

# I CARE

## At the canteen

### Inquiry

- Try something new
- Find out what healthy food is available and try it

### Cooperation

- Purchase food before the warning bell
- Line up in the correct line
- Put my rubbish in the bin

### Empathy

- Wait my turn
- Be polite to the canteen staff
- Ask someone if they need help if they look confused

### Achievement

- Know what I want to order before I get to the front
- Have the correct money ready

### Resilience

- If the food I want runs out, order something else
- If I don't have lunch or money, go to wellbeing or my SLL

### ALL SETTINGS

Inquiry	Cooperation	Achievement	Resilience	Empathy
I will seek to understand myself and the world around me, through taking ownership of my learning.	I will follow the instructions of staff and work as a team with those around me.	I will set goals to improve, taking steps to meet them and grow.	I will not give up if something does not work out the first time.	I will consider the feelings of those around me, trying to put myself in their shoes.

# I CARE

## In the Library

### Inquiry

- Choose a random book to read
- Make a study planner

### Cooperation

- Return books on time
- Wait for teacher permission to enter
- Sign in for private study
- Clean up after myself
- Eat food before I enter

### Empathy

- Help new students learn the library system
  - Speak quietly
- Respect the learning place of others
- Ask the librarians how they are going

### Achievement

- Participate in Book Week
- Read a harder book than I normally would
- Learn how to reference properly

### Resilience

- If I don't know what a word means, ask for help

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# I CARE

## In the yard

### Inquiry

- Try joining a lunch club/activity
- Hang out with new people
- Go for a walk and look at the plants around the school

### Cooperation

- Be respectful of school property
- Put your rubbish in the bin
- Listen to the loudspeakers and follow instructions

### Empathy

- If someone is alone, ask them if they would like to join you
- Check in with your friends to make sure they are alright

### Achievement

- Be ready for class before the warning bell

### Resilience

- If someone doesn't want to hang around with me, ask someone else
- If something negative occurs, see my SLL

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# I CARE

## In the classroom

### Inquiry

- Determine a question to be answered
- Study something new
- Reflect on learning process and how it can improve
  - Present work differently

### Cooperation

- Follow start of class routine
  - Wait my turn in class
- Leave a tidy workspace and push my chair in when I go
- Listen to the teacher's instructions
- Bring all required equipment

### Empathy

- Encourage other people
- Use inside voice
- Put my hand up when I want to speak
- Arrive on time

### Achievement

- Revise before a test
  - Work in a team
- Check the rubric before submitting an assessment
- Get on task quickly

### Resilience

- Take part in class discussion
- If I get stuck, ask for help
  - Go through marked assessments to learn where I went wrong

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# I CARE

## In the Wellbeing Centre

### Inquiry

- I determine my self-regulation strategies
- I identify my emotional triggers

### Cooperation

- I book an appointment
- I ask for permission from a staff member to be in here
- I put my rubbish in the bin
- I sit up on the couch

### Empathy

- I am kind and caring to other people's emotions
- I ask other people if they are ok
- I keep my body to myself
  - I wait my turn

### Achievement

- I get back to class as soon as I am finished
- I use strategies given to me to improve my wellbeing

### Resilience

- I ask for help when I am not coping
- I tell a trusted adult when something is wrong in my life or a friend's life

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# I CARE

## In the P.A.C/ Dance Studio

### Inquiry

- Research a new style
- How can I help others?
- How can I improve?

### Cooperation

- Respect others' privacy when changing
  - Wait my turn
- Put my rubbish in the bin

### Empathy

- Applaud the performance of my peers
- Ensure everyone has a say in creating a performance
- Watch attentively during a performance/speech

