

Friendships and Feelings at St Bernadette's

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.

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.

Be Respectful – treat others and ourselves with kindness.

Be Safe – keep ourselves and others safe in our choices.

What We Believe In



We live by our school values:

Resilience – getting back up when things are hard.

Hope – believing there's always a better tomorrow.

Justice – doing what is fair for everyone.

Peace – helping everyone feel calm and safe.

Compassion – 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?

Blue Zone	Green Zone	Orange Zone	Red Zone
SAD	HAPPY	SURPRISED	ANGRY
HURT	FOCUSED	CONFUSED	RAGING
SICK	CALM	WORRIED	TERRIFIED
TIRED	EXCITED	SILLY	ANNOYED
What can I do?	What can I do?	What can I do?	What can I do?
REST	GO	SLOW DOWN	STOP
Take a break Ask for help Talk to someone Jump up and down 5 x I can also.....?	Think happy thoughts Finish my work Help others Share ideas I can also.....?	Take deep breaths Talk to someone Go for a short walk Count to ten I can also.....?	Take a time out Run a lap Squeeze a stress ball Drink water I can also.....?

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:

First, a Reminder: we talk quietly to help you remember our expectations.

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

Finally, a Repair Conversation: 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.