Friendships and Feelings

at St Bernadette's

Our School Promise

We aim to make our school a safe, happy, and friendly place where everyone (children, teachers, families) works together and looks after each other. We all have feelings—big feelings—and we learn how to use them to help ourselves and others.

The Big 3 Expectations

In class and around school we all follow three simple expectations:

Be Ready – come ready to learn and play well.

<u>Be Respectful</u> – treat others and ourselves with kindness.

<u>Be Safe</u> – keep ourselves and others safe in our choices.

When we all understand how feelings, behaviour and relationships work:

- We can learn better and feel happier.
- Mistakes become chances to learn, not reasons to feel bad.
- We grow together in faith, love and learning.

What We Believe In

We live by our school values:



<u>Resilience</u> – getting back up when things are hard.

<u>Hope</u> – believing there's always a better tomorrow.

<u>Justice</u> – doing what is fair for everyone.

<u>**Peace**</u> – helping everyone feel calm and safe.

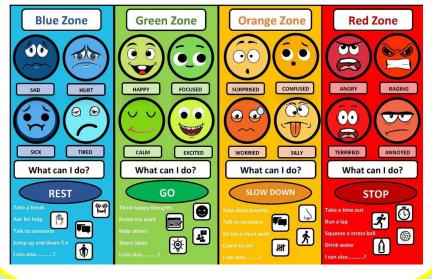
<u>Compassion</u> – understanding how others feel, and helping.

Forgiveness – saying sorry and starting again.

Humility – putting others before ourselves and being kind.

Wisdom – learning from experience and making good choices.

What Zone Are You In?



We teach about the "Zones of Regulation" so you can:

- Recognise how you're feeling (Blue – sad/tired; Green – calm/happy; Yellow – wiggly/worried; Red – very upset/anger).
- Learn ways to move back to green (ready to learn) when you're in yellow, red or blue.
- Know that it's okay to be in any zone – the important part is what you do next.

When Things Are Not Okay

When someone's behaviour or feelings make things tricky:

<u>First, a Reminder</u>: we talk quietly to help you remember our expectations.

Then, Stop & Think: a chance to calm down and think about what's happening.

<u>Finally, a Repair Conversation</u>: once calm, we talk about how to fix things, learn and move on.

How We Build Positive Relationships

We greet each other every day, with smiles and kindness.

We keep clear routines so everyone knows what to expect.

We talk about how we feel and help each other when needed.

We fix things if someone's feelings get hurt—so everyone can start fresh.