### Achievement

- Try your best when performing
- Ask for feedback so you can improve next time

### Resilience

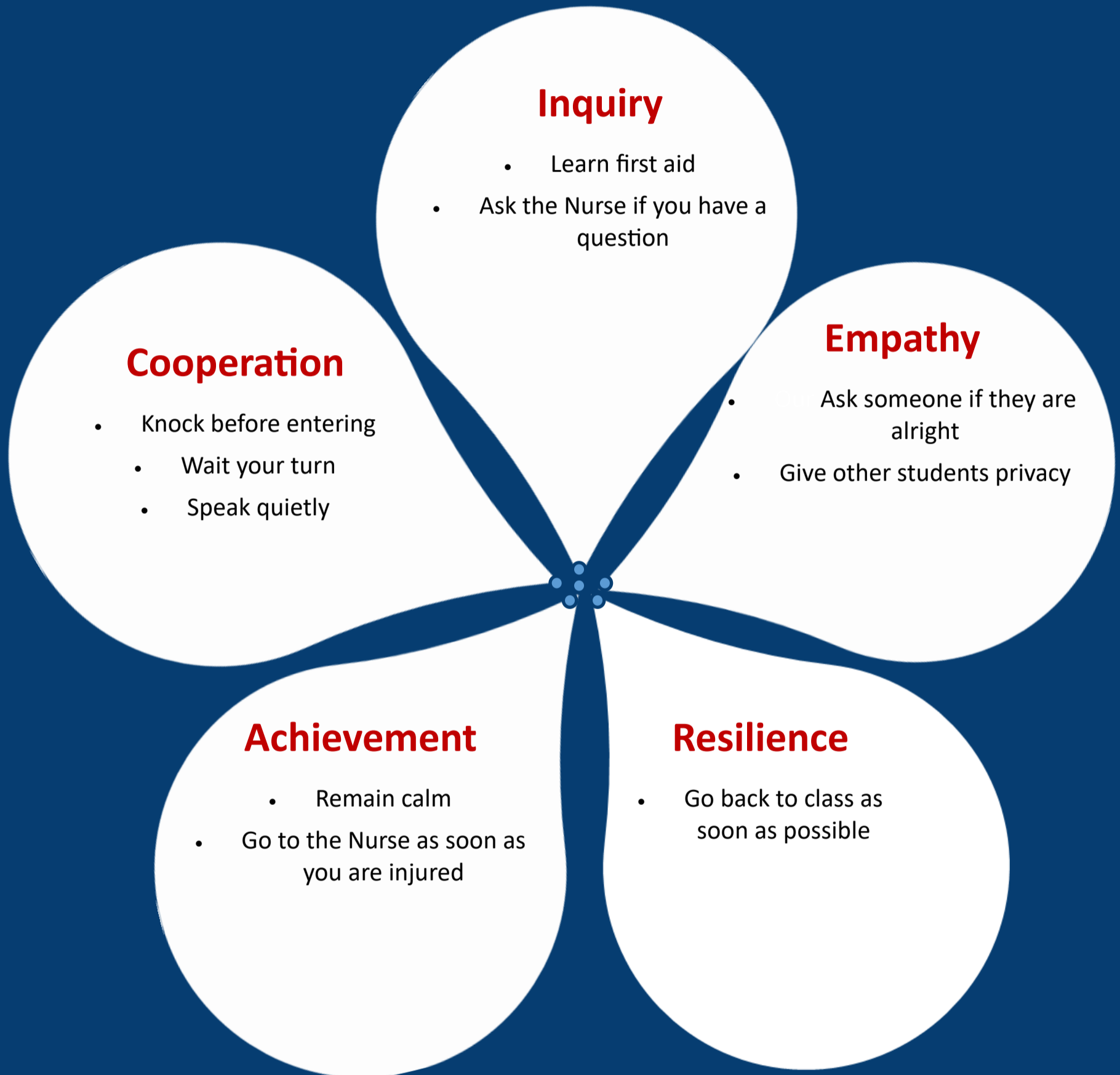
- If you receive feedback, don't take it personally
- If your performance has a problem, try again

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## In the Health Centre



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# I CARE

## In the Leisure Centre/ Stadium

### Inquiry

- Learn a new game
- Learn a new skill
- Play a different position

### Cooperation

- Be respectful of the equipment
- Follow the rules of the game being played
- Keep your hands to yourself
- Only touch your belongings
- Respect people's privacy in change rooms

### Empathy

- Cheer on your peers
- Help injured peers
- Ask others if they need help with learning a skill
- Ask someone to join your team

### Achievement

- Set goals and revise them, gauging improvements
- Try your best at all times
  - Lead a team

### Resilience

- Ask for help if unsure
- Keep going if your team is losing

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# I CARE

## In the Bus Bay

### Inquiry

- Complete research such as:  
how do buses work?
- Sit with someone new

### Cooperation

- Line up and wait your turn
- Speak quietly on the bus
- Place any rubbish in the bin
- Be polite to the bus driver

### Empathy

- Use appropriate language
- Give your seat up to someone who is injured
- Ask someone who is alone if they would like to sit with you

### Achievement

- Have a topped up Myki
- Have your Myki out ready to tap

### Resilience

- If your friend is away, ask to sit with someone new

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