## **Parkland School Charter**

Written by our 2015-2016 Grade 5 Students

How do you want to feel when you come to school?



- Safe
- Like I'm having fun
- Awesome / Extraordinary (Special)
- ExcitedI have power over

Included

Welcomed

Involved

myself

- I control what
  happens to me
- Like I am helpful
- Known
- Appreciated

- Happy
- Respected

## What can we do to make sure everyone feels this way?

- Make sure others are safe around you
- Include others
  - We make sure people don't feel 'invisible' at Parkland
- Respect people
- Welcome people
- Be kind to everyone
  - We don't bully others or participate in unkind teasing at Parkland
- Make sure people feel comfortable at school
- Be honest
- Listen to other people's ideas
- Help other people when they need it and cheer them up if they are sad
- Share things / take turns
- Be a leader by setting a good example for others

## What will we do when things go wrong?

- Walk away take some time calm yourself down before responding
- Use a strategy to change your emotion change your thinking
- talk to the person use an I statement
- Go to a good friend for advice
- ask advice from an adult about how to talk if you are unsure
- Tell an adult if you can't solve it yourself

## "I Statements"

- The "I-Statement" is a tool we can all use to respectfully stand up for ourselves!
- It is a basic format that provides your "best-bet" results for difficult conversations.
- "I-Statements" are much less threatening than "You-Messages" and therefore can help to defuse conflict, while still allowing you to say what you need to.
- This takes practice, but with some practice everyone (adults and children!!) can learn to communicate significantly better with each other.
- It may be helpful to place this in a visible location in your classroom!!

The "I-Statement"
"I feel
(name the feeling)
"when
"and I would like"
(Say what you would like to happen instead)