



We are
RESPECTFUL



We are
SAFE



We are
RESPONSIBLE

Before School

Activities (sports, play, screen time)

Meal Time

Bed Time

I will...

- Put my take home reading folder in my bag
- Thank the person that made my meal

I will...

- Listen to my parent/carer, leader or coach's instructions
- Use my Present Centred and Grounded skills
- Follow my parent/carer, leader or coach's instruction

I will...

- Use my best manners
- Try everything on my plate
- Practice healthy eating habits
- Thank the person that made my meal

I will...

- Switch off devices at least one hour before sleep
- Clean my teeth
- Read or be read to; a book each night
- Follow my bedtime routines

I will...

- Stop, Look, Listen, Think when crossing the road
- Always get out of the car on the kerbside
- Use the pedestrian crossing
- Wear my seat belt in the car

I will...

- Use appropriate websites/apps/games
- Be cybersmart
- Use devices with parent supervision
- Be where I should be
- Wear a helmet and other safety equipment

I will...

- Wash my hands before I eat
- Sit down when I eat
- Eat in a sensible manner
- Share my day (successes and challenges)
- Use my manners when eating

I will...

- Leave my devices outside of my bedroom
- Get enough sleep (more than 8 hours)
- Stay in bed after bedtime (unless I need the toilet)

I will...

- Get dressed in my school uniform
- Clean my teeth
- Pack my bag
- Put my lunch in my bag
- Be where my parent/carer expects me to be.

I will...

- Be where I should be
- Focus on my home learning opportunities
- Follow my parent/carer, leader or coach's instructions

I will...

- Help prepare my lunch for school
- Help tidy up
- Give ideas on meals that I like

I will...

- Follow my parent/carer, leader or coach's instructions
- Use 'right words right place'
- Use my Present Centred and Grounded skills