

RESPECT

At West Creek Hills, we want our students to demonstrate respect for themselves and others.

People who demonstrate respect:

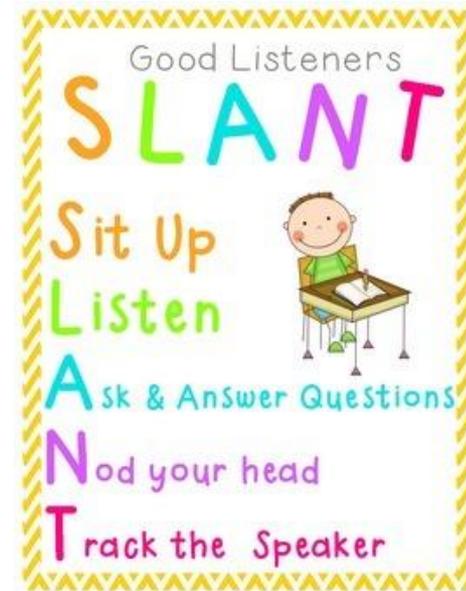
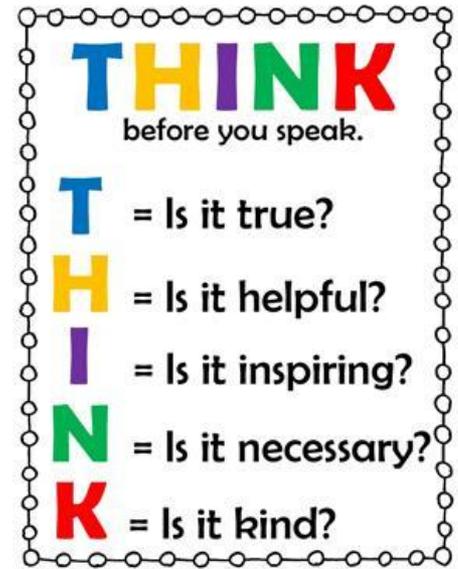
Use the THINK acronym to help them choose kind words

Use the SLANT strategy to help them be a good listener

Use an appropriate tone of voice

Stay in their own personal space

Ask your child what they are learning about demonstrating respect!



Growth Mindset

At West Creek Hills, we want our students to develop a growth mindset.

People with a growth mindset understand that:

Our effort improves our performance and makes us smarter.

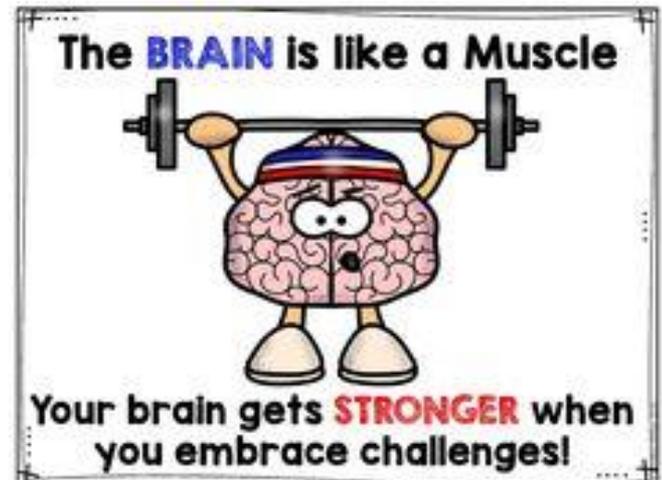
Mistakes are learning opportunities.

We can use positive, growth mindset talk to encourage ourselves and others during frustrating times.

Everyone has strengths and challenges. Working hard at challenges the only way to grow your brain.

We can create goals and plans to help us work on our challenges.

Ask your child what they are learning about growth mindset!



Responsibility

West Creek Hills students who are responsible demonstrate these competencies:

I can determine the size of my problem.

I can match my reaction to the size of my problem

I use Stop, Think, Decide and Do. Before I act, I consider the consequences, and choose a positive solution.

I do the things I am expected to do when I am expected to do them.

I understand that I am in charge of my choices and actions.

I accept the consequences of my actions.

How Big is My Problem?

5	Emergency	Earthquake, tornado, fire
4	Gigantic	Getting lost, getting into a fight, getting seriously hurt
3	Big	Someone keeps bothering you, someone calls you a mean name, you forget your lunch
2	Medium*	Arguing with a friend, your card is flipped to yellow, forgetting your homework
1	Little*	A change in schedule, not being first in line, losing a game
0	Glitch*	Somebody bumps into you, your pencil breaks

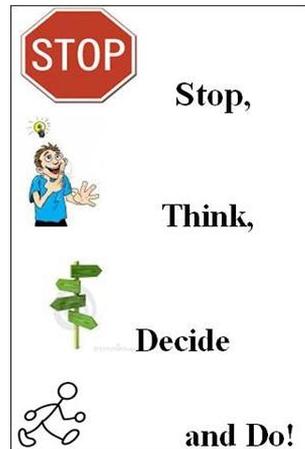
Level 4 Problem: In this video, West Creek Hills Student Council members act out a good example of a Level 4 problem, a gigantic problem that a grown up will need to help them solve:

