people are around

Staying Safe online

Chatting on-line can be great fun. It is a great way to meet and talk to people across borders, time-zones and backgrounds, however a lot of real world risks also exist here. Most people are friendly and polite, but some can be unfriendly and rude. A small number are exploitative and predatory and there have been a small number of cases of paedophiles contacting children in chat rooms and via email.

Stay safe by following these guidelines:

- Don't tell anyone your personal details.
- Check with your parent / carer before you give anyone any personal information, particularly people you have only just met.
- Remember the person you meet in a chat room may not be who they say they are. If you give out personal information or pictures, the person you give the information to, may not be the only person to see them.
- If someone sends you nasty or bullying messages, or asks you to do something that makes you feel uncomfortable don't respond. Make a note of the date and time of the message and tell an adult or another person you trust.



Nutrition

Having a healthy diet has many benefits for your mind and body including reducing the risks of diseases such as heart disease and adult onset diabetes. As a young person you are growing quickly and need a variety of foods to give you the nutrients you need to be strong and healthy. Crash diets and fad diets are bad for everyone, but especially for children and young people. They slow down your metabolism and don't take into account the needs of a fast growing body. It is important to have a well balanced diet that includes:

- protein (meat, fish, nuts, dairy etc),
- foods rich in calcium (milk, yoghurt etc),
- iron-rich foods (some cereals, broccoli, spinach etc) and
- 4-6 serves of vegetable and
- 2-4 serves of fruit each day

Eating these foods will keep you fit and healthy, so you will have the energy to enjoy life. If you start now, you will benefit from good eating habits for the rest of your life.



Choices and Consequences

The following steps show the consequences that will follow if any student makes decisions that do not support the values and expectations outlined in this booklet. This includes both the classroom, specialist classes and the yard. Consequences will support you to take responsibility and repair any damage caused (to relationships, property, your own or others' learning). Talking to the adults who care for you about your behavior is an important part of supporting you to manage your behavior at school.

You are free to make whatever choice you like, but you are not free from the consequences...

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 occasions:

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

References and resources

The information in this booklet has been compiled using a number of sources. These are listed below. In addition some other useful websites for young people have been included.

Kidsmart manual – Official Bluelight handbook
www.bluelight.com.au

Bounce Back Wellbeing and Resilience Program 2011

www.kidshealth.org

<http://pbskids.org/itsmylife>

www.druginfo.adf.org.au

www.reachout.com.au

www.kidshelp.com.au

Kids helpline Free call 1800 551800
(24 hours)

www.betterhealth.vic.gov.au

<http://www.headspace.org.au>

<http://smilingmind.com.au>