<https://youtu.be/OgUpmi4Ua0g>

Level 3 Problem: In this video, West Creek Hills Student Council members act out a good example of a Level 3 problem, a big problem that students might need a grown up to help them solve:

<https://youtu.be/zeMMheUdJ9o>

When you have a problem, instead of reacting right away, remember to STOP...THINK about the size of the problem, DECIDE what is the right reaction, then DO it:



Level 2 Problem: In this video, West Creek Hills Student Council members act out a good example of a Level 2 problem, a medium sized problem that students should solve themselves:

<https://youtu.be/c1QWyP0f77c>

Level 1 Problem: In this video, West Creek Hills Student Council members act out a good example of a Level 1 problem, a little problem that students should solve themselves:

<https://youtu.be/R3a4aSWkGn4>

A "Glitch": In this video, West Creek Hills Student Council members act out a good example of a "Glitch", a tiny problem students should solve themselves:

https://youtu.be/6ISn_oFg4c

Academic Behaviors

At West Creek Hills, we want our students to develop these academic behaviors:

It is important to focus my attention in class. I can learn to be better at focusing my attention by using 'distractor blasters'.

I can get started on my work right away without procrastinating.

I can organize my things.

My working memory helps me remember things so that I can use them later to get things done. I can improve my working memory with practice.

Ask your child what they are learning about academic behaviors!

Empathy



At West Creek Hills, we want our students to show empathy by demonstrating these competencies:

- I can see the wonder in myself and others.
- I can recognize the feelings and perspectives of others.
- I can show concern for others' welfare, even when it doesn't benefit me
- I can determine ways to help others in need-both those I know and those I don't know.

Ask your child what they are learning about empathy at West Creek Hills!

Self-Control

At West Creek Hills, we want our students to show self-control by mastering these competencies

- I know how the different parts of my brain control my reactions
- I know that it is OK to feel angry, but it isn't OK to act out my anger.
- I can stop myself from doing something that might hurt me or others when I am upset
- I know the Zones of Regulation:

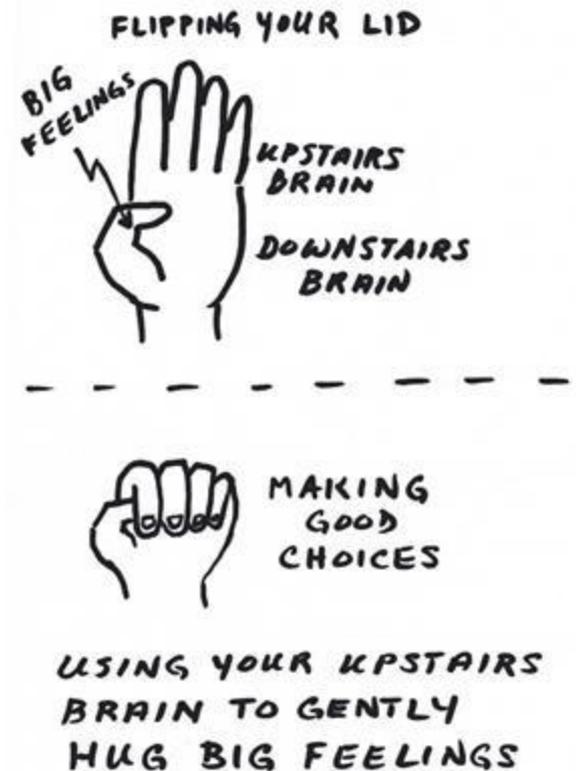
Green Zone: happy, focused, calm, ready to learn

Yellow Zone: nervous, frustrated, excited, silly

Blue Zone: sad, tired, bored, sick

Red Zone: angry, terrified, mad, out of control

- I can identify what zone I am in.
- I can identify what triggers me to leave the green zone.
- I can use strategies to help myself get back in the green zone.



Assertiveness

At West Creek Hills, we want our students to demonstrate the trait of assertiveness in the following ways:

- I can stand up for myself or others in a calm and positive way.
- I can let other people know what I want or how I feel in a calm and positive way.
- I can identify strategies that help me to be assertive.
- I can choose the appropriate strategy or strategies when I need to be assertive.

We will teach the children to:

Stand tall like a flower: Use confident body language that shows you carry yourself with pride.

Plant confidence seeds: Practice thinking of words and ideas that help you feel more confident; Practice using strategies to help you feel calm and in control

Water it off: Use your words to teach others how to treat you and others with respect

Shine away: Turn away, walk away, tell an adult

Perseverance

At West Creek Hills, we want our students to:

Know the definition of perseverance: To keep trying at things even when they are hard and to believe it is worth it to finish what you have started.

Identify examples and non-examples of perseverance.

Identify ways they can show perseverance.



Cooperation

At West Creek Hills, we want our students to understand that cooperation means working together with others in a supportive, peaceful way towards a common goal. We want them to demonstrate cooperation by:

Compromising

Listening

Sharing

Encouraging

Taking turns

Doing your part

Resolving conflicts peacefully

We want each student at West Creek Hills to understand that if they **cooperate**, they will have much more fun and positive experiences!

